

Artificial Disc Surgery

Unlike fusion surgery that locks spinal vertebrae, which can in turn damage adjacent discs above and below the fusion site, artificial disc replacement is designed to retain motion by replicating the function of a normal, healthy disc. Most artificial disc designs have plates that attach to the vertebrae and a rotational component that fits between these fixation plates. These components are typically designed to withstand stress and rotational forces over long periods of time.

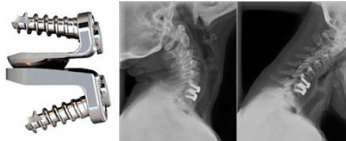
Because of the weight of the body and the rotational stress that the trunk places on discs in the lumbar area, more stress is placed on artificial discs in the lumbar area vs. the cervical area. Another advantage of cervical artificial disc surgery is that the neck area is more accessible in surgery than the front of the lumbar spine, and there is less risk related to artificial disc surgery in the neck area.

SpineNevada has experience with over 300 arthroplasties performed using various devices including Bryan, Prestige, ProDisc C, PCM, NUBAC and NeoDisc. The surgeons at SpineNevada instruct other surgeons throughout North America on how to implant devices. Additionally, they also aid in the development of second and third generation devices.

ARTIFICIAL DISC OPTIONS FOR OUR PATIENTS



CHARITE disc for lumbar discs, was the first to receive FDA approval in 2004. In use in Europe for more than 10 years.



PRESTIGE DISC for cervical discs, manufactured by Medtronic, FDA approved.



PRODISC C for cervical discs



PRODISC L for lumbar discs

Minimally Invasive Surgery

SpineNevada uses state of the art minimally invasive techniques and instrumentation to help patients recover in a shorter period of time and allow for a quicker return home.

In minimally invasive spine surgery, a smaller incision is made,



sometimes only a half-inch in length. The surgeon inserts special surgical instruments through these tiny incisions to access the damaged disc in the spine. Entry and repair to the damaged disc or vertebrae is achieved without harming nearby muscles and tissues when using minimally invasive techniques.

Minimally invasive spine surgery requires extensive training and experience to master use of the tools, but there is tremendous benefit for the patient. "The incision is shorter, which means you aren't cutting through as much muscle and tissue to get access to the damaged area of the spine," explains Dr. Lynch.

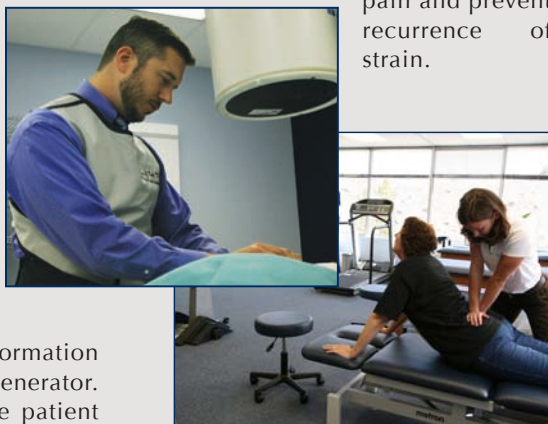
Unlike many other spine care providers, the patients who undergo minimally invasive surgery at SpineNevada can often have their surgery on an outpatient basis. The spine surgeons at SpineNevada partner with the Surgery Center of Reno to perform minimally invasive spine surgery, enabling many patients to go home the same day. The Surgery Center of Reno is the only free standing surgery center in Reno that has direct hospital access if the need arises to transfer to a higher level of care.

PMR and Spine Therapy under one roof

A physical medicine and rehabilitation (PMR) doctor or physiatrist, specializes in the nonsurgical management of back and neck pain. A physiatrist provides techniques and treatments that allow back and neck pain sufferers to return to activity without surgery.

This can include injections that serve two purposes: relief of pain as well as providing additional diagnostic information about the back or neck pain generator. Injection therapy bridges the patient

into SpineNevada's internal therapy gym where patients learn customized stretches and exercises that relieve pain and prevent recurrence of strain.



Fellowship-trained spine surgeons, physiatrists, physician assistants and spine therapists — all under one roof

James J. Lynch, M.D., FACS

Board-certified Neurological Surgeon
Fellowship-Trained Spine Surgeon

Dr. James Lynch is a board-certified neurological surgeon who specializes in complex spine surgery, cervical disorders, degenerative spine, spinal deformities, trauma, tumor infection and minimally invasive spine surgery. He has been elected to "Best Doctors of America" and received the "Top Neurosurgeons in US" award by consumer report. Dr. Lynch is one of a handful of spine surgeons with three fellowships in the specialty of spine surgery. He has also served as Chief of Neurosurgery at St. Mary's Hospital. Dr. Lynch has been published in leading journals including: *Spine: Journal of Neurosurgery* and *Neurosurgery*.

He earned his medical degree from Trinity College in Dublin, Ireland, followed by a residency at the Mayo Clinic in Rochester, MN. Dr. Lynch went on to complete a spine fellowship at the National Hospital for Neurology and Neurosurgery in Queens Square, London, UK, followed by a spine fellowship at Mayo Clinic and an additional spine fellowship under Volker Sonntag, MD, at the prestigious Barrow Neurological Institute in Phoenix, AZ. As a leading authority on Ambulatory Surgery Center (ASC) development, Dr. Lynch lectures at national meetings on outpatient spine surgery. He serves as Chairman and Director of Spine Programs at Surgery Center of Reno. Dr. Lynch is the founder of SpineNevada.

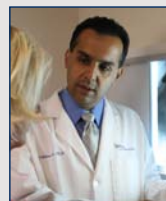


Lali Sekhon, M.D. PhD, FACS

Fellowship-Trained Neurological Surgeon
Fellowship-Trained Spine Surgeon

Dr. Sekhon has been managing patients with spinal and neurosurgical conditions since 1989, with over 20 years of experience. He came to Reno in 2005 having spent the previous 5 years as Head of Complex Spine Surgery in the major teaching hospital in Sydney, AU. He is recognized internationally for his expertise in artificial disc surgery, cervical spine disorders and spinal trauma. Dr. Sekhon is an instructor to surgeons throughout North America on the Prestige artificial cervical disc and cervical surgery. He earned his undergraduate and medical degree from the University of Sydney, AU. He also obtained a PhD in Neurosurgery. He completed a fellowship in neurosurgery at the Mayo Clinic in Rochester, MN, as well as a spinal/minimally invasive fellowship at Toronto Western Hospital in Ontario, CN.

Dr. Sekhon has received numerous honors and awards including the Young Neurosurgeons Award from the World Federation of Neurosurgeons and the 2000 Outstanding Clinical Research Award from the Cervical Spine Research Society. More recently he has twice achieved the AMA's Physician's Recognition Award, and the Patients' Choice Award, most recently in 2009. He has published over 95 peer-reviewed articles, a dozen book chapters and almost 50 abstracts.



Jonathan D. Burns, M.D.

Board-certified Physical Medicine & Rehabilitation

Fellowship-Trained Pain Management Specialist

Dr. Burns joins SpineNevada after completing an interventional Spine and Musculoskeletal Medicine Fellowship at The SMART Clinic in Sandy, Utah. Dr. Burns specializes in the assessment, diagnosis and non-surgical treatment of back and neck pain problems. He is proficient in EMGs and pain-relieving spinal injections.

He completed a residency in Physical Medicine and Rehabilitation at Temple University Hospital in Philadelphia, where he also served as clinical instructor, elective coordinator and research coordinator. He is a member of the American Academy of Physical Medicine and Rehabilitation and the Physiatric Association of Spine, Sports & Occupational Rehabilitation.



Lisa M. Pitino, D.O.

Board-eligible Physical Medicine & Rehabilitation
Board-eligible Pain Medicine

Fellowship-Trained Pain Management Specialist

Dr. Pitino joins SpineNevada after completing a Pain Management Fellowship at the University of Texas Health Science Center at San Antonio. Dr. Pitino specializes in the assessment, diagnosis and non-surgical treatment of back and neck pain problems. She is proficient in EMGs and pain-relieving spinal injections.

She completed a residency in Physical Medicine and Rehabilitation at the University of Texas Health Science Center at San Antonio. She is a member of the American Academy of Physical Medicine and Rehabilitation and the Physiatric Association of Spine, Sports & Occupational Rehabilitation.



To refer a patient to SpineNevada for non-surgical treatment, 2nd opinion, surgical consult, spinal injections, EMGs or spine-specialized therapy, call us at 775.348.8800.

SpineNevada Locations

Reno Main Clinic

75 Pringle Way
Suite 502 & 605
Reno, NV 89502

Sparks Clinic

2385 E. Prater Way
Suite 204
Sparks, NV 89434

Carson City Clinic

2874 N. Carson
Suite 210
Carson City, NV 89706

Phone: 775.348.8800

Fax: 775.348.8818

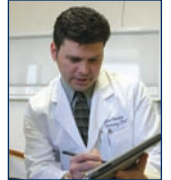
Online spine encyclopedia at SpineNevada.com



Joseph L. Olivarez, P.A.-C

Physician Assistant

Joseph Olivarez has been with SpineNevada since September of 2004. He received his certificate in PA studies in 1995 from the College of Osteopathic Medicine of the Pacific, in Pomona, CA. Since becoming a PA, Mr. Olivarez has worked with both orthopedic and neurosurgical spine surgeons. He has assisted on thousands of spine surgeries in his 13 year career. Joseph has remained active in the education of physician assistants. He is on the adjunct faculty at Western University. He is a clinical preceptor for Western University, Samuel Merritt College Physician Assistant Program, and Touro University Primary Care Physician Assistant Program. Mr. Olivarez has received special recognition for achievements and knowledge of surgery and is certified by the National Commission on Certification of Physician Assistants. He is also a Fellow member of the Association of Neurosurgical Physician Assistants and the Nevada Academy of Physician Assistants.



Josh Pfeifle, P.A.-C

Physician Assistant

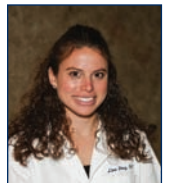
Josh Pfeifle, P.A.-C, joined SpineNevada in 2007. Josh also works alongside SpineNevada physicians and surgeons, assisting in all areas of patient care and management, including office visits, in-patient care and assisting in surgery. During his training he completed an elective neurosurgery internship in Great Falls, MT. He is a 2006 graduate of the Rocky Mountain College Physician Assistant Program, in Billings, Montana, where he earned a Masters of Physician Assistant Studies. Josh is certified by the National Commission on Certification of Physician Assistants. Josh comes to SpineNevada from the rural farming community of Power, Montana.



Lisa Herz, P.A.-C

Physician Assistant

Lisa Herz PA-C joins Spine Nevada as a third generation medical practitioner in Reno. She assists in all aspects of patient care from the office to the operating room, helping Spine Nevada to provide superior services to its patients. Locally raised, Lisa completed her undergraduate studies at the University of California, Davis. In 2007, Lisa graduated with honors from Touro University in Las Vegas, earning a Masters degree in Physician Assistant Studies. She is certified by the National Commission on Certification of Physician Assistants. Academy of Physical Medicine and Rehabilitation and the Physiatric Association of Spine, Sports & Occupational Rehabilitation. Lisa is excited to be back home to carry on her family's long tradition of medicine in Northern Nevada.



Home Remedy Book

SpineNevada wants the patient to be well-informed about the causes of back and neck pain. Once an individual encounters back or neck pain, he or she is four times as likely to experience it again. This is why prevention is essential to long-term recovery. As a community service, we mail out a free, 36-page Home Remedy Book that has helped thousands of people with symptom



relief. Contact us at 775.348.8800 and we will send you a copy.