

Where medicine is headed, & the SpineNevada vision

As you know, medicine is becoming increasingly specialized — all for the benefit of the patient. Recognizing the national trend toward a Center of Excellence approach for complex health problems, we founded SpineNevada more than five years ago. It was a work in progress then, and it will always strive toward the goal of improving the care of back and neck pain for the Reno community.

Philosophically, we believe that the problem with spine care is that — from the patient's perspective — care is highly fragmented and biased. Too many times, the patient receives a silo-oriented method of care, strongly biased to the physician seen. Managed care and employers have long believed that the only way to dilute specialty bias is to have complementary specialists under one roof for the benefit of the patient.

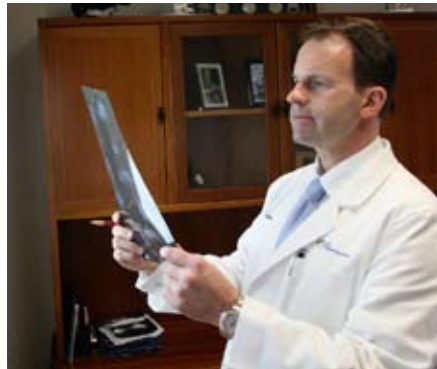
As a result, SpineNevada has worked hard over the years to include a variety of complementary specialists for the benefit of the patient. We have board-certified neurosurgeons who are fellowship-trained with a Mayo Clinic training foundation, with expertise in new artificial disc technology and minimally invasive surgery. But we never believed that was enough. We consequently added specialists in physical medicine who bring additional expertise in non-surgical spine care and spine-specialized physical therapists. We then added two satellite offices in Sparks and Carson City for the convenience of the back pain sufferer. For more than a year, we have prescribed home exercise programs — something that is greatly desired by health plans and employers.

As a community service, we have an online spine resource at www.SpineNevada.com with symptom charts, medical illustrations, narrated videos on spine treatment in English and Spanish, and exercises that relieve back and neck pain. To our knowledge, this spine encyclopedia is the most comprehensive educational resource for back and neck pain sufferers in the State of Nevada. You are welcome to refer patients to that resource for information.

We also printed a free 36-page Home Remedy Book that has been a godsend to more than a hundred thousand patients across the U.S. Let us know and we can send about 20 copies for your office for you to hand out to your patients.

The message to patients that weaves through all of this communication is to exhaust non-surgical treatment options first before surgery.

While everyone likes to claim they are the best, we have already begun the process of tracking clinical outcomes, from use of pills, patient satisfaction, and return to function so we can publish a clinical outcome report card for employers and health insurance plans later in 2009. We continue to move forward, and sRtrive to be responsive to the physicians who refer patients to us and trust in us. If you have a question, or a patient needing a referral to our center, we would be pleased to respond. We look forward to being a resource for you and your patients, and we appreciate suggestions to help us improve.



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.

PMR, injection therapy 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 surgeon, physiatrists, physician assistants and spine therapists — all under one roof

James J. Lynch, M.D., FRCSI

Board-certified Neurosurgeon
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 has been selected for Becker's Orthopedic & Spine Review's list of "50 of the Best Spine Specialists in America". 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.



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-certified Physical Medicine & Rehabilitation
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.



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.



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



Phone: 775.348.8800

Fax: 775.348.8818

Online spine encyclopedia at
SpineNevada.com

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.

