



## A nonsurgical approach to spine care

What makes SpineNevada different from other spine treatment centers is its nonsurgical approach to back and neck problems. It includes the expertise of two physical medicine and rehabilitation doctors, spine-specialized physical therapists and a fellowship-trained spine neurosurgeon.

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. Dr. Jonathan Burns, a spine-specialized physiatrist at SpineNevada completed a residency in Physical Medicine and Rehabilitation at Temple University Hospital in Philadelphia. Whereas, Dr. Lisa Pitino completed a residency in PMR at the University of Texas Health Science Center at San Antonio. Electrodiagnostic studies are used at SpineNevada to provide PMR doctors with information that is necessary in diagnosing neuromuscular problems. Electrodiagnostic studies are tests used to evaluate the status of the neuromuscular system. The testing consists of two parts — nerve conduction studies (NCS) and electromyography (EMG). Both nerve conduction studies and EMGs can help physicians determine the causes of a patient's back or neck problems and the appropriate treatment options.



## Spine Specialized Therapy

Physical therapy and injection therapy are the two most common tools used by a spine center to help patients recover from back or neck pain without surgery. While physical therapy is the safest treatment option, intense pain sometimes prevents a patient from entering physical therapy.



Injections can often relieve pain long enough to begin therapy and start special exercises.



In addition, injections can act as a diagnostic tool by providing a spine specialist with key insight into the possible causes of back or neck pain symptoms. Unlike a general physical therapist who treats a variety of problems, the physical therapists at SpineNevada have advanced training in spine. Our therapy involves hands-on care that relieves pain symptoms, along with personalized movements and exercises that make the back stronger and more resistant to future strain.

**To refer a patient to SpineNevada for spinal injections, EMGs or spine-specialized therapy, call us at 775.348.8800.**



## The Home Remedy Book

### For Back & Neck Pain

- Relieve simple back and neck pain
- Strengthen your back
- Make your back more flexible
- Learn what various symptoms mean
- Prevent future back pain attacks

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 your practice 20 Home Remedy Books to hand out to your patients. We also have an online encyclopedia on back and neck pain at [www.SpineNevada.com](http://www.SpineNevada.com).

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

## **James J. Lynch, M.D., FACS, 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

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