

## SpineNevada welcomes two new specialists in non-surgical spine care to the spine Center of Excellence

What makes SpineNevada different from other spine treatment centers is its multi-disciplinary team approach to back and neck problems. Recognizing that a spine center should include more than surgeons, SpineNevada now puts under one roof for the convenience of the back pain sufferer

two fellowship-trained physiatrists; a fellowship-trained spine surgeon; a team of spine specialized physical therapists; internal diagnostics; and an injection suite. Join us in welcoming our two newest spine specialists to the Reno medical community: Dr. Jonathan Burns and Dr. Lisa Pitino.

### 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.

Dr. Burns earned his undergraduate degree at The Johns Hopkins University at Baltimore and his medical degree at New Jersey Medical School at Newark. 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.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.

Dr. Pitino earned her undergraduate degree at the University of California at Santa Barbara and her medical degree at Touro University College of Osteopathic Medicine in Vallejo, California. 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.



## 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.



## 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

**Spine Nevada**  
a center of excellence

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).

A spine center encompassing all the components of a Center of Excellence for spine care:  
 Non-surgical physical medicine | fellowship-trained spine surgeon | spine-specialized therapy  
 spine diagnostics | spinal injection therapy | clinical outcome report card | clinical research  
 minimally invasive spine surgery | ambulatory surgery center | artificial disc replacement

## Fellowship-trained spine surgeon

### James J. Lynch, M.D., FACS, FRCSI Board-Certified Neurosurgeon Fellowship-Trained Spine Surgeon

Dr. James Lynch is a board-certified neurosurgeon 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.



## Minimally Invasive Surgery

When surgery is necessary for a successful return to activity, SpineNevada surgeons are proficient in minimally invasive techniques and instrumentation. This expertise in minimally invasive surgery enables many patients to have their spine surgery and be home later the same day to recover in their own home. SpineNevada partners with Surgery Center of Reno to provide the latest spine technology.

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. 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, hospital stay is shorter and recovery is quicker and less painful. Because the Surgery Center of Reno is located on the Saint Mary's Hospital campus, it 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.



When surgery is necessary, it is important to seek out surgeons who specialize 100% in spine surgery. Both Dr. James Lynch has multiple fellowships in spine, including training at the Mayo Clinic.

**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 605  
 Reno, NV 89502



**Phone:** 775.348.8800

**Fax:** 775.348.8818

### Sparks Clinic

2385 E. Prater Way  
 Suite 204  
 Sparks, NV 89434



Online spine encyclopedia at SpineNevada.com complete with home remedies and exercises that can relieve some back and neck pain symptoms. Non surgical physical medicine, fellowship-trained spine surgeon, spine specialized physical therapy all under one roof.

