



SUMMIT SPINECARE

A spine specialty center of Summit Orthopedics

Additional Summit Orthopedics clinic locations in
Columbia Heights, Eagan, Forest Lake,
Hastings, Maplewood, St. Paul and Vadnais Heights

For appointments and referrals
SPECIFIC to SPINE
call: 651.738.BACK

Location: 2090 Woodwinds Drive | Woodbury, MN 55125 | www.summitspinecare.com

Summit Orthopedics launches Summit Spinecare as a specialty center for back & neck pain.

Medicine is becoming increasingly specialized — all for the benefit of the patient. Over the years, Summit Orthopedics has continually broken new ground in orthopedics and invested in ways that improve patient care in sports medicine and joint replacement. In 2009, we launched a new specialized approach for back and neck pain called Summit Spinecare. This includes a dedicated phone number — 651.738.BACK for patient referrals.

Summit Spinecare currently includes three board-certified orthopedic spine surgeons who are fellowship-trained in spine, a physical medicine & rehabilitation MD who is fellowship-trained in interventional spine, a non-operative orthopedic surgeon who focuses on non-surgical spine care, a spinal injectionist and a team of spine-specialized physical therapists.

The goal of Summit Spinecare is to improve the care of back and neck pain for those in Minnesota and Western Wisconsin. The facility has X-ray, MRI, injection suite, and spine PT gym, all under one roof.

Multidisciplinary, team approach

The problem with spine care is that care is highly fragmented and biased. Too many times, the patient receives recommendations and a treatment plan that is strongly biased to the type of physician seen. In the field of



Fellowship-trained spine surgeon *Bryan Lynn, MD*, consults with a patient at Summit Spinecare's main office in Woodbury.

spine, Dartmouth Medical Atlas cites that there is wide treatment variation in spine, ranging from 1 spine surgery per 1,000 population in one region, up to 9 surgeries elsewhere.

Health insurance companies and employers have long believed that the best way to emphasize non-surgical options is with a team of non-surgeons, spine surgeons and spine PTs working together under one roof.

Spine Center facility consolidates care

The goal of Summit Spinecare is to improve the spine care we provide to patients with back and neck pain problems. We are committed to this goal, as evidenced by the construction of a dedicated 6,500 square feet spine center facility within our new Summit Orthopedics Woodbury location. This spine center houses all the treatment options so back pain patients no longer have to drive around town to multiple destinations for diagnosis and treatment.

Summit Spinecare also uses the latest minimally invasive techniques and instrumentation for spine that can enable a patient to have simple spine surgery in the morning and be home later the same day.

In minimally invasive spine surgery, a smaller incision is made which causes less disruption to muscles and tissues. 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.

We have started instituting and prescribing home exercise programs — something that is desired by health plans and employers.

As a community service, we are distributing a free 36 page Home Remedy Book on back pain to those in our community, and we have developed an online spine encyclopedia at www.SummitSpinecare.com with symptom charts, medical illustrations, narrated videos 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 Minnesota.

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

Lastly, 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 2010.



Fellowship-trained spine surgeons *Paul Hartleben, MD*, and *Nicholas Wills, MD*, (above) work with non-surgical specialists like *John Dowdle, MD*, below.



Fellowship-trained spine surgeons, nonsurgical spine specialists and spine therapists — all under one roof.

Paul D. Hartleben, M.D.

*Board-Certified Orthopedic Surgeon
Fellowship-Trained Spine Surgeon*

Dr. Paul Hartleben is a spine-specialized, fellowship trained surgeon at Summit Spinecare in Minnesota. He is certified by the American Board of Orthopaedic Surgeons. Dr. Hartleben specializes in cervical, thoracic and lumbar spine disorders. He completed a residency in Orthopedic Surgery at the University of Minnesota Hospitals and a Fellowship in Spine at University of California in Los Angeles, West Coast Spine Institute. Dr. Hartleben is a member of the American Academy of Orthopaedic Surgeons.



Bryan J. Lynn, M.D.

*Board-Certified Orthopedic Surgeon
Fellowship-Trained Spine Surgeon*

Dr. Bryan Lynn is a spine-specialized, fellowship trained surgeon at Summit Spinecare in Minnesota. He is certified by the American Board of Orthopaedic Surgeons. Dr. Lynn specializes in cervical, thoracic and lumbar spine disorders. Dr. Lynn was awarded his medical degree from the University of Minnesota School of Medicine in Minneapolis. Dr. Lynn completed an internship in General Surgery at University of Utah and Affiliated Hospitals in Salt Lake City. He completed a residency in Orthopedic Surgery at the University of Utah and a Fellowship in Spine Surgery at Kerlan-Jobe Orthopaedic Clinic in California. He is a member of the American Academy of Orthopaedic Surgeons.



Nicholas J. Wills, M.D.

*Board-Certified Orthopedic Surgeon
Fellowship-Trained Spine Surgeon*

Dr. Nicholas Wills specializes in complex cervical, thoracic and lumbar spinal disorders, with an emphasis on cervical spine disorders and minimally invasive spine surgery. Dr. Wills was awarded his medical degree from University of Minnesota. While at the University of Minnesota, he was awarded the Richard C Horns Award and Scholarship for Outstanding Clinical Performance. Dr. Wills completed a general surgery internship and an orthopaedic surgery residency at the University of Minnesota. He continued his training by completing a Spine fellowship at the Twin Cities Spine Center.



John Dowdle, MD

Board-certified Orthopedic Surgeon

Dr. John Dowdle specializes in the nonsurgical management of back and neck pain as well as occupational medicine. He was awarded his medical degree from Loyola University Stritch School of Medicine. Dr. Dowdle completed his residency at the University of Minnesota. He is a member of the American Medical Association, the American Academy of Orthopaedic Surgeons, and the North American Spine Association.



Thomas J. Cesarz, M.D.

*Board-certified Physical Medicine & Rehabilitation
Fellowship-Trained in Interventional Spine Medicine*

Dr. Thomas J. Cesarz joins Summit Spinecare in Minneapolis/St. Paul after completing an Interventional Spine Fellowship at the University of Rochester in Rochester, New York. Dr. Cesarz is board-certified in physical medicine and rehabilitation. At Summit Spinecare, Dr. Cesarz is involved with evaluation, diagnosis and treatment of back and neck pain problems, including the use of EMGs and spinal injections.



Kristen M. Zeller, M.D.

*Board-Certified, Fellowship-Trained Pain Management
Board-Certified Anesthesiology*

Dr. Kristen Zeller is an Interventional Pain Specialist and specializes in nonsurgical pain diagnostics and treatment, including rehabilitation, physical therapy and injection therapy. Kristen earned her medical degree from the University of Minnesota School of Medicine in Minneapolis. Dr. Zeller completed a residency in Anesthesiology at Loyola University Medical Center, where she also served as Chief Resident. To further her education, Dr. Zeller completed a Pain Management Fellowship at Mayo Clinic in Jacksonville, Florida. She is a member of the American Society of Anesthesiology.



Sara Shupe, MSPT, Dip. MDT

Physical Therapist

Sara joins the Summit Spinecare Physical Therapy Department with experience in mechanical progression of exercise, manual therapy, postural and ergonomic re-education to ensure optimal outcomes for spine and extremity musculoskeletal disorders. She is the 301st practitioner worldwide to complete the Diploma in Mechanical Diagnosis and Therapy (Dip. MDT) with The McKenzie Institute International in New Zealand. Sara completed a Masters of Science of Physical Therapy (MSPT) at University of Minnesota in Minneapolis.

Kelly Stadelman, PT

Physical Therapist

Kelly specializes in the evaluation and treatment of a variety of orthopedic, spine and occupational injuries. At Summit Spinecare in Minneapolis / St. Paul, she helps patients get back to activity by customizing home exercise programs for spine patients. This can help restore activity levels. She completed a Bachelor of Arts in Health Science and graduated Summa Cum Laude at the College of St. Scholastica in Duluth, Minnesota. Kelly next earned a Master of Arts in Physical Therapy at The College of St. Scholastica. Kelly specializes in treating back and neck pain and has advanced, hands-on skills that can help relieve back and neck pain and help recover injured muscles, tissues and spinal structures.



The Summit Spinecare Home Remedy Book

Summit Spinecare wants patients to be well-informed about the causes of back and neck pain. Once neck or back pain occurs, patients are 4 to 5 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 more than 100,000 back and neck pain sufferers. Contact us at 651.738.BACK and we will send you a copy.



To refer a patient to Summit Spinecare for non-surgical treatment, 2nd opinion, surgical consult, spinal injections, EMGs or spine-specialized therapy, call us at 651.738.BACK.

Spinal injections bridge the patient back into activity

In some cases a herniated or bulging disc can cause pressure on nearby nerve roots. This can cause symptoms like radiating pain or weakness into an arm or leg. Summit Spinecare has an internal injection suite which enables a fellowship-trained specialist to inject pain relieving medication into the back to relieve these symptoms. The purpose of the injection is to act as a bridge into therapy and activity.

Injections can often relieve pain long enough to begin therapy and start special exercises. In addition, injections can also act as a diagnostic tool by providing a spine specialist with key insight into the possible causes of back or neck pain symptoms.



Summit Spinecare Location

2090 Woodwinds Drive
Woodbury, MN 55125

Phone: 651.738.BACK

Online spine encyclopedia at
summitspinecare.com

