



Russell W. Nelson, M.D.

Russell W. Nelson, M.D.
58 St. Charles Drive, Suite 200
Thousand Oaks, CA 91360-3901
Mail Correspondence to:
P.O. Box 4679
Thousand Oaks, CA 91359

CURRICULUM VITAE Russell W. Nelson, M.D.

Personal Data:

Birth date:	January 7, 1952
Birthplace:	Belvidere, Illinois
Medical Licensure:	California (G38011, since 9/78) California DEA # BN9574674
Board Certified:	American Board of Orthopaedic Surgery July, 1985
Education:	
1970-1974	University of Illinois, Champaign-Urbana 1206 South 4 th Street, Champaign-Urbana, Illinois 61820 B.A. Chemistry Magna Cum Laude
7174-6177	Rush Medical College 600 South Paulina Street, Chicago, Illinois 60612 Doctor of Medicine Accepted into special 3 year program
7177-6178	University of California 5050 Parnassus, San Francisco, California Internship-General Surgery
7178-6179	University of California 5050 Parnassus, San Francisco, California Residency-General Surgery
7179-6/82	University of California 5050 Parnassus, San Francisco, California Residency-Orthopedic Surgery

Fellowship:

7/82-1/83
Rancho Los Amigos Medical Center
7601 Imperial Highway, Downey, California 90242
Spine Fellowship

1/83-7/83
Kerlan/Jobe Orthopedic Clinic
Centinela Hospital
555 East Hardy Street, Inglewood, California 90301
Adult Spine Fellowship
Dr. Robert Watkins

Teaching Appointments:

Rancho Los Amigos Medical Center
7601 Imperial Highway, Downey, California 90242
Clinical Instructor, Spinal Injury Service
University of Southern California

Current Practice:

Russell W. Nelson
St. Charles Spine Institute
558 St. Charles Drive, Suite 200
Thousand Oaks, California 91320

Previous Practices:

10/05-9/1/2015
Nelson Spine Institute
110 Jensen Court, Suite 1C
Thousand Oaks, California 91320

9/83- 2/28/07
Channel Island Orthopedic Medical Group
1700 Lombard Street, Suite 110
Oxnard, California 93030

9/83-2/28/07
Downey Orthopedic Medical Group
7700 East Imperial Highway, Suite R
Downey, California 90242

6/97-2/28/07
Channel Island Orthopedic-Bakersfield
2525 Eye Street, Suite B
Bakersfield, California 93301

Current Hospital Affiliations:

1990-2000 2002-Present	Los Robles Regional Medical Center 215 West Janss Road Thousand Oaks, California 91360 Status: Active
10/05 to Present	Thousand Oaks Surgical Hospital 401 East Rolling Oaks Drive Thousand Oaks, California 91361 Status: Active

Past hospital affiliations on request.

Current Projects:

Hold patented techniques for fusion and bone grafting - in development with Pinnacle Spine Group

Co-developer Blackstone cervical artificial disc

Medical Director Pinnacle Spine Group

Medical Consultant Biostructures

Memberships:

American Academy of Orthopedic Surgeons, Fellow
North American Spine Society
Spine Arthroplasty Society
American Spinal Injury Association
Society of Lateral Access Surgery

Presentations:

February 1983	"Stabilization of the Cervical Spine; A Comparison of Anterior and Posterior Fusion American Academy of Orthopedic Surgeons Annual Meeting, Anaheim, California
May 1983	Clinical Instructor, Chymopapain Course American Academy of Orthopedic Surgeons Chicago, Illinois

Presentations: (cont)

- September 1983 "Spinal Mobility and Body Mechanics"
Port Hueneme Adventist Hospital
- September 1983 "Chymopapain"
KEYT TV, Santa Barbara, California
- November 1984 "Spinal Injury"
Holy Cross Hospital, Mission Hills, California
- January 1984 "Cervical Decompressive Laminectomy in Cervical Spine
Trauma; A review of early and late complications"
American Academy of Orthopedic Surgeons
Annual Meeting, Atlanta, Georgia
Co-Authors: Daniel A. Capen, M .D., Jack Zigler, M.
D., Robert Waters, M .D., and Thomas V. Reiser, M .D.
- February 1985 "Treatment of Cervical Spine Fractures"
American Academy of Orthopedic Surgeons
Annual Meeting, Las Vegas, Nevada
- February 1986 "The Technique of Posterior Cervical Fusion by Local
Anesthesia", D. A. Capen, R. W. Nelson
American Academy of Orthopedic Surgeons
Annual Meeting, New Orleans, LA
- February 1986 "Combined Anterior and Posterior Cervical Fusion for
Cervical Instability"
American Academy of Orthopedic Surgeons
Annual Meeting, New Orleans, LA.
- March 1986 "Long Term Follow-up of Surgical Stabilization of
Cervical Fractures"
American Spinal Injury Association
San Francisco, California

Presentations: (cont)

- March 1986 "Local Anesthetic Techniques for Stabilization of the Cervical Spine" D. A. Capen, R. W. Nelson
American Spinal Injury Association
San Francisco, California
- March 1986 "Complications of Surgery in the Quadriplegic Patient"
Instructional Course-American Spinal Injury Assoc.
D. A. Capen, R. W. Nelson
San Francisco, California
- March 1986 "Efficacy of Halo Treatment in Cervical Spinal Cord Injury", Instructional Course-American Spinal Injury Association. D. A. Capen, R. W. Nelson
San Francisco, California
- January 1987 Symposium- Treatment of the Unstable Cervical Spine
"The Non-surgical Stabilization of the Cervical Spine by Halo Vest Treatment"
"Stabilization of the Cervical Spine by Anterior and Posterior Surgical Techniques"
American Academy of Orthopedic Surgeons
Annual Meeting, San Francisco, California
- March 1987 "Spinal Disorders and Disability"
Instructional Course, Kauai, Hawaii
- February 1990 "Surgical Treatment of Lumbar Spine Disease"
Jean Hanna Clark Rehabilitation, Las Vegas, Nevada
- February 1992 Instructor - Wiltse Pedicle Screw Device
Advanced Spine-Instructional Course
Washington, D.C.
- February 1992 "Re-operation following Posterior Spinal Arthrodesis using Wiltse Pedicle Screw Fixation"
M. C. Hume, D. A. Capen, S. Nagelberg, R. W. Nelson, J. C. Thomas.
American Academy of Orthopedic Surgeons, Federation of Spine Associations Annual Meeting, Washington, D.C.

Presentations: (cont)

- February 1992
American Academy of Orthopedic Surgeons
American Spinal Injury Association-Moderator
Symposium: Posterior Instrumentation for Spinal
Trauma"
Federation of Spine Associates
Annual Meeting, Washington, D.C.
- May 1992
"Bone Quality and Its Relationship to Tobacco Use"
R. L. Rimoldi, D. A. Capen-presenter, R. W. Nelson,
S. Nagelberg, J. C. Thomas, J. L. Larsen.
American Spinal Injury Association
Toronto, Ontario, Canada
- June 1992
6th Annual Low Back Pain Conference
Las Vegas, Nevada
"Neuroanatomy of the Lumbar Spine"
- July 1992
"Bone Quality and Its Relationship to Tobacco Use"
R. L. Rimoldi, D.A. Capen-presenter, R. W. Nelson,
S. Nagelberg, J. C. Thomas.
North American Spine Society
Boston, Mass.
- November 1992
"Bone Quality and Its Relationship to Tobacco Use"
R. L. Rimoldi, D. A. Capen, et al
J. Larsen, M.D. presenter
Southern Orthopaedic Association
- December 1992
"Long-term Result in the use of the Halo for Cervical
Spine Fractures" T. Dunn, D. A. Capen-presenter,
R. W. Nelson, S. Nagelberg, J. C. Thomas, R. L.
Rimoldi, "Clinical Experience with the Andrews
Frame", J. Larsen, D. A. Capen-presenter, R. W.
Nelson, S. Nagelberg, J. C. Thomas, R. L. Rimoldi.
"Assessment of Pseudoarthrosis in Pedicle Screw
Fusion", J. Larsen, D. A. Capen-presenter, R. W.
Nelson, S. Nagelberg, J. C. Thomas, R. L. Rimoldi.

Presentations: (coot)

- December 1992 "Bone Quality and Its Relationship to Tobacco Use"
R. L. Rimoldi, D. A. Capen-presenter
H. Gruber, R. Nolan, J. C. Thomas, S. Nagelberg,
R. W. Nelson
Faculty-Bascules Lab: "Percutaneous Discectomy"
American Back Society
- February 1993 American Academy of Orthopedic Surgeons
Annual Meeting, San Francisco, California
"Etiology of Spinal Cord Injuries: Significant Changes
over Ten Years. D. A. Capen, M.D., R. W. Nelson,
M.D., S. Nagelberg, M.D., J. C. Thomas, M.D.,
R. L. Rimoldi, M.D.
- February 1993 Moderator- Federation of Spine Associations
American Spinal Injury Association
AAOS- Annual Meeting, San Francisco, California
- February 1993 AAOS - Annual Meeting, San Francisco, California
"Bone Quality and Its Relationship to Tobacco Use"
R. L. Rimoldi, M.D., D. A. Capen, M.D.,
Helen Gruber, Ph.D., S. Nagelberg, M.D.,
R. W. Nelson, M.D., R. Nolen, M.D., J. C. Thomas
Jr., M.D.
- April 1993 "Surgical Treatment of Lumbar Disc Disease"
CAAA Meeting, Anaheim, California
- June 1993 7th Annual Low Back Pain Conference
Las Vegas, Nevada
"Evaluation of Low Back Pain"
- October 1993 "Etiology of Spinal Cord Injury: Significant Changes
Over Ten Years", D. A. Capen, R. W. Nelson,
S. Nagelberg, J. C. Thomas Jr., R. L. Rimoldi, J. E.
Zigler, North American Spine Society Annual Meeting
San Diego, California
- January 1994 "Complications in Lumbar Spine Surgery"
Advances in Spinal Surgery
Santa Barbara, California

Presentations: (coot)

- February 1994 "Assessment of Pseudoarthrosis in Pedicle Screw Fusion", J. M. Larsen, R. L. Rimoldi, D. A. Capen, R. W. Nelson, S. Nagelberg, J. C. Thomas, Jr.
American Academy of Orthopedic Surgeons
Annual Meeting, New Orleans, Louisiana
- April 1994 NASS/JSR "Spine Across the Sea"
"Assessment of Pseudoarthrosis in Pedicle Screw Fusion", J. M. Larsen, R. L. Rimoldi, D. A. Capen, R. W. Nelson, S. Nagelberg, J. C. Thomas, Jr.
- April 1994 NASS/JSR "Spine Across the Sea"
"Pedicle Screw Fixation in the Elderly for Arthrodesis of the Lumbo-Sacral Spine: An Outcome Study"
Greenfield, R. T., et al.
Presenter: R. L. Rimoldi
- April 1994 NASS/JSR "Spine Across the Sea"
"Evaluation of Continuous Intraspinal Narcotic Analgesia For Chronic Benign Pain"
Yoshida, G. M., Nelson, R. W., Capen, D. A., Nagelberg, S., Thomas, J. C., Rimoldi, R. L.
- June 1994 Rancho Los Amigos Research Day
Discussion: "Evaluation of Continuous Intraspinal Narcotic Analgesia For Chronic Benign Pain"
Yoshida, Gregory M., Nelson, R. W., Capen, D. A. Nagelberg, S., Thomas, J. C., Rimoldi, R. L.
- February 1995 "Evaluation of Continuous Intraspinal Narcotic Analgesia For Chronic Benign Pain"
Yoshida, G. M., Nelson, R. W., Capen, D. A., Nagelberg, S., Thomas, J. C. Rimoldi, R. L.
- February 1995 "Postoperative Wound Infection Post Adult Instrumented Lumbar Spine Fusions"
Kayvanfar, J. F., Capen, D. A., Thomas J. C., Nelson, R. W., Nagelberg, S.
AAOS Annual Meeting, Orlando, FL

Presentations: (cont)

- March 1995 "Postoperative Wound Infection Post Adult Instrumented Lumbar Spine Fusions"
Kayvanfar, J. F., Capen, D. A., Thomas, J. C., Nagelberg, S., Nelson, R. W., Rimoldi, R. L., Haye, W.
International Intradiscal Therapy Society Annual Meeting La Jolla, California
- March 1995 "Evaluation of Continuous Intraspinal Narcotic Analgesia for Chronic Benign Pain, Yoshida G, . M., Nelson, R. W., Capen, D. A., Nagelberg, S., Thomas, J. C. Rimoldi, R. L., Haye, W.
International Intradiscal Therapy Society Annual Meeting La Jolla, California
- April 1995 "Assessment of Pseudoarthrosis in Pedicle Screw Fusion" J. M. Larsen, R. L. Rimoldi, D. A. Capen, R. W. Nelson, S. Nagelberg, J. C. Thomas, Jr.
California Orthopedic Association Annual Meeting, Torrey Pines, California
- April 1995 "Sensitivity of the Jamar Dynamometer in Detecting Submaximal Effort"
Ashford, R., Nagelberg, S., Capen, D. A., Nelson, R. W., Rimoldi, R. L.
California Orthopedic Association Annual Meeting, Torrey Pines, California
- April 1995 "Evaluation of Continuous Intraspinal Narcotic Analgesia For Chronic Benign Pain"
Yoshida, G. M., Nelson, R. W., et al.
California Orthopedic Association Annual Meeting, Torrey Pines, California
- May 1995 LeRoy C. Abbott Nerne T. Inman Lectureship/
Scientific Program "Evaluation of Continuous Intraspinal Narcotic Analgesia For Chronic Benign Pain"
Yoshida, G. M., Nelson, R. W., Capen, D. A., et al.

Presentations: (coot)

- May 1995 LeRoy C. Abbott, Nerne T. Inman Lectureship/Scientific Program "Postoperative Wound Infection Post Adult Instrumented Lumbar Spine Fusions" Kayvanfar, J. F., Capen, D. A., Thomas, J. C., Nagelberg, S., Nelson, R. W., Rimoldi, R. L., Haye, W.
- October 1995 "Wound Infections after Instrumented Posterolateral Adult Lumbar Spine Fusions" Kayvanfar, J. F., Capen, D. A., Thomas, J. C., Nagelberg, S., Nelson, R. W., Rimoldi, R. L., Haye, W. North American Spine Society Annual Meeting Washington, D.C.
- October 1995 "Pedicle Screw Fixation in the Elderly for Arthrodesis of the Lumbosacral Spine: An Outcome Study" Greenfield, R. T., Capen, D. A., Rimoldi, R. L., Thomas, J. C., Nelson, R. W., Nagelberg, S., Haye, W. North American Spine Society Annual Meeting Washington, D.C.
- October 2005 Presenter of the Advent Cervical Disc at NASS, Philadelphia, Pennsylvania
- January 2006 Presenter - Posterior Lumbar Interbody Fusion Techniques - Blackstone Medical, International Sales Meeting

Publications:

D. A. Capen, R. W. Nelson, "Treatment of the Cervical Spine" Audio Digest, Medical Outlook, January 1985

D. A. Capen, J. E. Zigler, R. L. Waters, R. W. Nelson, J. Perry, "Occipito-Cervico-Thoracic Spine Fusion in a patient with Occipito-Cervical Dislocation and Survival" Spine, Vol. 11, No.6, 1986, pp645-646

D. A. Capen, J. E. Zigler, N. Rockowitz, R. W. Nelson, R. L. Waters, "Posterior Cervical Fusion with Local Anesthesia, the Awake Patient as the Ultimate Spinal Cord Monitor" Spine, April 1987, Vol. 12, No.3, pp.206-08.

Publications: (coot)

D. A. Capen, R. W. Nelson, J. E. Zigler, L. Anderson, N. Klein, "Staged Total Thigh Rotation Flap for Coverage of Chronic Recurrent Pressure Sores" Contemporary Orthopedics: June 1988, Vol.6, No.6, pp 23-20.

D. A. Capen, R. W. Nelson, J. E. Zigler, C. R. Sadler, Jr., "Cervical Laminectomy in Spinal Trauma" Contemporary Orthopedics: July 1988, Vol. 16, No.7, pp.22-30

D. A. Capen, R. W. Nelson, "Non-Operative Management of Cervical Instability" in the Spinal Cord Injured Patient, Comprehensive Management, edited by B. Y. Lee, L. E. Ostrander, G. V. Cochran, W. W. Shaw, W. B. Saunders 1991, pp 171-175

11:

M. Gordon, D. A. Capen, J. E. Zigler, R. W. Nelson, D. E. Garland, S. Nagelberg, "A Comparison of Operative and Non-operative treatment in Fractures of the High Thoracic Spine" J. Spinal Disorders, Vo 1.3,1991

S. S. Hu, R. L. Rimoldi, D. A. Capen, R. W. Nelson, S. Nagelberg, J. C. Thomas, Jr. "The Effect of Surgical Decompression on Neurologic Outcome After Lumbar Fractures" Abstract, LeRoy C. Abbott Orthopaedic Society, Proceedings, May 1991, Vo1.22

R. L. Rimoldi, D. A. Capen, R. W. Nelson, S. Nagelberg, J. C. Thomas, Jr., "Bone Quality and Its Relationship to Tobacco Use: Abstract, Journal of the American Paraplegia Society, April 1992

D. A. Capen, R. W. Nelson, S. Nagelberg, J. C. Thomas Jr., R. L. Rimoldi, "Etiology of Spinal Cord Injuries: Significant Changes over Ten Years" Orthopedic Transactions, Vo1.17, No.4, 1996-94, p.1035

D. A. Capen, R. W. Nelson, S. Nagelberg, J. C. Thomas Jr., R. L. Rimoldi, "Etiology of Spinal Cord Injuries: Significant Changes over Ten Years" Orthopedic Transactions, Vo1.8, No. A, 1993-94, p.279

D. A. Capen, M. L. Gordon, J. E. Zigler, D. E. Garland, R. W. Nelson, S. Nagelberg, "Nonoperative Management of Upper Thoracic Spine Fractures" Orthopedic Review, Vo1.23, No. 10, October. ,1994, pp 818-821.

L.A. Jenkins, D. A. Capen, J. E. Zigler, R. W. Nelson, S. Nagelberg, "Cervical Spine Fusions for Trauma: A long-term radiographic and clinical evaluation, Orthopedic Review, Aspects of Trauma, November. 1994, pp 13-19.

Publications: (coot)

J. Larsen, R. Rimoldi, D. Capen, R. Nelson, S. Nagelberg, J. Thomas, Jr., "Assessment of Pseudoarthrosis in Pedicle Screw Fusion: A Prospective Study Comparing Plain Radiographs, Flexion/Extension Radiographs, CA Scanning, and Bone Scintigraphy with Operative Findings" *Journal of Spinal Disorders*, Vol9, No.2, April 1996, pp. 117-121

G. Yoshida, R. Nelson, D. Capen, S. Nagelberg, J. Thomas, Jr., R. Rimoldi, W. Hayes, "Evaluation of Continuous Intraspinous Narcotic Analgesia for Chronic Pain from Benign Causes" *The American Journal of Orthopedics*, Vol.25, No. 10, October. 1996, pp.693-694.

R.W. Nelson, "Non Surgical Management of Cervical Spine Instability" *Comprehensive Management of Spine Trauma*, Mosby 1998, pp. 134-143.

R.W. Nelson, D. Capen, E. Leppek, PA-C, "Nonoperative Management of Cervical Instability", *The Spinal Cord Injured Patient*, Second Edition 2002, pp. 120-126.

R.W. Nelson, "XLIF in the Treatment of Levels Adjacent to Prior Surgery", August 2008, Nuvasive White Paper

Revised September 2015