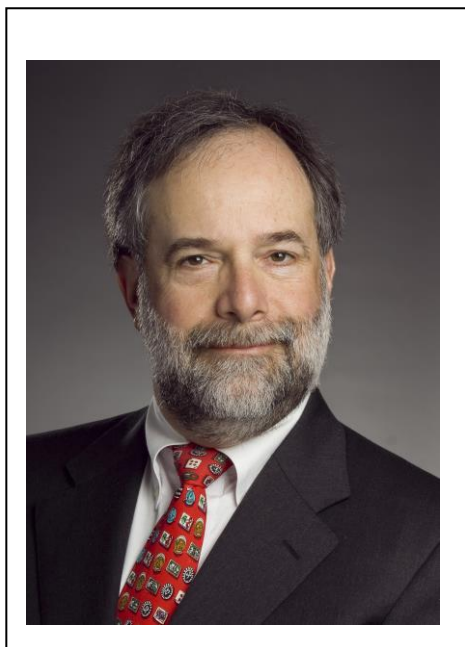


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PROFESSIONAL BIOGRAPHY

JOHN D. TYDINGS, M.D., F.A.A.O.S.

Orthopaedic Surgeon
Fellowship Trained Spine Surgeon

Independent Medical Evaluation Location:

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EDUCATION:

Medical School:

Medical School: Albany Medical College
Albany, NY
M.D. Degree 1984

Surgical Internship:

Albany Medical Center Hospital
Albany, NY
1984-1985

Orthopedic Surgery Residency:

Albany Medical Center Hospital
Dept. of Orthopedic Surgery
Albany, NY
1985-1988

Honors:

Chief Resident, Orthopedic Surgery
Albany Medical Center Hospital
Albany, NY
1988-1989

Fellowship:

K.D. Leatherman Spine Center
Fellowship-Spine Surgery, 1989-1990

BOARD CERTIFICATIONS:

- Fellow, American Board of Orthopaedic Surgeons, 1992 (re-certified 10/2000-12/31/2022)
- Fellow, American College of Surgeons

POSITIONS HELD:

- Physician, Central Jersey Spine Associates, P.A., Lawrenceville, NJ. 1995-Present
- Medical Director, Horizon Casualty Services, Inc., Newark, NJ. 1997-2002
- Physician, Trenton Orthopaedic Group, P.A., Trenton, NJ. 1990-1995

CONTINUING MEDICAL EDUCATION:

Participated in Continuing Medical Education beyond regulatory requirements

PUBLICATIONS:

- Steinman, Nogueira, Witmer, Tydings, and Mellman, "Lymphokine Enhances the Expression and Synthesis of Ia Antigens on Cultured Mouse Peritoneal Macrophages:", *Journal of Experimental Medicine*, 1980, 152, pgs. 1248-1261.
- Nogueira, Chaplan, Tydings, Unkeless, and Cohn, "Trypanosoma cruzi: Surface Antigens of Blood and Culture Forms", *Journal of Experimental Medicine*, 1980, 153, pgs. 629-639.
- Nogueira, Chaplan, Reesink, Tydings, and Cohn, "Trypanosoma cruzi: Induction of Microbicidal Activity in Human Mononuclear Phagocytes", *Journal of Immunology*, 1982, 128, pgs. 2142-2146.
- Alfred, Tydings, Martino, and Lozman, "Intramedullary Bone Reamings Augmenting Fracture Fixation", *Surg Forum*, 1984, 35, pgs. 523-525.
- Martino, Lozman, Kircher, Alfred, and Tydings, "The Potential of Intramedullary Canal Bone Reamings as a Bone Graft", *Anat Rec*, 1985, 212, pg. 126a.
- Tydings, Martino, Kircher, Alfred, and Lozman, "The Osteoinductive Potential of Intramedullary Canal Bone Reamings", *Current Surgery*, 1986, 43, pgs. 121-124.
- Tydings, Martino, Kircher, Alfred, and Lozman, "The Viability of Intramedullary Canal Bone Reamings for Continued Calcification", *American Journal of Surgery*, 1987, 153, pgs. 306-309.
- Tydings and Jacobs, "A Common Forefoot Deformity Associated with Hallux Valgus", *Iowa Journal of Orthopaedics*, 1989, 9, pgs. 86-88.
- Tydings, John D., "Evaluation of the Patient with Spinal Trauma", *Audio Digest of Orthopaedics*, Feb. 1990.
- Tydings, John D., "Evaluation and Treatment of Idiopathic Scoliosis", *Healthbeat*, TKR Cable TV, April, 1991
- Tydings, Vaccaro, and Minotti, "Case 17. Lumbar Degenerative Disc Disease: Axial Low Back Pain, Minimally Invasive Laparoscopic Approach" in Master Cases: Spine Surgery. Edited by Vaccaro and Albert. 2001
- Tydings and Vaccaro, "Anterior Lumbar Interbody Surgery – Open Approach" in Spine Surgery: Tricks of the Trade, Edited by Vaccaro and Albert, 2003
- Tydings and Vaccaro, "Lumbar Interbody Procedures – Laparoscopic Approach" in Spine Surgery: Tricks of the Trade, Edited by Vaccaro and Albert, 2003
- Tydings and Blecher, "Lumbar Laparoscopy", in Decision Making in Spinal Care. Edited by Anderson and Vaccaro, 2006

RESEARCH EXPERIENCE:

- 1983-1988 Albany Medical College - Drs. J. Lozman and L. Martino; Department of Surgery, Division of Orthopaedics, "Osteogenic Potential of Intramedullary Canal Bone Graft".
- 1980-1982 Rockefeller University - Drs. N. Nogueira and Z. Cohn; Department of Cellular Physiology and Immunology, "Surface Antigens of Trypanosoma cruzi".

PRESENTATIONS:

- 02/85 The Tripartite Society Meeting; Boston, MA. **Speaker**
- 05/89 Orthopaedic Considerations for the Arthritic Knee; Lake George, NY. **Speaker**
- 10/89 Spinal Deformities; Update 1989; Albany, NY. **Speaker**
- 01/90 Spinal Instrumentation Tutorial; Louisville, KY. **Co-Director, Speaker and Instructor**
- 01/90 Spine Instrumentation Update, Charlotte Memorial Hospital and Research Center; Charlotte, NC. **Speaker and Hands-On Instructor**
- 05/90 Orthopaedic Alumni Dinner, Albany Medical Center; Albany, NY. **Speaker, Reviewer**
- 06/90 Spinal Instrumentation Tutorial; Louisville, KY. **Speaker and Hands-On Instructor**
- 05/91 Orthopaedic Alumni Dinner, Albany Medical Center; Albany, NY. **Speaker, Reviewer**
- 11/93 1993 K.D. Leatherman Spine Symposium; Louisville, KY. **Hands-On instructor**
- 03/96 "The Role of Electrical Stimulation in Spinal Fusion Surgery", Parsippany, NJ. **Speaker and Hands-On Instructor**
- 01/97 "Lumbar Interbody Fusion", Philadelphia, PA. **Speaker and Hands-On Instructor**
- 03/97 "BAK Lumbar Interbody Fusion System", Baltimore, MD. **Speaker, Hands-On Instructor**
- 05/97 "Surgical Treatment of Lumbar Disc Disease", American Orthopaedic Academy of Osteopathy, Baltimore, MD. **Speaker**
- 09/97 "BAK Lumbar Interbody Fusion System", Philadelphia, PA. **Speaker, Hands-On Instructor**
- 11/97 "Clinical Experience with Lumbar Interbody Fusion with BAK Cages", Pennsylvania Orthopaedic Society Annual Meeting, Wilmington, DE. **Speaker**
- 04/99 "New Techniques in Spinal Fusion Surgery" Helene Fuld Medical Center, Trenton, NJ. **Speaker**
- 11/99 "Current Diagnosis and Treatment of Neck Pain, Helene Fuld Medical Center, Trenton, NJ. **Speaker**
- 06/02 "Surgical Treatment of Low Back Pain." American Society of Orthopaedic Physicians' Assistants; Albany, NY. **Speaker**
- 06/04 "Surgical Treatment of Low Back Pain in Worker's Compensation Patients" Capital Health System Trenton, NJ. **Speaker**
- 06/06 "Evaluation and Treatment of Patients with Low Back Pain" Hamilton, NJ. **Speaker**
- 06/06 Evaluating Worker's Compensation Patients with Low Back Pain" Trenton, NJ. **Speaker**
- 08/06 Orthopaedic Grand Rounds "Spinal Cord Stimulation: Indications and Techniques Albany, NY. **Speaker**
- 03/07 Capital Health Community Forum "Spinal Cord Stimulation: Operative Indications and Techniques, Hamilton, NJ. **Speaker**
- 02/08 Capital Select Care; "Management of Low Back Pain," Hamilton, NJ. **Speaker**
- 06/08 Princeton Community Education; "Surgical Treatment of Low Back Pain." Princeton, NJ. **Speaker**
- 10/08 PIP Education Day; "Surgical Perspectives for Evaluating and Treating Low Back Pain." Trenton, NJ. **Speaker**
- 11/08 US Spine Facet Fixation System Instructional Course, West Chester, PA. **Evaluator**
- 12/08 CHN Inservice Program; "Evaluation and Management of Cervical Spine Problems." **Speaker**
- 01/09 Prodisc Education Forum: Lumbar Disc Replacement, Eatontown, NJ. **Speaker**
- 04/09 Spinal Bioskills Workshop, Princeton, NJ. **Speaker, Hands-on Instructor**
- 11/10 "Surgical Evaluation and Treatment of Low Back Pain," Physical Therapy Provider Network Union, NJ. **Speaker**
- 04/16 MD Advantage Mock Trial, East Windsor, NJ. **Juror**

SOCIETIES AND PROFESSIONAL AFFILIATIONS:

- American Academy of Orthopaedic Surgeons (Fellow)
- North American Spine Society (Fellow)
- American College of Surgeons (Fellow)
- New Jersey Medical Society
- Mercer County Medical Society
- New Jersey Orthopaedic Society
- New Jersey Small Business and Industry Association
- Orthopaedic Surgeons of New Jersey OSNJ MLIPA

AWARDS AND HONORS:

- Fellow of American Academy of Orthopaedic Surgeons - 1994
- Fellow of American College of Surgeons - 1994
- Letter of Commendation - 1988 OITE Performance
- General Surgery Resident Research day - First Prize 1985
- Student Activities Award 1984
- Dean's Research Award 1984
- Student Council President Award 1984
- NIH Summer Research Fellowship 1981, 1983
- Jack M. Spitalny Memorial Fellowship 1981, 1983
- Sigma Xi 1981
- Dean's Certificate for Outstanding Research Endeavor 1981
- Robert M. Fuller Medical Scholarship 1980
- Regent's Medical Scholarship 1980
- Delphic Society 1979
- Certificate of Appreciation-AAFP Active Teacher 2003-2004

MEDICAL LICENSURE: New Jersey New York Pennsylvania Kentucky

HOSPITAL AFFILIATIONS:

Capital Health Regional Medical Center, Trenton, NJ
Capital Health Medical Center at Hopewell, Pennington, NJ
CentraState Medical Center, Freehold, NJ
Robert Wood Johnson University Hospital at Hamilton, Hamilton, NJ
University Medical Center of Princeton at Plainsboro, Princeton, NJ
Hunterdon Healthcare, Flemington, NJ
Surgery Center at Hamilton, Hamilton, NJ

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