



PROFESSIONAL BIOGRAPHY

JOHN D. TYDINGS, M.D., F.A.A.O.S., F.A.C.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
- Physician, Capital Institute for Neurosciences, Capital Health Systems, Pennington, NJ 2018-Present

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 Kentucky

HOSPITAL AFFILIATIONS:

Capital Health Regional Medical Center, Trenton, NJ
Capital Health Medical Center at Hopewell, Pennington, NJ
CentraState Medical Center, Freehold, NJ
University Medical Center of Princeton at Plainsboro, Princeton, NJ

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