

JAMES H. MAXWELL, MD

Care for the *Patient*, Not Just the Problem

FOR MORE THAN TWO DECADES, James H. Maxwell, MD has treated disorders of the cervical, thoracic and lumbar spine in both adolescents and adults. A fellowship-trained orthopedic spine surgeon, he specializes not only in non-operative and operative treatments of these problems, including degenerative, deformity and traumatic disorders, but also in the focused care and attention that every patient deserves. He listens well and educates often, making sure that every treatment is individual and appropriate.

ONE-ON-ONE CARE Dr. Maxwell's practice is specialized—for each and every patient. His treatment plan is specifically tailored to the individual, not just to the individual's problem. "One size does not fit all," he explains. He strives not only to diagnose the source of the problem but also to fully communicate the available options within the context of the patient's life and circumstances. Because patient education is so important to long-term well-being, he takes the time to listen carefully and answer all questions.

COMPREHENSIVE & CONSERVATIVE "Every treatment I prescribe is conservative, but that doesn't always mean non-surgical. Sometimes the most conservative approach is operative," he says.

"It always depends on the patient." His expertise includes non-operative care, such as trunk stabilization exercises and massage therapy, and minimally invasive surgery, which achieves the same goals as traditional surgery but with far less trauma to the tissues and body. He employs the most advanced techniques and equipment, from lasers and endoscopes to mini-clips and sutures. A trained electrical engineer, he has spent years developing techniques, instruments and products in collaboration with other top surgeons.

CREDENTIALLED & CREDITED After graduating from the U.S. Naval Academy and serving as a Navy SEAL officer, Dr. Maxwell earned his medical degree at the University of California, San Diego, and has studied with orthopedic surgeons around the world, including Robert Watkins, MD, in Los Angeles. While at Kerlan-Jobe Clinic, he studied difficult spinal problems in



the country's best-known professional athletes. His research regarding return-to-play decisions in football neck injuries is widely referenced. Editor-in-chief of surgical textbook *Non Fusion Techniques of the Spine: Motion Preservation and Balance*, he has participated in numerous FDA clinical trials and lectures frequently. He also serves on the Board of Directors of OASIS Hospital.

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