



Central Jersey Spine Associates, P.A.
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EMPLOYMENT HISTORY:

Physician
Capital Health Institute for Neurosciences
Two Capital Way, Suite 456
Pennington, NJ 08534
November 2018 – March 2023

Physician
Central Jersey Spine Associates, P.A.
123 Franklin Corner Road, Suite 109
Lawrenceville, New Jersey 08648
August 1995 - Present

Medical Director
Horizon Casualty Services, Inc.
33 Washington Street
Newark, New Jersey 07102-3194
January 1997 – December 2002

Physician
Trenton Orthopaedic Group, P.A.
Trenton, New Jersey 08619
July 1990 - August 1995

POSTGRADUATE TRAINING:

Fellowship - Spine Surgery
K.D. Leatherman Spine Center, Louisville, KY
July 1989 - June 1990

Chief Resident - Orthopaedic Surgery
Albany Medical Center Hospital, Albany, NY
July 1988 - June 1989

Residency - Orthopaedic Surgery
Albany Medical Center Hospital, Albany, NY
July 1985 - June 1988

POSTGRADUATE TRAINING (cont):

Internship - General Surgery
Albany Medical Center Hospital, Albany, NY
July 1984 - June 1985

EDUCATION:

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

Postgraduate: Columbia University, NY, NY
School of General Studies 1979-1980

College: Union College, Schenectady, NY
B.S. Chemistry 1979

BOARD CERTIFICATION:

American Board of Orthopaedic Surgeons
July, 1992 Re-certified 10/2000 – 12/31/2022
Extended until 12/31/2024

MEDICAL LICENSES:

New York
New Jersey
Kentucky

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".

AWARDS AND HONORS:

Fellow of American Academy of Orthopaedic Surgeons - 1994
Fellow of American College of Surgeons - 1994
Letter of Commendation - 1988 OITE Performance

AWARDS AND HONORS (cont):

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

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

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 MasterCases: 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

McLaughlin, Tydings, and Fitzpatrick, "The Electrician vs. The Carpenter Revisited" https://www.aansneurosurgeon.org/feature/the-electrician-vs-the-carpenter-revisited/?_zs=p7lJe1&_zl=wiTT7, March 9, 2021

CONFERENCES ATTENDED AS CONTRIBUTOR:

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| 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 and Reviewer**
- 06/90 Spinal Instrumentation Tutorial; Louisville, KY **Speaker and Hands-On Instructor**
- 5/91 Orthopaedic Alumni Dinner, Albany Medical Center; Albany, NY **Speaker and Reviewer**
- 11/93 1993 K.D. Leatherman Spine Symposium; Louisville, KY **Hands-On instructor**
- 3/96 "The Role of Electrical Stimulation in Spinal Fusion Surgery", Parsippany, NJ **Speaker and Hands-On Instructor**
- 1/97 "Lumbar Interbody Fusion", Philadelphia, Pennsylvania **Speaker and Hands-On Instructor**
- 3/97 "BAK Lumbar Interbody Fusion System", Baltimore, MD **Speaker and Hands-On Instructor**
- 5/97 "Surgical Treatment of Lumbar Disc Disease", American Orthopaedic Academy of Osteopathy, Baltimore, MD **Speaker**
- 9/97 "BAK Lumbar Interbody Fusion System", Philadelphia, PA **Speaker and Hands-On Instructor**
- 11/97 "Clinical Experience with Lumbar Interbody Fusion with BAK Cages", Pennsylvania Orthopaedic Society Annual Meeting, Wilmington, DE **Speaker**
- 4/99 "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**
- 6/02 "Surgical Treatment of Low Back Pain", American Society of Orthopaedic Physicians' Assistants; Albany, NY **Speaker**
- 6/04 "Surgical Treatment of Low Back Pain in Worker's Compensation Patients" Capital Health System Trenton, NJ **Speaker**

- 6/06 "Evaluation and Treatment of Patients with Low Back Pain"
Hamilton, NJ **Speaker**
- 6/06 Evaluating Worker's Compensation Patients with Low Back Pain"
Trenton, NJ **Speaker**
- 8/06 Orthopaedic Grand Rounds "Spinal Cord Stimulation: Indications
and Techniques Albany, NY **Speaker**
- 3/07 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 and Hands-on Instructor**
- 11/10 "Surgical Evaluation and Treatment of Low Back Pain"
Physical Therapy Provider Network Union, NJ **Speaker**
- 4/16 MD Advantage Mock Trial
East Windsor, NJ **Juror**