

## CURRICULUM VITAE



### **ROBERT G. WATKINS, III, M.D.**

Marina Spine Center  
4640 Admiralty Way, 6<sup>th</sup> Floor  
Marina del Rey, CA 90292  
(310) 448-7890

### EDUCATION

High School	<b>Memphis Central High School</b> , Memphis, Tennessee – 1962
College or University	<b>Southern Methodist University</b> , Dallas, Texas, B. A., 1966
Medical School	<b>University of Tennessee Medical College</b> , M.D. 1969
Internship	<b>University of Southern California School of Medicine</b> , July 1971, Surgery Internship  <b>Baptist Memorial Hospital/Campbell Clinic</b> , July 1969 - July 1970, Surgical Pathology Fellowship
Residencies	<b>University of Southern California School of Medicine</b> , July 1978, Orthopedic Surgery Residency
Fellowship	<b>The Robert Jones and Agnes Hunt Orthopedic Hospital</b> July 1978 – July 1979, Spinal Surgery  <b>Klinik fur Orthopadische Chirurgie</b> July 1979 – January 1980, Spinal Surgery
Military Service	<b>United States Air force 8/71 – 8/74</b> Discharge Rank – Major  Officer in charge of the Emergency room and Outpatient Orthopedic Service, United States Air Force Major, Hickman Air force Base 1971-1974
Honors and Awards	Visiting Professor for J.Paul Harvey, Jr. Lectureship Keck School of Medicine University of Southern California Department of Orthopaedic Surgery March 18-19, 2010  Charles P. Jester Award for Excellence Memphis Central High School, Memphis, Tennessee  President's Scholarship Grant

Southern Methodist University, Dallas, Texas

President of Freshman Class  
Southern Methodist University, Dallas, Texas

The Surgery Award to the Outstanding Surgery Student  
Class of 1969, University of Tennessee Medical College,  
Memphis, Tennessee

Chinese Medical Association 1989 Annual Congress Meeting  
Special Guest Lecturer “The Indications for Fusion and internal  
Fixation in the Older Patient”, Taipei, Taiwan, China, June 3-6,  
1989

Award for the Outstanding Senior Resident’s Paper  
Entitled “Delayed and Nonunion of the Tibia – A Review of 232  
Cases”, LAC/USC Medical Center, Los Angeles, California

The Lloyd Griffiths Award  
First Annual Presentation for the Outstanding Contribution to the  
Hospital

Licensure California, (certificate C35759)  
Tennessee, (certificate MDOO6696)

Board Certification **American Board of Orthopedic Surgery, 1982**

## **HOSPITAL AFFILIATIONS**

**Marina Del Rey Hospital**  
Marina del Rey, California 2007 - present

**USC University Hospital, Los Angeles, California**  
Active Staff 1991 - present

## **PROFESSIONAL BACKGROUND**

Academic appointments  
University of Southern California  
Clinical Associate Professor of Orthopedics, USC, Los Angeles, CA 1980 – 1998

University of Southern California  
Professor of Clinical Orthopedic Surgery, USC, Los Angeles, CA 1998 – present

### **Other:**

Orthopedic Biomechanics Course  
University of California at Los Angeles, Los Angeles, California 1977

AO Fracture course  
Columbus, Ohio 1978

Spinal Injuries Course

Sheffield, England 1978  
Mueller Hip and Knee Course  
Bern, Switzerland 1979

Spinal Symposium - Faculty Member  
Birmingham, England 1979

Fracture Course - Faculty Member  
Oswestry, England 1979

Engineering Aspects of the Spine  
The Institution of Mechanical Engineers, London, England 1980

CT Scan and Pathological Anatomy of the Spine  
St. Mary's Hospital, Montreal, Canada 1980

Spinal Cord Injuries  
American Academy of Orthopedic Surgeons, Bal Harbor, Florida, 1980

The Spine - Surgery and Rehabilitation  
American Academy of Orthopedic Surgeons, Orlando, Florida 1980

Cervical Spine Research Society Annual Meeting  
Palm Beach, Florida 1980

Modern Concepts in Fracture Management - Faculty Member  
American Academy of Orthopedic Surgeons, Los Angeles, California 1980

Sports Medicine Symposium - Faculty Member  
Orthopedic Hospital, Los Angeles, California 1981

Diagnostic and Therapeutic Techniques in Spinal Surgery, Course Chairman  
University of Southern California, Palm Springs, California 1981

Challenge of the Lumbar Spine - Faculty Member  
St. Mary's Spine Center, San Francisco, California 1982

Luque Instrumentation of the Spine  
Louisiana State University, New Orleans, Louisiana 1982

Pediatric Orthopedic Symposium  
Children's Orthopedic Hospital and Medical Center, Seattle, Washington 1982

Posterior Lumbar Interbody Fusion Symposium  
Philadelphia, Pennsylvania 1983

Current Concepts in Sports Medicine - Faculty Member  
Centinela Hospital Medical Center/National Athletic Health Institute,  
Inglewood, California 1983

USC Medical School Attorney's Symposium – Speaker  
University of Southern California, Los Angeles, California 1983

J. Vernon Luck Course - Faculty Member  
Orthopedic Hospital, Los Angeles, California 1983

Challenge of the Lumbar Spine - Faculty Member  
Lecture #1 "Surgical Exposures of the Lumbar Spine"  
Lecture #2 "Results, Complications and Indications of Anterior Interbody Fusion"  
San Francisco, California - November 1984

American Academy of Orthopedic Surgeons, 51st Annual Meeting  
Atlanta, Georgia - February 1984

5th Annual Sports Medicine Seminar - Faculty Member  
Centinela Hospital/National Athletic Health Institute  
"Neck and Back Injuries in Athletes", Inglewood, California - April 1984

USC Medical School Attorney's Symposium – Speaker  
University of Southern California, "Pain and Injuries of the Low Back"  
Los Angeles, California - April 1984

International Society for the Study of the Lumbar Spine, Annual Meeting  
Paper presentation, "Anterior Interbody Fusion of the Lumbar Spine: A Review"  
Montreal, Canada - June 3-7, 1984

NFL Team Physician's Association Meeting – Speaker  
"Standardized Approach to Cervical Injuries in Football"  
Nashville, Tennessee - June 9, 1984

J. Vernon Luck Course - Faculty Member  
Orthopedic Hospital, Anatomy Section - Dissection of the Spine  
Lecture #1 - "Spinal Cord Trauma"  
Lecture #2 - "Backache", Los Angeles, California, June 1984

## **LECTURES AND PRESENTATIONS**

USFL Team Doctors Meeting – Speaker  
"Neck Injuries in Football Players"  
Tampa Bay, Florida - July 13 - 15, 1984

North American Spine Association, 1st Annual Meeting - Faculty Member  
"Anterior Interbody Fusion", Vail, Colorado July 1984

American Academy of Orthopedic Surgeons, Summer Institute - Faculty Member  
"Anterior Exposure of the Spine and Anterior Fusion Technique"  
San Diego, California September 1984

Camp International Seminar  
"Conservative Management of Low Back Pain"  
Minneapolis, Minnesota-October 18-21, 1984

USC School of Medicine - Medi-Legal Lectures  
"Soft Tissue Injuries and Disability" - Course Lecturer  
Topic: Prognosis and Treatment of Neck and Back Injuries  
Los Angeles, California - October 24, 1984

Centinela Hospital Medical Center/Western Spine Institute  
Scoliosis Forum - Course Director and Lecturer

"Adult Scoliosis Surgery", Inglewood, California - October 1984

Centinela Hospital Medical Center, Course Director and Lecturer  
"Acute Care Management of Spine and Long Bone Injuries"

Mammoth, California - November 1984  
Centinela Hospital Medical Center  
Neck and Upper Extremity Injuries in Athletes Seminar  
"Common Neck Injuries in Athletes", Inglewood, California - November 1984

Challenge of the Lumbar Spine - Faculty Member  
American Academy of Orthopedic Surgeons  
Lecture #1 - "Anterior Lumbar Interbody Fusion"  
Lecture #2 - "Spinal Canal Decompression"  
Lecture #3 - "Management of Lumbar Spinal Canal Fragments"  
New Orleans, Louisiana - November/December 1984

Baseball Team Doctors Winter Meeting – Lecturer  
"Evaluation of the Lumbar Spine", Houston, Texas - December 1984

American Academy of Orthopedic Surgeons, 52nd Annual Meeting - Paper Presentation  
"Anterior Interbody Fusion of the Lumbar Spine: A Review"  
Las Vegas, Nevada-January 1985

San Diego Naval Hospital, Department of Orthopedics - Guest Lecturer  
"Back Trauma", San Diego, California - February 23, 1985

The Southern California Neurological Society – Lecturer  
"Lumbar Radiculopathy and Spondylolisthesis"  
LACMA Headquarters, Los Angeles, California - February 27, 1985

Camp International Seminars - Course Director and Lecturer  
"Conservative Management of Low Back Pain"  
Lecture #1 - "Anatomy and Pathology: Biomechanics"  
Lecture #2 - "Physical Examination for Low Back Pain"  
Lecture #3 - "The Pain"  
Course 1: Anaheim California - March 1-2, 1985  
Course 2: Universal City, California - March 8-9, 1985

Council of Musculo-skeletal Specialties  
Representative for North American Lumbar Spine Association, Chicago, Illinois - April 1985

Centinela Hospital Medical Center, "Putting Pain Out of Business" – Faculty  
Inglewood, California - April 1985

USC Medical School Attorney's Symposium – Speaker  
University of Southern California, Los Angeles, California - May 1985

National Athletic Health Institute, Centinela Hospital Medical Center  
"The Back in Sports" – Faculty  
Inglewood, California - May 1985

NFL Team Physician's Meeting – Speaker  
"Neck Injuries in Football Players"

San Antonio, Texas - June 1985

Southern California Pain Society Meeting – Speaker  
"Physical Examination of the Back Correlated with Pathology"  
Los Angeles, California - July 1985

North American Lumbar Spine Association - Program Chairman  
Second Annual Meeting, Laguna Niguel, California - July 24-27, 1985

Challenge of the Lumbar Spine - Faculty Member  
Lecture #1 - "Spinal Anatomy for the Surgeon"  
Lecture #2 - "When to Fuse"  
Lecture #3 - "Anterior vs. Posterior Fusion"  
Minneapolis, Minnesota - September 1985

Notre Dame Sports Medicine Symposium – Faculty  
University of Notre Dame, "Cervical Spine Injuries in Athletes",  
South Bend, Indiana - October 25-26, 1985

Ski Patrol Orthopedic Conference – Lecturer  
"Spine Injuries", Mammoth Mountain Ski Patrol  
Mammoth Lakes, California - November 18, 1985

Federation of Spine Associations, First Annual Meeting  
Program Co-Chairman, New Orleans, Louisiana, February 19-20, 1986

American Academy of Orthopedic Surgeons, 53rd Annual Meeting  
New Orleans, Louisiana - February 20-26, 1986

Los Angeles Scoliosis Study Group, Annendale Country Club  
Pasadena, California - March 1986

USC Medical School Attorney's Symposium - Guest Speaker  
University of Southern California, Los Angeles, California - April 1986

Western Orthopedic Association, 21st Annual Out-of-Town Meeting – Lecturer  
Lecture #1 - "The Diagnostic and Therapeutic Plan for Lumbosacral Pain"  
Lecture #2 - "Non-operative Treatment of Lumbosacral Pain"  
La Costa Country Club, Carlsbad, California - May 2-4, 1986

Western U.S. Pain Society, Annual Meeting - Guest Lecturer  
"Comprehensive Evaluation of Low Back Pain"  
Scottsdale, Arizona - May 8-10, 1986

International Society for the Study of the Lumbar Spine - Annual Meeting  
Dallas, Texas - May 1986

National Athletic Trainers Association Annual Meeting – Lecturer  
"Back Injuries in Baseball", Las Vegas, Nevada - June 1986

HCA Wesley Medical Center Seminar, "Confronting the Malpractice Crisis"  
Las Vegas, Nevada - June 1986

UCLA Department of Anesthesia - Guest Lecturer  
"Comprehensive Evaluation of Low Back Pain"

Los Angeles, California - July 3, 1986

American Orthopedic Association International Symposium – Faculty

Lecture #1 - "Back Strengthening Exercise Program"

Lecture #2 - "Discography, Myelography and C.T., Comparing the Accuracy of Diagnostic Tools", Chicago, Illinois - August 17-22, 1986

"Health Matters" Television Program – Interviewee

Topic 1 - "Back Pain

Topic 2 - "Spinal Injuries"

Taped for KHJ-TV Los Angeles for local viewing

Los Angeles, California-September 17, 1986

Cervical Spine Symposium – Lecturer

Lecture #1 - "Indications for Surgery"

Lecture #2 - "Sports-related Cervical Injuries"

University of Southern California, San Diego

San Diego, California - September 23, 1986

Midas Rex Course – Lecturer

San Francisco, California - September 25-26, 1986

USC Community Hospital Network - Guest Speaker

Burbank Community Hospital, Burbank, California - October 1986

Challenge of the Lumbar Spine - Faculty Member

San Francisco, California - November 1986

Department of the Army Residency Training Program - Guest Speaker

Letterman Army Medical Center, Presidio of San Francisco, California - November 1986

International Rehabilitation Institute of Utah

Back Pain Rehabilitation Seminar - Guest Faculty

Westin Hotel Utah, Salt Lake City, Utah - November 1986

University of Utah - Guest Speaker

Department of Orthopedic Surgery, Salt Lake City, Utah - November 1986

Cervical Spine Research Society - Faculty Member

"Cervical Injuries in Football Players"

Breakers Hotel West Palm Beach, West Palm Beach, Florida - December 1986

Injury Prevention and Treatment

Techniques in Baseball Seminar - Faculty Member

"Back Anatomy: Mechanisms of Injury and Biomechanics"

Los Angeles, California - January 1987

Midas Rex Institute Course

San Francisco Course Lecturer, San Francisco, California - January 19-20, 1987

Federation of Spine Association, 2nd Annual Meeting

San Francisco, California - January 1987

American Academy of Orthopedic Surgeons, 54th Annual Meeting

San Francisco, California - January 1987

Percutaneous Discectomy Seminar - Course Chairman  
Centinela Hospital Medical Center, Inglewood, California - February 1987

PGA Tour Lecture - Guest Speaker  
Lecture to Pro Golfers, Coral Springs, Florida - March 3, 1987

Southern California Neurological Society Symposium – Lecturer  
"Stabilization: Its Role in Treating Complicated Lumbar Spine Problems"  
Los Angeles, California - March 11, 1987

Rancho Los Amigos Hospital  
Resident's Anatomy Lecture - "Surgical Approaches to the Spine"  
Downey, California - March 1987

American Spinal Injury Association 1987 Annual Meeting – Lecturer  
Boston, Massachusetts - March 1987

International Discography Conference – Lecturer  
Sponsored by SPINE Journal, Dallas, Texas - March 1987

UCLA Attorney's Lecture Series - Guest Speaker  
"Pain and Injuries of the Neck" - April 1987  
"Pain and Injuries of the Low Back" - May 1987  
Los Angeles, California – 1987

Football Injuries Seminar – Lecturer  
Centinela Hospital Medical Center  
1) Decision-making in Football Players  
2) Neck Injuries in Football Players  
Stouffer's Hotel LAX, Los Angeles, California - May 2, 1987

The Spine Study Group - "The Role of Fusion in Lumbar Disc Disease"  
Kiawah, South Carolina - May 15-18, 1987

International Society for the Study of the Lumbar Spine - Fourteenth Annual Meeting  
"Magnetic Resonance Imaging in the Diagnosis of Disc Degeneration: Correlation with  
Discography", Rome, Italy - May 24-28, 1987

North American Spine Society - Second Annual Meeting  
Banff, Canada - June 25-28, 1987

Springer/Verlag Library Advisory Council Meeting – Discussor  
San Francisco, California - July 1, 1987

Spinal Fixation Study Group  
University of Maryland School of Medicine  
Baltimore, Maryland - July 10, 1987

Percutaneous Discectomy Workshop - Course Chairman  
One-day Seminar, Centinela Hospital Medical Center  
Los Angeles, California - July 25, 1987

Professional Golf Association Tour Lecture  
"Back Problems in Pro Golfers"  
Colonial Country Club, Memphis, Tennessee - July 28, 1987



Sports Medicine Update Conference  
Lecture #1 - "Spine Trauma in Athletes"  
Lecture #2 - "Protective Devices"  
University of California, San Diego, San Diego, California - July 29, 1987

Centinela Hospital Medical Center - Nursing Education Seminar  
"Spine Patient: Assessment and Treatment of Back Pain"  
Los Angeles, California - August 17, 1987

1987 NBA Annual Meeting of Team Personnel - "Spine Problems in Basketball Players"  
Industry Hills & Sheraton Resorts, City of Industry, California - September 18, 1987  
Aggressive Rehabilitation of Back and Neck Pain in Athletes Seminar - Course Chairman,  
Stouffer's Hotel LAX  
Los Angeles, California - September 19-20, 1987

Challenge of the Lumbar Spine  
Lecture #1 - "Posterior Lateral Fusions"  
Lecture #2 - "Hypotensive Anesthesia for Spinal Decompression Surgery"  
New York, New York - October 7-10, 1987

Cervical Spine Research Society Fifteenth Annual Meeting  
Washington, D.C. - December 2-5, 1987

American Academy of Orthopedic Surgeons 55th Annual Meeting  
Atlanta, Georgia - February 1988

Federation of Spine Associations Third Annual Meeting – Presenter  
"Cervical Injuries in Football Players", Atlanta, Georgia, February 7, 1988

SPINE '88  
"Advances in the Diagnostic and Treatment of the Herniated Disc"  
Participant in Videoconference live telecast as both presenter and panel discussion  
Chicago, Illinois, February 27, 1988

Loma Linda University Annual Post-Graduate Convention  
"Diagnosis and Management of Non-traumatic Cervical Spine Disease" – presenter  
Loma Linda, California, March 6, 1988

International Society for the Study of the Lumbar Spine 15th Annual Meeting  
Poster Presentation - "Comparison of MRI to Contrast CT in the Diagnosis of Spinal  
Stenosis", Bal Harbour, Florida - April 13-17, 1988

American Academy of Orthopedic Surgeons  
"Spinal Stenosis" Seminar – Presenter  
Airport Hyatt Hotel, Los Angeles, California - April 30, 1988

American Spinal Injury Association 14th Annual Meeting – Moderator  
San Diego, May 2-4, 1988

Neck Pain/Back Pain: Aggressive New Strategies  
Seminar Presenter:  
1. Cervical Spine: Surgical Approaches for the Injured Athlete  
2. Indications for Surgery: Cervical  
3. Surgical Treatment of Spinal Stenosis and Degenerative Spinal Disorders

San Francisco, California - May 7, 1988

Martin Luther King Medical Center  
Guest Lecture Conference – Guest  
Los Angeles, California - May 14, 1988

West Coast Orthopedic Review Course  
Course Lecturer: Anatomy of the Neck and Back  
Santa Monica, California - May 23, 1988

National Association of Orthopedic Nurses 8th Annual Congress - Break out session  
presenter  
"Management of Discogenic Disease", Scottsdale, Arizona - May 24, 1988

Medical Legal Institute Lecture Series  
USC Attorney's Lectures – Presenter  
May 25, 1988 - Orthopedic Injuries of the Neck  
June 2, 1988 - Orthopedic Injuries of the Back  
USC School of Medicine, Los Angeles, California

20/20 Television Interview with Hugh Downs regarding Pain Management programs  
Aired May 1988

Rancho Los Amigos Hospital/Resident's Lecture Series – Presenter  
"Surgical Approaches to the Spine", Downey, California - June 6, 1988

Centinela Hospital Medical Center/Lecture Series – Presenter  
"Orthopedic Management of Metastatic Bone Disease of the Spine"  
Los Angeles, California - June 7, 1988

North American Spine Society Annual Meeting  
Presenter - "Dynamic EMG Analysis of Torque Transfer in Professional Baseball Pitchers"  
Colorado Springs, Colorado, July 24-28, 1988

Aggressive Rehabilitation of Back and Neck Pain in Athletes - Course Chairman  
Sheraton La Reina, Los Angeles, Los Angeles, California - August 19-21, 1988

American Academy of Orthopedic Surgeons  
Summer Institute Instructional Course - Faculty Member  
San Diego, California, September 1988

Cervical Spine Research Society Annual Meeting  
Presenter - "The Incidence of Cervical stenosis in Professional Football Players"  
Key Biscayne, Florida, November 1988

Baseball Trainer's Conference – Faculty  
Radisson Hotel Manhattan Beach, Manhattan Beach, California, January 13, 1989

University of Southern California  
Grand Rounds Presentation Guest Speaker, Los Angeles, California - January 28, 1989

NFL Physician's Meeting/Football Combine  
Presenter - "Neck Injuries in Athletes", Indianapolis, Indiana, February 2, 1989

American Academy of Orthopedic Surgeons Annual Meeting  
Paper discussor - "Percutaneous Lumbar Discectomy Analysis of Surgical Failures:  
Las Vegas, Nevada, February 13, 1989

American Orthopedic Society for Sports Medicine  
American Academy of Orthopedic Surgeons Specialty Day Symposium – Presenter  
"Guidelines for Return to Activity After Cervical Injuries in Football Players"

Southern California Neurosurgical Society Meeting  
Scientific Program Participant - "Lumbosacral Stabilization"  
Los Angeles, California, March 15, 1989

University of California, Irvine - Grand Rounds and Presentation  
" Cervical Spine Injuries in the Athlete", Irvine, California, March 19, 1989

American Spinal Injury Association Annual Meeting  
Course Director - "A Surgeon's View of Surgical Anatomy and Approaches to the Spine"  
Las Vegas, Nevada, April 3-5, 1989

American Back Society Spring Symposium  
Director of Sports Medicine Workshop – “Neck and Back Pain in the Athlete”  
Lecturer - "Aggressive Rehabilitation and Prevention of Back and Neck Pain in Athletes"  
Cambridge, Massachusetts, April 13-16, 1989

National Association of Orthopedic Nurses Workshop  
Lecturer - "Whatever Happened to Chymo", Long Beach, California, April 29, 1989

Chinese Medical Association 1989 Annual Congress and Meeting – Lecturer  
"The Indications for Fusion and Internal Fixation in the Older Patient"  
Taipei, Taiwan, China, June 3-6, 1989

North American Spine Society Annual Meeting - Paper Discussor, Section 12  
“Fusion and Back Pain”, Quebec, Canada, June 29 - July 2, 1989

Symposium on Lumbar Interbody Fusion – Presenter  
“Anterior Lumbar Interbody Fusion Complications”, Quebec, Canada, July 3, 1989

American Academy of Orthopedic Surgeons Summer Institute  
Instructional Course Participant - "Degenerative Disease of the Lumbar Spine"  
Workshop Participant - "Techniques of Spinal Stenosis Decompression"  
"Microscopic Discectomy"  
Chicago, Illinois, September 9-13, 1989

Challenge of the Lumbar Spine – Presenter  
"Anterior Lumbar Interbody Fusion"  
San Francisco, California, November 2-4, 1989

Annual Orthopedic Symposium, Kaiser Permanente Hospital  
Presenter - “The Current Status of Management of Spondylolisthesis”  
Newport Beach, California, November 4, 1989

Russian Medical Association, CITO  
Guest Lecturer, Moscow, Russia, December 11, 1989

American Academy of Orthopedic Surgeons Annual Meeting

Paper Discussor, New Orleans, Louisiana, February 8-13, 1990

Southern California Interscholastic Football Coaches Association  
39<sup>th</sup> Annual Conference and Football Clinic, Sequoia Athletic Club  
Guest speaker: "Transcending the Game: The Role of the Professional Athlete in Today's Society."  
Southern California, January 17-18, 1997

Medical Education Resources (MER), "Applications of Image Guided and Endoscopic Surgery" Program, Scottsdale Arizona, March 27-29, 1998

University of Cincinnati, Department of Orthopedic Surgery  
Guest Lecturer, "Spine in Sports"  
Cincinnati, Ohio, April 17-18, 1998

National Athletic Trainers Association Annual Meeting – Guest Lecturer,  
Indianapolis, May 29-31, 1998

London Spine Meeting 1988, "Anterior Spine Column: Failure & Repair,"  
Guest Lecturer, London, England, June 5-9, 1998

Florida Spine Study Group, University of South Florida College of Medicine  
Guest Lecturer  
#1 "Treatment of Spinal Injuries in Athletes,"  
#2 "Endoscopic Spinal Surgery"  
Tampa, Florida, September 24-25, 1998

North American Spine Society Annual Meeting  
Guest Lecturer, "Transient Quadriplegia: Work-up and Return to Play Decisions, Short and Long-Term, San Francisco, California, October 28-31, 1998

American Orthopaedic Society for Sports Medicine  
1998 Advanced Team Physician Course – Guest Lecturer  
Lake Buena Vista, Florida, December 10-13, 1998

National Athletic Trainers' Association Meeting  
Inter-Association Spine Task Force Meeting - Presenter  
Dallas, Texas, January 23-24, 1999.

American Academy of Orthopaedic Surgeons Annual Meeting  
Instruction Course Lectures – Guest Lecturer/Presenter  
"Spinal Disorders in the Athlete"  
(1) "The Role of Back Physical Therapy in Athletes"  
(2) "Microendoscopic Discectomy for LDH (Advantages & Techniques)"  
(3) "Outcomes of MED"  
Anaheim, California, February 4-8, 1999

Sofamor Danek – "Current Techniques in Lumbosacral Fixation  
Minimizing Complications in Spine Surgery", Chairman  
(1) Anterior Lumbar Interbody Fusion  
Phoenix, Arizona; June 4-5, 1999

American Academy of Orthopaedic Surgeons  
Spine Skills Course – Lecturer/Presenter  
"Minimally Invasive Spine Surgery"; Practical Anatomy and Surgical Technique

Workshop  
(1) Lumbar Microdiscectomy  
St. Louis, Missouri, April 9-11, 1999

Synthes – Biological Anterior Lumbar Interbody Fusion Symposium  
Guest Lecturer – “Surgical Approaches for Anterior Lumbar Fusion”  
Stanford University Medical Center  
Palo Alto, California; April 17, 1999

American Orthopedic Society for Sports Medicine 25<sup>th</sup> Annual Meeting  
Instructional Course -Evaluation and Management of Back Pain in the Athlete  
Guest Lecturer: “Lumbar Disc Disease in the Athlete”  
Traverse, Illinois, June 19-22, 1999

North American Spine Society 14<sup>th</sup> Annual Meeting; Symposium on, *The Lumbar Spine in Sports*  
Guest Speaker: “Lumbar Discectomy and Return to Play in the Athlete”  
Chicago, Illinois, October 20-23, 1999

Sofamor Danek – Current Techniques in Lumbosacral Fixation: Minimizing Complications in Spine Surgery  
Guest Lecturer: “Complications of Pseudoarthrosis”  
Memphis, Tennessee, November 11-12, 1999

American Academy of Orthopaedic Surgeons 67<sup>th</sup> Annual Meeting  
Guest Speaker: “Rehabilitation of the Spine in the Senior Athlete”  
Orlando, Florida, March 15-19, 2000

Sofamor Danek – Interbody Study Group  
Guest Lecturer: Presentation on “End-Plate Preparation”  
West Palm Beach, Florida, March 23-25, 2000

American Medical Society for Sports Medicine Annual Meeting  
Guest Lecturer:  
1) “Surgical Care and Return to Play”  
2) “Lumbar Discectomy & Return to Play”  
San Diego, California, April 8-12, 2000

National Athletic Trainer’s Association 51<sup>st</sup> Annual Meeting & Clinical Symposia Guest Speaker  
1) “Transient Quadriplegia”  
Nashville, Tennessee, June 28- July 2, 2000

American Academy of Orthopedic Surgeons Minimally Invasive Spine Surgery  
Practical Anatomy Surgical Techniques Workshop  
St. Louis, Missouri, July 21-23, 2000

Barrow Neurological Institute  
Anterior Endoscopic Approaches to the Thoracic Lumbar Spine Workshop  
Phoenix, Arizona, September 11-12, 2000

Medtronic Sofamor Danek Meeting on Current Techniques in Lumbosacral Fixation  
Presentations on:  
1) “Sacral Fixation Techniques”  
2) “Vascular Anatomy and Approach”

Memphis, Tennessee, October 13-14, 2000

Los Angeles Times Festival of Health, The Doctors of USC  
Guest Speaker:

1) "Preventing and Treating Sports-Related Back Injuries"  
Los Angeles, California, September 16, 2000

North American Spine Society 15<sup>th</sup> Annual Meeting  
The Spine in Sports-Focus on Golf Symposium

Guest Speaker:

1) "Spine Problems in Amateur and Professional Golfers"  
New Orleans, October 25-28, 2000

Cervical Spine Research Society 28<sup>th</sup> Annual Meeting &  
7<sup>th</sup> Instructional Course  
Charleston, South Carolina, November 30-December 3, 2000

Medtronic Sofamor Danek Meeting  
Spine Interbody Research  
Scottsdale, Arizona, December 8-9, 2000

Fortanasce & Associates CPPSIG Meeting

Guest Speaker:

1) "Spine Stabilization"

Glendale, California, January 25, 2001

American Academy of Orthopedic Surgeons 68<sup>th</sup> Annual Meeting

Symposium Guest Speaker:

1) "Disc Herniation in the Athlete"

2) "Return to Play Criteria in Cervical Spine Injuries in the Athlete"

3) "Return to Play following Neck Injuries"

San Francisco, California, February 28-March 4, 2001

Medtronic Sofamor Danek Meeting

Moderator:

1) "Complications in Lumbosacral Fixation-Symptoms, Science and Solutions"

2) "Anterior Lumbar Interbody Fusion"

Memphis, Tennessee, April 27-28, 2001

National Athletic Trainers Association 52<sup>nd</sup> Annual Meeting & Clinical Symposia

Guest Speaker:

1) "Surgical Care and Return to Play"

2) "Lumbar Discectomy and Return to play in the Athlete"

3) "On-th Field Assessment and Management"

Los Angeles, California, June 23, 2001

Medtronic Sofamor Danek, Current Techniques in Lumbosacral Fixation

Moderator/Speaker:

1) "Complications in Lumbosacral Fixation-Symptoms, Science and Solutions"

2) "Flat Back"

Phoenix, Arizona, November 9-10, 2001

Cervical Spine Research Society 29<sup>th</sup> Annual Meeting

Group Discussion:

1) "Open Vs. Laparoscopic ALIF"

Monterey, California November 29-30, 2001

Controversies in Lumbar Spine Surgery Symposium

Guest Speaker/Moderator:

- 1) "Surgical Approaches to the Anterior Lumbar Spine"
- 2) "ALIF vs. PLIF vs. TLIF"

Newport Beach, California, February 21, 2002

American Academy of Orthopedic Surgeons Meeting

Speaker:

- 1) "Disc Herniation in the Athlete"
- Dallas, Texas, February 15-17, 2002

International Football & Sports Medicine

Guest Speaker:

- 1) "Rehabilitation's of Back Problems"
- Beverly Hills, California, March 23, 2002

American Academy of Orthopedic Surgeons

Speaker:

- 1) "Far Lateral Discectomy"
- St. Louis, Missouri, April 11-13, 2002

Emerging Concepts in Spine Surgery

Guest Speaker:

- 1) "Lumbar-Controversies and emerging Concepts"
- 2) "Fusion"

Key Largo, Florida, May 3-4, 2002

III Russian Congress of Neurosurgeons

Guest Speaker:

- 1) "Spinal Surgery for the Athlete"
- St. Petersburg, Russia, May 29- June 8, 2002

North American Spine Society 17<sup>th</sup> Annual Meeting

Montreal, Canada, October 26- November 2, 2002

Cervical Spine Research Society 30<sup>th</sup> Annual Meeting

Speaker:

- 1) "Return to Play"
- Miami Beach, Florida, December 5-7, 2002

American Academy of Orthopedic Surgeons 70<sup>th</sup> Annual Meeting

Speaker:

- 1) "Disc Herniations in the Athlete"
  - 2) "Return to Play"
- New Orleans, Louisiana, February 5-9, 2003

North American Spine Society Spring Board Meeting

Charleston, North Carolina, February 27- March 1, 2003

University of Florida, Grand Rounds

Guest Speaker:

- 1) "Sports Related Cervical Spine Injuries in the Athlete"
- Gainesville, Florida, March 16-18, 2003

American Academy of Orthopedic Surgeon  
Minimally Invasive Spine Surgery Workshop  
St. Louis, Missouri, April 3-5, 2003

World Federation of Chiropractic  
Guest Speaker:

- 1) "Red Flags in the Diagnosis of Cervical Spine Injuries"  
Orlando, Florida, April 30- May 1, 2003

North American Spine Society 2004 Board Meeting  
New York, NY, February 27<sup>th</sup> – 29<sup>th</sup>, 2004

AANS/CNS 20<sup>th</sup> Annual Meeting  
Disorders of the Spine and Peripheral Nerves  
San Diego, CA, March 17<sup>th</sup> – 20<sup>th</sup>, 2004

American Association of Orthopaedic Surgeons  
5<sup>th</sup> Annual AAOS/AOSSM Sports Medicine Course: The Athlete in 2004  
Ponte Verdra Beach, FL, April 1<sup>st</sup> – 4<sup>th</sup>, 2004

North American Spine Society Spring Break 2004  
Innovations in Spine Care – Symposium: Intellectual Property, Protecting the Doctor's  
Ideas  
Boca Raton, FL, April 22<sup>nd</sup> – 24<sup>th</sup>, 2004

American Spine Injury Association  
30<sup>th</sup> Annual Scientific Meeting  
Denver, CO, May 14<sup>th</sup> – 16<sup>th</sup>, 2004

North American Spine Society 19<sup>th</sup> Annual Meeting  
Chicago, Illinois, October 27<sup>th</sup> – 30<sup>th</sup>, 2004

MLB Anaheim Winter Baseball Meeting  
Guest Speaker:  
1) "Spinal Surgeries in Athletes"  
December 11, 2004

University of South Florida  
17<sup>th</sup> Annual Disorders of the Spine Course  
Whistler, Canada, January 15<sup>th</sup> – 21<sup>st</sup>, 2005

American Academy of Orthopaedic Surgeons  
2005 Annual Meeting  
Washington, DC, February 23-27, 2005

AANS/CNS Section on Disorders of the Spine and Peripheral Nerves  
Guest Speaker – Topic: Care of the Athlete: Professional and Weekend Warrior  
1) Maximizing Return to Play after Lumbar Surgery in the Athlete Rehabilitation  
Strategies from the expert  
Phoenix, Arizona, March 9-12, 2005

CHARITÈ Artificial Disc Training Course  
The Center for Spine Arthroplasty at the Endo-Surgery Ins  
Cincinnati, Ohio, March 17-18, 2005



North American Spine Society – Coding Update 2005: Essentials and Controversies of Operative & Nonoperative Spine Care Coding  
New Orleans, LA – April 1-2, 2005

Innovations In Sports Medicine

Guest Speaker:

1) Spinal Care of the Athlete

2) Spinal Instability & Fractures – Diagnosis & Management

Memphis, TN, April 28-29, 2005

International Society for the Study of the Lumbar Spine 32<sup>nd</sup> Annual Meeting  
New York, New York, May 10-14, 2005

Cervical Radiculopathy Traditional and MIS Techniques June 2005  
Speaker and Presenter of Relevant Cases

AOSSM- Sports Medicine & Football- The 2006 Perspective,  
Guest Speaker May, 2006

20<sup>th</sup> ANNUAL BASEBALL TEAM MEDICINE CONFERENCE  
INJURY PREVENTION AND TREATMENT TECHNIQUES  
Guest Speaker San Diego, CA January 2007

## **SOCIETY MEMBERSHIP**

Los Angeles County Medical Association – Member

American Academy of Orthopedic Surgeons – Member 1985

Old Oswestrian of North America – Member 1980

Cervical Spine Research Society – Member December 1996

North American Spine Society  
Secretary/Treasurer, 1984 – 1985  
Board Member, 1985 to present  
Membership Chairman, 1989 to 1990  
Site Committee Member, 1997

Federation of Spine Associations – Board Member  
Course Co-Chairman, 1993

American Spinal Injury Association – Member October 1987

American College of Sports medicine – Member

National Athletic Trainers Association  
Inter-Association Spine Task Force  
Member, Committee on the Spine

## **CONSULTANTSHIPS**

The Los Angeles Dodgers Baseball Team  
The Los Angeles Lakers Basketball Team  
The Los Angeles Kings Hockey Team  
The California Angeles Baseball Team  
The Mighty Ducks Hockey Team  
The Phoenix Coyotes Hockey Team

**Other Hospital Affiliations & Committee Membership/Other Professional Activities:**

Anaheim Memorial Hospital, Anaheim, California  
Attending Staff Physician, March 1995 – February 1997

Chief, USC Spinal Disorders Service  
LAC/USC Medical Center, Los Angeles, California 1980 - 1981

Chief, Orthopedic Trauma Service  
LAC/USC Medical Center, Los Angeles, California 1980 - 1981

Chief, Orthopedic Outpatient Services  
LAC/USC Medical Center, Los Angeles, California 1980 - 1981

Chief, Orthopedic Emergency Care Service 1980 - 1981  
LAC/USC medical Center, Los Angeles, California

Reorganization of the Orthopedic Hospital Outpatient Services  
LAC/USC Medical Center, Los Angeles, California 1980 - 1981

Reorganization of Orthopedic Trauma Services – Initiated  
Treatment and Protocol Manual, LAC/USC Medical Center, Los Angeles, California 1980 - 1981

Computerization of Patient Data for Thirty Prospective Research Studies in Orthopedic Trauma  
LAC/USC Medical Center, Los Angeles, California 1980 - 1981

Organization of Acute SCI Unit, Centinela Hospital Medical Center  
Associated with Southern California Regional Spinal Cord Injury Center  
Los Angeles, California 1980 - 1981

Medical Attendant, Baptist Memorial Hospital  
Memphis, Tennessee 1965

Extern, Methodist Hospital  
Memphis, Tennessee 1967

House Physician, Shelby County Hospital  
Memphis, Tennessee 1968-1969

Emergency Room Physician for Inpatient Emergencies, Methodist Hospital  
Memphis, Tennessee 1970

**RESEARCH ACTIVITIES**

Watkins, R.G. and O'Brien, J.P.  
Anterior Approaches to the Spine C1 to S1  
Exhibited at the Annual Meeting of the American Academy of Orthopedic Surgeons

Atlanta, Georgia 1980  
Watkins, R.G. and Magrel, F.  
External Fixation of the Spine  
Exhibited at the Annual Meeting of the American Spinal Injury Association  
New Orleans, Louisiana 1981

“Clinical Investigation of the Tapered Interbody Fusion (TIF) Device for Anterior Interbody Fusion in Patient with Asymptomatic Degenerative Disc Disease”  
FDA Study 1997

Threaded Interbody Fusion Device (TIBFD) Study  
“A Prospective, Controlled, Randomized Clinical Investigation of the Threaded Interbody Fusion Device (TIBFD) in Patients with Symptomatic Degenerative Disc Disease”  
FDA Study 1997

“Recombinant Human Bone Morphogenetic Protein-2 & Absorption Collagen Sponge with the Novus LT Device for Anterior Lumbar Interbody Fusion in Patient with Symptomatic Degenerative Disc Disease”  
FDA Study 1998

## **EDITORIAL APPOINTMENTS**

1. Series Editor, Principles and Techniques of Spine Surgery  
Aspen Publishers, Rockville, Maryland 1984 to present
2. Editor, The Spine and Sports, Mosby YearBook.  
Chicago, Illinois 1991
3. Advisory Board Editor and Manuscript Reviewer  
Spine Journal, Harper and Row Publishers 1989 to present
4. Journal of the American Medical Association, Chicago, Illinois  
Physician Consultant Reviewer 1990
5. Editorial Board member, Neuro-Orthopedics Journal  
Springer-Verlag Publishers 1987 to present
6. Clinical Orthopedics and Related Research  
Lippencott Publishers 1988 to present  
Physician Consultant Reviewer
7. Paraplegia Journal  
Physician Reviewer 1988 to present
8. Editorial Board Member, The Spine Journal, Elsevier.

## **BIBLIOGRAPHY**

Watkins RG IV, Watkins RG III. Spondylolysis and Spondylolisthesis in Athletes. Seminars in Spine Surgery, October 2010. Editor: Hecht. Elsevier.

Watkins RG IV, Gupta A, Watkins RG III. Cost-Effectiveness of Image-Guided Spine Surgery. The Open Orthopaedics Journal; (in press – 2010) 4:228-233

Watkins RG IV, Watkins RG III. Cervical and Lumbar Spine Surgery: Chapters 60 and 61. In *Spine Secrets*, 2nd edition. (in press – 2010) Editor: Devlin. Saunders Elsevier

1. Schnebel, B., Kingston, S., Watkins, and Dillin, W.  
“Comparison of MRI to Contrast CT in the Diagnosis of Spinal Stenosis Spine, Volume 14, Number 3; 1998 pgs. 332-337.
2. Dennis, S., Watkins, R., Landaker, S., Dillin, W., Springer, D.  
“Comparison of Disc Space Heights after Anterior Lumbar Interbody Fusion”  
Spine, Volume 14, Number 8; 1989 pgs., 876-878.
3. Schnebel, B., Watkins, R., and Dillin, W.  
“The Role of Spinal Flexion and Extension in Changing Nerve Root Compression in Disc Herniations”, Spine, Volume 14, Number 8; 1989 pgs., 835-837.
4. Odor, J., Watkins, R., Dillin, W.,: “Incidence of Cervical Spinal Stenosis in Professional and Rookie Football Players”, Am J Sports Med., Sep-Oct, Vol. 18(5), 1990 pgs. 507-509.
5. Guanciale, A., Dinsay, J., Watkins, R.G., Lumbar Lordosis in Spinal Stenosis in Professional and Rookie Football Players”, Am J. Sports Med., Sep-Oct., Vol. 18(5), 1990 pgs. 507-509.

## **ABSTRACTS**

1. Miles, R., Watkins. R.G., et al  
Anatomy of the Inferior Vena Cava, Presented at the Belgian Surgical Society 1971
2. Watkins, R.G.  
Congenital Pseudoarthrosis of the Tibia, Presented at Children's Hospital, Los Angeles, California 1976
3. Perry, J., Harvey, J.P., Jr., and Watkins, R.G.  
The Kinesiology of Foot Complications of the Tibial Fractures  
Presented at Rancho Los Amigos Hospital, Downey, California 1977
4. Watkins, R.G. and Harvey, J.P., Jr.  
Delayed and Nonunion of the Tibia - a Review of 232 Cases  
Presented at the Annual Meeting of the American Academy of Orthopedic Surgeons  
San Francisco, California 1979
5. O'Brien, J.P. and Watkins, R.G.  
Cervical Spinal Cord Anatomy  
Presented at the Symposium for Spinal Disorders, Oswestry, England 1979
6. Watkins, R.G.  
The Functional Treatment of Fractures at Oswestry  
Presented at the Symposium to Traumatological Surgery, Birmingham, England 1979
7. Watkins, R.G. and Magrel, F.  
External Fixation of the Spine  
Presented at the USC Continuing Education Program, Los Angeles, California 1980
8. Watkins, R.G. and O'Brien, J.P.

Comparisons of Preoperative and Postoperative MMPI Data in Chronic Back Patients  
Presented at the International Society for the Study of the Lumbar Spine Meeting  
Paris, France 1981, Published 1981

9. Watkins, R.G., and Springer, D.  
Anterior Interbody Fusion of the Lumbar Spine: A Review  
Presented at the International Society for the Study of the Lumbar Spine Meeting  
Montreal, Canada - June 1984
10. Watkins, R.G., and Springer, D.  
Anterior Interbody Fusion of the Lumbar Spine: A Review  
Presented at the American Academy of Orthopedic Surgeons - 52nd Annual Meeting  
Las Vegas, Nevada - January 1985
11. Watkins, R.G.: "Cervical Injuries in Athletes"  
Presented at the Cervical Spine Research Society Meeting  
West Palm Beach, Florida - December 1986
12. Watkins, R.G. "Magnetic Resonance Imaging in the Diagnosis of Disc Degeneration: Correlation  
with Discography"  
Combined paper of the Lumbar Spine Fourteenth Annual Meeting, Rome, Italy - May 1987

## **PUBLICATIONS**

1. Watkins, Robert G.: "Surgical Approaches to the Spine"  
Springer/Verlag, New York 1983
2. American Academy of Orthopedic Surgeons - Symposium on Trauma to the Leg and Its Sequelae  
C.V. Mosby Company, St. Louis 1981
3. Watkins, Robert G. - Series Editor  
Principles and Techniques of Spine Surgery, Aspen Systems Publications, Rockville
4. Watkins, Robert G., Editor - Inaugural Issue  
Lumbar Discectomy and Laminectomy - Principles and Techniques of Spine Surgery  
Aspen Systems Publications, Rockville 1987
5. Watkins, Robert G. - Lumbar Discectomy and Laminectomy. Chapter.  
"The Basis for a Diagnostic and Therapeutic Plan for Lumbar Disc Disease"  
Principles and Techniques of Spine Surgery. Chapter. Aspen Systems Publications, Rockville 1987
6. Watkins, Robert G. - Lumbar Discectomy and Laminectomy. Chapter.  
"Clinical Evaluation of Diagnostic Evaluation"  
Principles and Techniques of Spine Surgery, Aspen Systems Publications, Rockville 1987
7. Watkins, Robert G. - Lumbar Discectomy and Laminectomy. Chapter. "Posterior Approaches to the  
Spine"  
Principles and Techniques of Spine Surgery, Aspen Systems Publications, Rockville 1987
8. Watkins, Robert G. - Lumbar Discectomy and Laminectomy. Chapter.  
"Summary of Etiologies of Post-Laminectomy Syndrome"  
Principles and Techniques of Spine Surgery, Aspen Systems Publications, Rockville 1987

9. Apuzzo, M., Watkins, R. and Dobkin, W. - The Unstable Spine. Chapter. "Therapeutic Considerations in the Surgical Management of Lesions Affecting the Mid-Thoracic Spine." Grune & Stratton, 1985
10. Apuzzo, M., Watkins, R., and Dobkin, W. - The Unstable Spine – Chapter "Biomechanics of the Neural Axis", Grune & Stratton, 1985
11. Watkins, R.G., O'Brien, J., Drauglis, R., Prickett, C.  
Spine - "Comparisons of Preoperative and Postoperative MMPI Data in Chronic Back Patients"  
Harper and Row Publishers, Philadelphia 1986
12. Watkins, R.G.: "Results of Anterior Lumbar Interbody Fusion"  
Lumbar Spine Surgery Techniques and Complications. Chapter.  
A. White (eds) C.V. Mosby Company, 1987.
13. Watkins, R.G.: "Anterior Lumbar Interbody Fusion Complications"  
Complications of Spine Surgery. Chapter. S. Garfin (ed), William and Wilkins, 1988.
14. Dillin, W.H., and Watkins, R.G.: "Cervical Disc Syndrome"  
Submitted to Contemporary Orthopedics - December 1985
15. Watkins, R.G. - CLINICS IN SPORTS MEDICINE  
Symposium on Injuries to the Spine Issue. Chapter. "Neck Injuries in Football Players"  
W.B. Saunders Company 1986
16. Watkins, R., Springer, D., Champoux, J., Schneiderman, G., Schilz, J., Hodge, B.  
"Anterior Lumbar Interbody Fusion: A Review", Submitted to Spine for publication December 1985
17. Watkins, Robert G., Lumbar Spine Surgery: Indications, Techniques, Failures and Alternatives, Second Edition. Chapter. "Decision-making in Thoracolumbar and Lumbar Fracture"  
William & Wilkins, 1988
18. Watkins, R.G.: "Surgical Approaches to the Spine"  
OPERATIVE ORTHOPEDICS - Volume 3, Chapter 148, Chapman and Madison, Eds.  
J.B. Lippincott & Company, Philadelphia, 1988
19. Schnebel, B., Watkins, R.G.: "Spinal Motion as a Change in Comprehensive Force Applied to a Nerve Root: An Experimental Model", Submitted to Spine for publication 1988
20. Watkins, Robert G.: "Failure of Percutaneous Discectomy". Chapter. Clinical Orthopaedics and Related Research, Guest Editor, Mark Stern, M.D., J.B.Lippencott, for publication 1988.
21. Kingston, S., Schneiderman, G., Schnebel, B., and Watkins, R.  
"Comparative Use of Myelography, Computed Tomography and Discography"  
Submitted to Spine for publication January 1988
22. Schnebel, B., Kingston, S., Watkins, R., and Dillin, W.  
"Comparison of MRI to Contrast CT in the Diagnosis of Spinal Stenosis"  
Spine, Volume 14, Number 3, 1989
23. Kahanovitz, N., Watkins, R., et al.  
"Multi-center Comparative Analysis of Worker's Compensation and Private Patients Undergoing Discectomy", Submitted to Spine for publication January 1988
24. Dennis, S., Watkins, R., Landaker, S., Dillin, W., Springer, D.

- "Comparison of Disc Space Heights after Anterior Lumbar Interbody Fusion"  
Spine, Volume 14, Number 8, 1989
25. Schnebel, B., Watkins, R., and Dillin, W.  
"The Role of Spinal Flexion and Extension in Changing Nerve Root Compression in Disc Herniations"  
Spine, Volume 14, Number 8, 1989
  26. Watkins, R., Dennis, S., Schnebel, B., Schneiderman, G.  
"Dynamic EMG Evaluation of Trunk Musculature in Professional Baseball Players"  
Spine - NASS 1988 Meeting Edition - Volume 14, Number 3, 1989
  27. Watkins, R., Buhler, B., Loverock, P.: "The Water Workout Recovery Program" – Book  
Contemporary Books, Chicago, 1988
  28. Watkins, R.G., Williams, L., Dyer, M., and Tai, M., "Spinal Surgery Outcomes Among 44 Professional and Olympic Athletes," Clinical Journal of Sports Medicine 1988
  29. Watkins, R., and Dillin, W.: "Criteria for Return to Activity Participation Following Cervical Spine Injuries"- Chapter for Athletic Injuries to the Head, Neck and Face", pgs. 201-208, Second Edition, Mosby Year Book Medical, Publishers, Inc., Chicago, 1990
  30. Watkins, R., and Dillin, W.: "Biomechanics of Lumbar Spine Injuries in Athletes"  
Chapter for Clinics in Sports Medicine, W.B. Saunders Company, Philadelphia, January 1990
  31. Odor, J, Watkins, R, Dillin, W, et al: "Incidence of Cervical Spinal Stenosis in Professional and Rookie Football Players", Am J Sports Med, Sep-Oct, Vol. 18(5), 1990
  32. Watkins, R.G.: "Anterior Lumbar Interbody Fusion Surgical Complications".  
Clinical Orthopedics and Related Research - Chapter. Lippencott, due for publication January 1991.
  33. Watkins, R. and Dillin, W.: "Sacral Fractures". Chapter for Management of Posttraumatic Spinal Instability, P. Cooper, Ed., published by the American Association of Neurological Surgeons, Park Ridge, Illinois, 1990.
  34. Watkins, R., Dillin, W., and Maxwell, J.: "Cervical Spine Injuries in Football Players"  
Chapter for SPINE: Spinal Injuries in Sports, S. Hochschuler, M.D., Ed., Hanley and Belfus, Inc. Publishers, 1990.
  35. Watkins, R.G.: "Automated Percutaneous Discectomy with Nucleotome" – Chapter  
ARTHROSCOPIC MICRODISCECTOMY: MINIMAL INTERVENTION IN SPINAL SURGERY  
Urban & Schwarzenberg, Publishers, Baltimore, 1990.
  36. Watkins, R.G.: "Anterior Lumbar Interbody Fusion: Surgical Approach, Technique, and Complications"  
Operative Techniques in Orthopedics - Lumbar Spine Surgery, G. Herkowitz, Guest Editor  
W. B. Saunders, January 1991.
  37. Watkins, R.G., Campbell, D.R.: "The Older Athlete After Lumbar Spine Surgery"  
Clinics in Sports Medicine, R. Kerlan, Guest Editor, W.B. Saunders, April 1991.
  38. Watkins, R.G.: "Posterior Surgical Approaches to the Lumbar Spine", Spinal Stenosis  
Gunnar Anderson, M.D., Editor, Mosby YearBook, Inc., Chicago, January 1992.
  39. Watkins, R.G.: "Anterior Approaches to the Lumbar Spine": PRACTICE OF SURGERY: OPERATIVE SPINAL SURGERY, Torrens and Dickson, Eds., Churchill Livingstone, London, 1991.

40. Watkins, R.G.: "Cervical Spine and Spinal Cord"  
SPORTS INJURIES: MECHANISMS, PREVENTION AND TREATMENT  
Fu and Stone, Eds., Williams and Wilkins, Baltimore, 1992
41. Watkins, R.G.: "Lumbar Spine Injuries in Athletes"  
SPORTS INJURIES: MECHANISMS, PREVENTION AND TREATMENT  
Fu and Stone, Eds., Williams and Wilkins, Baltimore, 1992
42. Dillin, W.H., Watkins, R.G.: "Back Pain in Children and Adolescents". Chapter.  
Rothman and Simeone, THE SPINE, 3rd Edition, W.B. Saunders Company, Philadelphia 1992
43. Dillin, W.H., Watkins, R.G.: "Clinical Syndromes in Cervical Myelopathy: Laminectomy". Chapter.  
Rothman and Simeone, THE SPINE, 3rd Edition, W.B. Saunders Company, Philadelphia 1992
44. Dillin, W.H., Watkins, R.G.: "Natural History of Lumbar Spinal Stenosis: Clinical Features"  
SEMINARS IN SPINE SURGERY, in press 1993
45. Uppal, G., Watkins, R.G., et al.: "Dynamic EMG Analysis of Trunk Musculature in Professional Golfers"  
Amer J of Sports Med., September 1995
46. Odor, J., Watkins, R.G., Dillin, W.H.: "Degenerative Disorders of the Cervical Spine". Chapter.  
THE SPINE IN SPORTS, R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia 1996
47. Watkins, R.G., Tibone, J., Bradley, J.: "History, Physical Examination, and Diagnostic Tests for Neck and Upper Extremity Problems". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia 1996
48. Watkins, R.G.: "History, Physical Examination, and Diagnostic Tests for Back and Lower Extremity Problems". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia 1996
49. Watkins, R.G.: "Cervical Spine Injuries". Chapter. THE SPINE IN SPORTS.  
R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
50. Watkins, R.G.: "Lumbar Spine Injuries". Chapter. THE SPINE IN SPORTS.  
R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
51. Watkins, R.G.: "Degenerative Disorders of the Cervical Spine". Chapter. THE SPINE IN SPORTS.  
R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
52. Watkins, R.G.: "Thoracic Pain Syndrome". Chapter. THE SPINE IN SPORTS.  
R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
53. Watkins, R.G.: "Anterior Cervical Spine Surgery". Chapter. THE SPINE IN SPORTS.  
R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
54. Watkins, R.G.: "Microscopic Lumbar Discectomy". Chapter. THE SPINE IN SPORTS.  
R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
55. Watkins, R.G.: "Posterior Lumbar Spine Surgery". Chapter. THE SPINE IN SPORTS.  
R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996



56. Watkins, R.G., Brau, S.: "Anterior Lumbar Spine Fusion". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
57. Edwards, C., Watkins, R.G., Dinsay, J.: "Spinal Endoscopy". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
58. Watkins, R.G., Buhler, B.: "The Water Workout Program". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
59. Watkins, R.G.: "Spinal Exercise Program". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
60. Watkins, R.G.: "Neck Injuries in Football". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
61. Dossett, A., Watkins, R.G.: "Stinger Injuries in Football". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
62. Watkins, R.G.: "Lumbar Spine Injuries in Football". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
63. Watkins, R.G.: "Baseball". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
64. Watkins, R.G., Fischer, B.: "Golf". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
65. Dennis, S., Watkins, R.G.: "Ice Hockey". Chapter. THE SPINE IN SPORTS. R. Watkins, Editor, C.V. Mosby Year-Book, Inc., Philadelphia, 1996
66. Watkins, R.G., Uppal, G., et al. "Gait Patterns in Cervical Myelopathy". Lancet, Journal, February 1996  
 Guanciale, A., Dinsay, J., Watkins, R.G., et al. "Lumbar Lordosis in Spinal Fusion: "A Comparison of Intraoperative Results of Patient Positioning on Two Different Operative Table Frames" Spine Journal, Vol. 21(8), April 1996.
67. Watkins, R.G., Dodge, M., et al. "Predicting Surgical Success in Failed Back Patients". Submitted for publication to Spine Journal 1996.
68. Watkins, R.G., Dossett, A., et al. "The Use of Fibula Autograft in Anterior Lumbar Fusion" Submitted for publication to Spine Journal 1996
69. Watkins, R.G., Safran, M., McKeag, D., and VanCamp, S., "Manual of Sports Medicine" Lippincott Williams & Wilkins 1998
70. Watkins, R.G., "Acute Cervical Spine Injuries in the Adult Competitive Athlete Football Injuries (Burners) "  
 Submitted for Publication to Lippincott-Raven Publishers, August 1997
71. Watkins, R.G., "Anterior Lumbar Fusion with Fibula Graft"  
 Submitted for publication to Bone & Joint Surgery, August 1997

72. Watkins, R.G., "Chronic Spine Pain in the Competitive Adult Athlete: Golf, Baseball, and Rehabilitation", Submitted for publication to Lippincott-Raven Publishers, August 1997
73. Watkins, R.G., "The Effectiveness of Lumbar Stabilization vs. McKenzie's Exercises in the Conservative Treatment of Herniated Nucleus Pulposus", Submitted for publication to Spine Journal, September 1997
74. Watkins, R.G., "Gait Patterns in Cervical Myelopathy," Submitted for publication to Spinal Disorders," September 1997
75. Watkins, R.G., "Lumbar Lordosis: Effects of Sitting and Standing," Spine Journal, Vol. 22, November 1997
76. Watkins, R.G., Predicting Degree of Success of Surgery for Patients with Chronic Disability Secondary to Lumbar Pain," Submitted for publication to Spine Journal, September 1997
77. Watkins, R.G., "Return to Work Following Lumbar Microdiscectomy- Worker's Compensation Not a Factor," Submitted to Bone & Joint Surgery, September 1997
78. Watkins, R.G., "Spinal Surgery Outcomes Among 95 Professional and Olympic Athletes," Submitted for publication to American Journal Sports Medicine, September 1997
79. Watkins, R.G., "Treatment of Acute Spondylolysis: Orthosis vs. Trunk Stabilization," Submitted for publication to Spine, September 1997
80. Watkins, R.G., "Cervical Spine Injuries in Athletes," Submitted for publication to Lippincott-Raven Publishers, August 1998
81. Watkins, R.G., "Surgical Approaches to the Spine" – Chapter: Operative Orthopedics, Third Edition, Lippincott, Williams & Wilkins, Pennsylvania
82. Watkins, R.G., "Cervical Spine" – Chapter: Sports Injuries, Second Edition, Lippincott, Williams & Wilkins; Pennsylvania , June 1999)
83. Watkins, R.G., "Lumbar Spine," – Chapter: Sports Injuries, Second Edition, Lippincott, Williams & Wilkins; Pennsylvania – July 1999)
84. Watkins R 4th, Watkins R 3rd, Williams L, Ahlbrand S, Garcia R, Karamanian A, Sharp L, Vo C, Hedman T. Stability provided by the sternum and rib cage in the thoracic spine. Spine (Phila Pa 1976). 2005 Jun 1;30(11):1283-6.
85. Zigler J, Delamarter R, Spivak JM, Linovitz RJ, Danielson GO 3rd, Haider TT, Cammisa F, Zuchermann J, Balderston R, Kitchel S, Foley K, Watkins R, Bradford D, Yue J, Yuan H, Herkowitz H, Geiger D, Bendo J, Peppers T, Sachs B, Girardi F, Kropf M, Goldstein J. Results of the prospective, randomized, multicenter Food and Drug Administration investigational device exemption study of the ProDisc-L total disc replacement versus circumferential fusion for the treatment of 1-level degenerative disc disease. Spine (Phila Pa 1976). 2007 May 15;32(11):1155-62; discussion 1163.
86. Brau SA, Delamarter RB, Kropf MA, Watkins RG 3rd, Williams LA, Schiffman ML, Bae HW. Access strategies for revision in anterior lumbar surgery. Spine (Phila Pa 1976). 2008 Jul 1;33(15):1662-7.
87. Watkins RG IV, Gupta A, Watkins RG III. Cost-Effectiveness of Image-Guided Spine Surgery. The Open Orthopaedics Journal;4:228-233.

88. Watkins RG IV, Watkins RG III. Cervical and Lumbar Spine Surgery: Chapters 60 and 61. In *Spine Secrets*, 2nd edition. Editor: Devlin. Saunders Elsevier
89. Watkins RG IV, Watkins RG III. Spondylolysis and Spondylolisthesis in Athletes. *Seminars in Spine Surgery*, October 2010. Editor: Hecht. Elsevier.

## **BOOKS**

1. Watkins, Robert G.: “Surgical Approaches to the Spine”  
Springer/Verlag, New York 1983
2. Watkins, R.G., O’Brien, J., Drauglis, R., Prickett, C.  
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