

MARK W. HOWARD, M.D.
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CURRICULUM VITAE

PERSONAL DATA

Born March 7, 1959 - San Jose, California
Married Kristina M. Howard
Elementary school teacher
Figure skating instructor
Children Mark Christopher Howard, born June 9, 1990
Tyler Joseph Berwyn Howard, born July 14, 1993

LICENSURE

Licensed to practice medicine - California, 1986. CAL G058286

Radiography and Fluoroscopy X-ray Supervisor and Operator Certificate
California Department of Health Services, June 27, 1990

American Board of Orthopaedic Surgery
Part I (Written) Examination Passed July, 1990
Part II (Oral) Examination Passed July 9, 1993 .
Re-certified Examination Passed January 1, 2004

State of California Qualified Medical Evaluator (QME)
Examination Passed March 23, 1996

Technique for Percutaneous Electro-Thermal Treatment for Discogenic Pain
Certificate - May 1999

American Board of Spine Surgery
Examination Passed October 20, 1999

EDUCATION AND TRAINING

A.B. Physiology - University of California at Berkeley, 1981

M.D. Harvard Medical School, 1985

INTERNSHIP Physician Post-Graduate First Year Training in Orthopaedics,
Los Angeles County Harbor - UCLA Medical Center
Torrance, California, 1985-1986

RESIDENCY Orthopaedic Residency Training in the Division of Orthopaedics,
Los Angeles County Harbor - UCLA Medical Center
Torrance, California, 1986-1990

FELLOWSHIP Orthopaedic Spine Surgery Fellowship, Assistant Clinical
Professor of Orthopaedic Surgery, UCLA Medical Center
Westwood, California, August 1990 - July 1991
Faculty: Edgar G. Dawson, M.D.

Rick B. Delamarter, M.D.

HOSPITAL STAFF PRIVILEGES:

Community Hospital of the Monterey Peninsula, Monterey, California - Active
Salinas Valley Memorial Hospital, Salinas, California – Consulting
Watsonville Community Hospital, Watsonville, CA - Active

AWARDS AND HONORS

Sofamor Danek Award for Outstanding Poster, third place, for "THE ABILITY OF PRESSURE CONTROLLED DISCOGRAPHY TO PREDICT SURGICAL AND NON-SURGICAL OUTCOME". Presented at the ISSLS annual meeting in Brussels, June 9-13, 1998.

Rancho Los Amigos Medical Center faculty travel honorarium award.
Presented for the research project, "CARPAL TUNNEL SYNDROME IN SPASTIC WRIST FLEXION DEFORMITIES," June, 1988

Dana M. Street Outstanding Orthopedic Resident Research Project.
Presented at the 11th Annual Harbor - UCLA Orthopedic Education Program for "LOTES NAILING OF CLOSED AND OPEN TIBIAL SHAFT FRACTURES,"
June, 1988.

Alfred A. Richman 1985 Essay Award Winner.
Presented by the American College of Chest Physicians for
"THE FAT EMBOLISM SYNDROME."

University of California at Berkeley
Phi Beta Kappa
Beinecke Scholar
Regent's Scholarship
Alumni Scholarship

Vintage High School, Napa, California
Valedictorian
National Football Foundation Hall of Fame
Scholar - Athlete Football Player

MEMBERSHIPS

American Medical Student Association, Massachusetts Medical Society, 1982 - 1985
American Medical Association, 1982 -1990
California Medical Association, Los Angeles County Medical Association, 1985 - 1991
California Orthopaedic Association, 1990 - present
Monterey County Medical Association, 1992 - present
North American Spine Society, 1993-present
Fellow of the American Academy of Orthopaedic Surgeons, 1993

RESEARCH

ABSTRACTS

1. Raskin, N.H., Howard, M.W., Ehrenfeld, W.K. Headache as the Presenting Symptom of the Thoracic Outlet Syndrome. *Neurology* (Suppl. 2) 33:191, April 1983.
2. Howard, M.W., Zinar, D.M., Stryker, W.S. The Use of the Lottes Nail in the Treatment of Closed and Open Tibial Shaft Fractures. *Orthopaedic Transactions* 13 (Number 3): P 587, 761, Fall 1989.

PUBLICATIONS

1. Raskin, N.H., Howard, M.W., Ehrenfeld, W.K. Headache as the Leading Symptom of the Thoracic Outlet Syndrome. *Headache* 25: P 208-210, June, 1985.
2. Orcutt, S.A., Kramer, W.G., Howard, M.W., Keenan, M.E., Stone, L.R., Waters, R.L., Gellman, H. Carpal Tunnel Syndrome Secondary to Wrist and Finger Flexor Spasticity. *Journal of Hand Surgery* 15A (6): P 940-944, November, 1990.
3. Howard, M.W., Zinar, D.M., Stryker, W.S. The Use of the Lottes Nail in the Treatment of Closed and Open Tibial Shaft Fractures. *Clinical Orthopaedics and Related Research*, May 1992.
4. Delamarter, R.B., Howard, M.W. Lumbar Spinal Stenosis (Book Chapter), Rehabilitation of the Spine; Science & Practice. Ed. Hochschuler, Cotler, Guyer. Mosby Yearbook. Chicago, 1993. P 610-628.
5. Deutsch, A.L., Howard, M.W., Dawson, E.G., Goldstein, T.B., Mink, J.H., Zeegan, E.H., Delamarter, R.B. Lumbar Spine Following Successful Surgical Discectomy: MR Imaging Features and Implications. *Spine* 15 (8): P 1054-1060, June 15, 1993.
6. Delamarter, R.B., Howard, M.W., Goldstein, T., Deutsch, A.L., Mink, J.H., Dawson, E.G. Percutaneous Lumbar Discectomy: Pre- and Post-Operative Assessment With Surface Coil MR Imaging. *Journal of Bone and Joint Surgery* 77-A (4): P 578-584, April 1995.
7. Derby, R., Howard, M.W., Grant, J., Lettice, J., Van Peteghem, P. K., Ryan, D. P. The Ability of Pressure Controlled Discography to Predict Surgical and Non-Surgical Outcome. *Spine* 24 (4): P 364-372, February 15, 1999.

PAPERS IN PREPARATION

1. Howard, M.W. The Fat Embolism Syndrome.
2. Howard, M.W., Kramer, W.G., Mosely, C.F., Dawson, E.G. Posterior Cervical Fusions in Children and Adolescents.
3. Delamarter, R.B., Howard, M.W., Batzdorf, U., Bohlman, H.H., Dawson, E.G.

The C7-T1 Junction: Problems with Diagnosis, Instability, and Decompression. Submitted for publication.

4. Howard, M.W., Dawson, E.G., Delamarter, R.B., Holmes, E.C. Muscle-Sparing Posterolateral Thoracotomy Approach for Anterior Thoracic Spinal Surgery. Submitted for publication.

PRESENTATIONS

1. Howard, M.W., Zinar, D.M., Stryker, W.S. Lottes Nailing of Closed and Open Tibial Shaft Fractures. 11th Annual Harbor - UCLA Orthopaedic Education Program, Torrance, California, June, 1988.
2. Howard, M.W., Zinar, D.M., Stryker, W.S. . Lottes Nailing of Closed and Open Tibial Shaft Fractures. Orthopaedic Trauma Association Meeting, Dallas, Texas, October, 1988.
3. Howard, M.W., Zinar, D.M., Stryker, W.S. . Lottes Nailing of Closed and Open Tibial Shaft Fractures. 56th Annual American Academy of Orthopaedic Surgeons Meeting, Las Vegas, Nevada, February, 1989.
4. Howard, M.W., Zinar, D.M., Stryker, W.S. . Lottes Nailing of Closed and Open Tibial Shaft Fractures. 22nd Annual American Orthopaedic Association Resident's Conference, Rochester, New York, March 29, 1989.
5. Kramer, W.G., Howard, M.W., Orcutt, S.A., Keenan, M.E., Stone, L.R., Waters, R.L. Carpal Tunnel Syndrome in Spastic Wrist Flexion Deformities. 22nd Annual American Orthopaedic Association Resident's Conference, Rochester, New York, March 30, 1989.
6. Kramer, W.G., Howard, M.W., Orcutt, S.A., Keenan, M.E., Stone, L.R., Waters, R.L. Carpal Tunnel Syndrome in Spastic Wrist Flexion Deformities. UCLA Division of Orthopaedic Surgery Grand Rounds, Westwood, California, April, 1989.
7. Howard, M.W., Zinar, D.M., Stryker, W.S. . Lottes Nailing of Closed and Open Tibial Shaft Fractures. UCLA Division of Orthopaedic Surgery Grand Rounds, Westwood, California, May 6, 1989.
8. Kramer, W.G., Howard, M.W., Orcutt, S.A., Keenan, M.E., Stone, L.R., Waters, R.L. Carpal Tunnel Syndrome in Spastic Wrist Flexion Deformities. Bi-Annual Orthopaedic Resident Research Conference at Rancho Los Amigos Hospital, Downey, California, June, 1989.
9. Kramer, W.G., Howard, M.W., Orcutt, S.A., Keenan, M.E., Stone, L.R., Waters, R.L. Carpal Tunnel Syndrome in Spastic Wrist Flexion Deformities. Poster Presentation. 102nd Annual American Orthopaedic Association Conference, Colorado Springs, Colorado, June 12, 1989.
10. Kramer, W.G., Howard, M.W., Orcutt, S.A., Keenan, M.E., Stone, L.R., Waters, R.L. Carpal Tunnel Syndrome in Spastic Wrist Flexion Deformities. American Academy of Physical Medicine and Rehabilitation Annual Meeting, San Antonio, Texas, November, 1989.
11. Howard, M.W. Cervical Spine for the Orthopaedic Surgeon. Harbor - UCLA Division of Orthopaedic Surgery Grand Rounds, Torrance, California, May 13, 1990.

12. Howard, M.W. Cervical Spine for the Orthopaedic Surgeon. UCLA Resident Education Conference, Westwood, California, April 8, 1991.
13. Howard, M.W., Dawson, E.G., Delamarter, R.B., Holmes, E.C. Muscle-Sparing Posterolateral Thoracotomy Approach for Anterior Thoracic Spinal Surgery. UCLA Division of Orthopaedic Surgery Grand Rounds, Westwood, California, June 22, 1991.
14. Howard, M.W. New Trends in Scoliosis. Community Hospital of the Monterey Peninsula Pediatric Grand Rounds, Monterey, California, October 8, 1991.
15. Howard, M.W., Dawson, E.G., Delamarter, R.B., Holmes, E.C. Muscle Sparing Posterolateral Thoracotomy Approach for Anterior Thoracic Spinal Surgery. Western Orthopaedic Association Meeting, Tucson, Arizona, October 21, 1991.
16. Howard, M.W. Low Back Pain: Update. Community Hospital of the Monterey Peninsula Medical Grand Rounds, Monterey, California, November 20, 1991.
17. Howard, M.W. Spinal Trauma: Initial Care Concepts and Surgical Approach. Community Hospital of the Monterey Peninsula Pre-Hospital Care Program, Pacific Grove, California, January 15, 1992.
18. Howard, M.W. Low Back Pain: New Data. Comprehensive Health and Active Rehabilitation Training (CHART), Salinas, California, April 7, 1992.
19. Deutsch, A., Howard, M.W., Goldstein, T., Delamarter, R.B., Mink, J.H., Dawson, E.G., et. al. Lumbar Spine Following Successful Surgical Discectomy: MR Imaging Features and Implications, 1992 National Radiology Meeting, Chicago, Illinois.
20. Howard, M.W. New Trends in Spine Surgery. Monterey Chiropractic Society, Monterey, California, July 7, 1992.
21. Howard, M.W., Dawson, E.G., Delamarter, R.B., Goldstein, T., Deutsch, A.L., Mink, J.H. Lumbar Spine Following Successful Surgical Discectomy: MR Imaging Features and Implications, North American Spine Society Annual Meeting, Boston, Massachusetts, July 10, 1992.
22. Howard, M.W. Innovations in Back Surgeries. Nursing Education, Community Hospital of the Monterey Peninsula. Monterey, California, September 22, 1992.
23. Howard, M.W., Deutsch, A., Delamarter, R.B., Goldstein, T., Dawson, E.G. Lumbar Spine Following Successful Surgical Discectomy: MR Imaging Features and Implications. American Academy of Orthopaedic Surgeons Sixth Annual Specialty Day meeting of the Federation of Spine Associations, San Francisco, California, February 21, 1993.
24. Howard, M.W., Deutsch, A., Delamarter, R.B., Goldstein, T., Dawson, E.G. MRI of the Lumbar Spine Following Successful Surgical Discectomy. American Academy of Orthopaedic Surgeons 60th Annual Meeting, San Francisco, California, February 22, 1993.
25. Howard, M.W. Normal Aging and Arthritis of the Lumbar Spine. Public Education Seminar sponsored by Community Hospital of the Monterey Peninsula and the American Arthritis Foundation. Monterey, California, May 15, 1993.

26. Howard, M.W. Lumbar Spinal Fusion for Degenerative Conditions. Community Hospital of the Monterey Peninsula Orthopaedic Division meeting. Monterey, California, September 28, 1993.
27. Howard, M.W. Current Care of Spinal Surgery Patients. Community Hospital of the Monterey Peninsula staff inservice meeting. Monterey, California, May 25, 1995.
28. Howard, M.W. Current Lumbar Spine Surgical Techniques and Recommendations for Rehabilitation. Inservice sponsored by Pacific Coast Physical Therapy. Monterey, California, September 21, 1995.
29. Howard, M.W. Call-in guest on The Golf Guys, KNRV AM and KIEZ AM, sponsored by Cypress Golf, Monterey, California, October 10, 1998.
30. Howard, M.W. Various Orthopedic Procedures Including IDET and Outpatient Lumbar Microdiscectomy. Emergency Medicine Conference, Dominican Hospital, September 14, 2000
31. Howard, M.W. and Forbes, R. Strong Bones for Generations. Community presentation on kyphoplasty given at the Sally Griffin Senior Center, Pacific Grove, California, May 31, 2003.
32. Howard, M.W. Disc Replacement Arthroplasty, Cervical Disc Replacement. Spine Network of California, Spine Symposium Las Vegas, Nevada, October 19, 2007

MH/ppb
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