

Our Mission

Our mission is to improve the quality of life for people with problems of the spine. We offer comprehensive diagnosis and treatment options for all types of spine problems, from the most common to the most obscure. Whether your treatment is determined to be conservative or surgical, we are dedicated to applying leading edge technology, the latest techniques and the most effective therapies to help you feel, move, and live better.

Our Three-Step Approach to Wellness:

- 1. Expert & Accurate Diagnosis:** Too many people suffer from back or neck pain from unknown causes or worse, due to a misdiagnosis. Our experts will pinpoint the exact cause of your pain to determine the most effective treatment.
- 2. Treatment:** After assessing your case, the spine team will tailor a treatment plan that may include physical therapy, medication, and interventional pain management, or other therapies. When surgery is part of the plan, we offer the most advanced minimally invasive techniques that dramatically shorten your recovery time.
- 3. Patient/Doctor Partnership:** Patient education is one of the hallmarks of our approach. We consider you our partner in collaboratively planning the most effective and customized approach to restoring you to health.

Minimally Invasive Surgery

Performed through small incisions, these techniques often result in less pain and faster recovery for patients. Conditions that can be treated using minimally invasive surgery include:

- Herniated disc
- Degenerative disc disease
- Spinal stenosis
- Scoliosis
- Compression fracture

Benefits of minimally invasive surgery include:

- Less pain and fewer narcotics needed for pain control
- Less injury and bruising to tissue
- Smaller incisions and less scarring
- Faster recovery
- Outpatient procedure or shorter hospital stay
- Less expensive



**You don't have to
live in pain!**

**Call us today, we are here
to help you**

NOVASPINE CENTER
Comprehensive Spine Care

Lake Center Plaza at Sterling
46090 Lake Center Plaza, STE 102
Sterling, VA 20165

Toll Free: 1-855-30SPINE

Local: 703-774-3132

Fax: 703-683-7801

WWW.NOVASPINEMD.COM



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Dr. Mark Shasti

Dr. Shasti, is an adult and pediatric spine surgeon. Dr. Shasti is currently the Director of Spine Surgery at NOVA Spine Center.

Dr. Shasti excelled academically at the Northeast Ohio Medical University, where he was awarded the prestigious Alpha Omega Alpha Honor Medical Society. He completed his residency training in Orthopaedic Surgery at the R Adams Cowley Shock Trauma Center, University of Maryland Medical Center. During residency training, he participated in several research studies, which lead to over 50 peer-reviewed manuscripts, academic presentations and book chapters. He completed a formal spine fellowship at the world-renowned Leatherman Spine Center in orthopaedic and neurosurgical spine surgery, with specialized training in complex adult and pediatric deformities and particularly in minimally invasive spine procedures. He is certified in the most advanced surgical techniques including Robotic-assisted surgery and motion preserving disc arthroplasty (artificial disc replacement).

Philosophy of Care:

"I am committed to provide excellent care with compassion and respect. The most important part of patient care lies in the relationship between a physician and patient and the joint effort in accomplishing a desired goal. I take the time necessary to educate each patient individually about their spinal disorder and treatment options. I strive to provide the patient with accurate information about their diagnosis and present treatment options including both conservative and surgical management of their particular condition."

Mazor Robotics Guidance System

Breakthrough Innovation in Minimally-Invasive Neck and Spine Surgery

New Computer-Assisted Technology from Mazor Robotics Improves Accuracy, Safety and Outcomes for Back Patients.

In keeping with our commitment of nearly three decades of staying at the forefront of advances in orthopaedic medicine, Dr. Mark Shasti of Orthopaedic Specialties is proud to offer our patients a major innovation: **Minimally-invasive spine surgery with the Mazor Robotics Guidance System.**

Unmatched Accuracy & Enhanced Safety

The Mazor Robotics 3D imaging software allows Dr. Shasti to map out the procedure in advance, while the Renaissance Guidance System guides the surgeon's tools with unparalleled accuracy. The end result is increased efficiency with improved patient outcomes. The system allows procedures at all levels of difficulty to be performed with higher confidence and safety.

Reduced Pain & Shorter Recovery

Patients who have had Robotic surgery can experience faster recovery time, allowing them to return to their normal daily activities in less time than those who received surgeries via traditional methods.

Clinical studies based on surgeries performed with the Renaissance Guidance System have shown increased favorable patient outcomes, including lowered surgery complication rates and the greater possibility of reduced post-operative pain.



Tired of Living with Neck and Back Pain?

Millions of people experience back or neck pain at some point in their lives, making simple, everyday living a challenge. At NOVA Spine Center, a premier practice in the mid-Atlantic region, patients receive an integrated comprehensive evaluation and a multidisciplinary approach to care for their spine conditions. We are dedicated to helping you regain function and getting you back to enjoying life again.

Why NOVA Spine Center?

We pride ourselves for bring the premier and preferred spine specialists in Northern VA:

- We provide both surgical and non-surgical spine care
- If surgery is required, we offer traditional spine surgery as well as minimally invasive spine surgery
- Our highly trained physicians are exclusively dedicated to the most modern treatment options for disorders (and degenerative conditions) of the neck and back. Our patients receive comprehensive care for the myriad conditions that cause neck or back pain, including trauma, work-related injuries, spinal deformity, radiculopathy, infection, tumors, and degenerative spine diseases such as osteoarthritis, osteoporosis, and kyphosis.
- Our surgeons employ the latest, minimally invasive surgical techniques. Smaller incisions, less blood loss, and faster recovery time result in the best possible outcomes for our patients.

Conditions We Treat:

- Neck and back pain
- Failed back syndrome
- Compression fracture
- Fractured spine
- Spinal stenosis
- Herniated Disc
- Facet Joint Syndrome
- Degenerative Disc Disease
- Sciatica (Lumbar Radiculopathy)
- Arthritis of the spine
- Neuropathy
- Disc herniation
- Spinal tumors
- Cervical Radiculopathy
- Spondylolisthesis
- Scoliosis