

Curriculum Vitae

- Business Address:** CORE Orthopaedic Medical Center, P.C.
332 Santa Fe Drive, Suite 110
Encinitas, CA 92024
Phone: (760) 943-6700
Fax: (760) 632-4292
- Date of Birth:** June 22, 1968
Norwood, Massachusetts, USA
- Education:** Georgetown University School of Medicine
Washington, DC
Doctor of Medicine, 1995
- The University of Virginia
Charlottesville, Virginia
Bachelor of Arts, 1990
Biological Sciences
- Georgetown Preparatory School
Rockville, Maryland
Summa cum laude, 1986
- Internship:** University of Virginia Health Sciences Center
Department of General Surgery, Charlottesville, VA
June 1995–December 1996
- Residency:** Orthopaedic Surgery: University of Virginia Health Sciences Center
Department of Orthopaedic Surgery, Charlottesville, VA
Orthopedic Surgery, June 1997–June 2001
- Fellowship:** Thomas Jefferson University Medical Center and
The Rothman Institute, Division of Spine Surgery
Departments of Orthopaedic Surgery and Neurosurgery,
Philadelphia, PA
Fellowship in Spine Surgery, August 2001–August 2002
- Post-Doctoral
Research Fellowship:** University of Virginia Orthopaedic Research Laboratory
University of Virginia Health Sciences Center,
Department of Orthopaedic Surgery,
Division of Orthopaedic Research,
Charlottesville, VA, January 1997–June 1997

Appointments / Affiliations:

Attending and Consulting Surgeon, Orthopaedic Spine Surgery, The Scripps Health System;
Scripps Memorial Hospital - Encinitas,
Scripps Memorial Hospital - La Jolla,
August 2002-Present
CORE Orthopaedic Medical Center,
CFO, 2/2006-Present; Partner, 2001-Present
Fellow, American Academy of Orthopaedic Surgeons
2005-Present
The U.S. Spine Study Group, 2004 - Present
AO/ASIF International Spine Faculty, 2002- Present
Clinical Instructor, Division of Spine Surgery,
Thomas Jefferson University,
Philadelphia, PA, August 2001-August 2002
Gross Anatomy Laboratory Instructor
University of Virginia School of Medicine
Charlottesville, VA, 1998-2000
Gross Anatomy Prosection Team
University School of Medicine, Department of Anatomy
Washington, DC, 1994-1995

Societies:

North American Spine Society
American Academy of Orthopaedic Surgeons
ASIA (American Spinal Injury Association)
American Board of Orthopaedic Surgery
American College of Surgeons
California Orthopaedic Association
San Diego County Medical Society
California Medical Association
Scripps Ximed Medical Group

Accreditation / Licensure:

American Board of Orthopaedic Surgery
Board Certified, September 2004
Commonwealth of Virginia, Board of Medicine, License to
practice Medicine and Surgery, 1997
State of California, Medical Board of California, License to
practice Medicine and Surgery, #A79569, 2002 to
Present
USMLE Boards Part I-1993; II-1995; III-1996

Research Experience:

Clinical Investigator: Two-level Medtronic Prestige LP Cervical Disc Replacement Arthroplasty vs. Anterior Cervical Decompression and Fusion. Prospective, randomized multi-center FDA Investigation (IDE), 2007.

Primary Investigator: A Multi-Center, randomized, Double-blind, Placebo-controlled, Parallel Design, 2-Arm Study to Investigate the Effect of Aprotinin on Transfusion Requirements in Patients Undergoing Elective Spinal Fusion Surgery. (FDA Phase III), 2006 - 2007.

Clinical Investigator: Single-level Prodisc-C Cervical Disc Replacement Arthroplasty vs. Anterior Cervical Decompression and Fusion. Prospective, randomized multi-center FDA investigation (IDE), 2004 – 2007.

Primary Investigator: HEALOS as Compared to Autograft in the Healing of Posterior Lumbar Fusion. A prospective, randomized multi-center clinical study – 2004 to 2006.

Clinical Investigator: Cortoss Vertebroplasty as compared to standard PMMA Vertebroplasty for the Treatment of Osteoporotic Vertebral Compression Fracture. Clinical FDA pilot completed 2003; Pivotal prospective randomized multi-center FDA investigation, 2004 – 2007.

Clinical Investigator: Prodisc Lumbar Disc Replacement Arthroplasty vs. Fusion in the Treatment of Lumbar degenerative Disc Disease. Prospective, randomized multi-center FDA trial, 2002- 2004.

Cellular Organization and Matrix Gene Expression in Soft Tissue Repair with Small Intestine Sub mucosa Xenograft University of Virginia Orthopaedic Research Laboratory: Immunohistochemical, histologic, and histomorphometric study of the novel effects of small intestine sub mucosal graft upon tendon and connective tissue healing, repair, and regeneration, 1998-2001.

A Comparative Biomechanical Analysis of a new Intramedullary Device for the Percutaneous Fixation of Femoral Intertrochanteric Fractures and the Dynamic Hip Screw: University of Virginia Orthopaedic Research Laboratory: Designed, machined, and biomechanically tested a novel condylocephalic femoral nail system. June 1995-December 1996.

United States Indian Health Service – Division of Research and Development, Tucson, Arizona.

Site research team (Yakima, Washington). Findings published July 1992 as an internal IHS document.

The National Institutes of Health & Walter Reed Army Institute of Research – Division of Retrovirology, Washington, DC /

Henry M Jackson Foundation Research Fellow and team investigator in a multi-center, phase II, HIV vaccination trial, August 1990-August 1991.

Publications:

Kim DH, Westerlund LE, Silva MT, Haroun RI, Vaccaro AR: Intravenous zoledronic acid in postmenopausal women with low bone mineral density. New England Journal of Medicine, 346:653-661, 2002.

Kim DH, Westerlund LE, Vaccaro AR: The Timing of Surgical Intervention in Patients with Traumatic Spinal Cord Injury. Sem Spine Surg. June 2002.

Westerlund LE, Kim D, Hillibrand A: Anterior versus posterior surgical options for the treatment of anterior cervical pseudarthrosis. Current Opinion in Orthopaedics, 13 (3): 214-219, June 2002.

Silva MT, Kim DH, Haroun R, Westerlund LE, Vaccaro AR: Pathogenesis of Myelopathy in patients with ossification of the posterior longitudinal ligament. Journal of Neurosurgery, 96:168-172, 2002.

Haroun RI, Kim DH, Silva M, Westerlund LE, Vaccaro AR: Anterior cervical plating enhances arthrodesis after discectomy and fusion with cortical allograft. Neurosurgery, 50:229-236, 2002.

Kim DH, Westerlund LE, Vaccaro AR: Intramedullary high signal intensity on T2-weighted MR images in cervical Spondylotic Myelopathy: prediction of prognosis with type of intensity. Radiology, 221:789-794, 2001.

Kim DH, Westerlund LE, Vaccaro AR: Posttraumatic therapeutic vaccination with modified myelin self-antigen prevents complete paralysis while avoiding autoimmune disease. The Journal of Clinical Investigation, 108:591-599, 2001.

Westerlund LE, Gill S, Jarosz T, Abel MF, Blanco J: Posterior Only Unit Rod Instrumentation and Fusion for Neuromuscular Scoliosis. Spine, 15; 26(18):1984-1989, September 2001.

Westerlund LE, Kim D, Vaccaro AR: Internal Fixation for Cervical and Cervicothoracic Trauma. Sem in Spine Surg. Accepted December 2001.

Westerlund LE, Kim D, Vaccaro AR: Subtotal Corpectomy versus Laminoplasty for Multilevel Cervical Spondylotic Myelopathy: a long-term follow-up study over 10 years. Spine. 26:1443-1448, 2001.

Westerlund LE, Blanco JS, Chhabra A: Posterior Spinal Instrumentation and Fusion of a Neuromuscular Scoliosis in a Patient with Autosomal Dominant Osteopetrosis. Spine, 25(2):265-7, January 15, 2000.

Internet Publications:

Westerlund LE, Daffner S, Vaccaro AR: Management of Thoracolumbar Burst Fractures (Section Ed. Herkowitz H).
Orthopaedic Knowledge Online, The American Academy of Orthopaedic Surgeons. URL: www.aaos.org/oko, 2003.

Westerlund LE. Management Strategies in Low Back Pain. Stryker Hyper guide (Eds. D'Ambrosia, Albert T), URL: www.ortho.hyperguides.com February 2002.

Texts / Chapters:

Westerlund LE, Shah S, Albert TJ: Pediatric Kyphosis: Scheuermann's and Congenital Deformity. Rothman and Simeone -The Spine, (Eds. Herkowitz H, Garfin S, Eismont FJ, Bell G), Saunders-Elsevier Inc, 5th Edition, 2006.

Westerlund LE, Daffner S, Vaccaro AR, Stillerman C: Cervical Spine Trauma: Indications for Surgical Decompression and Stabilization in Spine Surgery: Techniques, Complication Avoidance, and Management, Editor, Benezel EC. Churchill Livingstone, 2nd Edition, 2005.

Westerlund LE, Chan DPK: Operative Management of Lumbar Stenosis. Spinal Deformities: The Fundamentals (First Edition). DeWald K (Ed.), 2002.

Westerlund LE: Associate editor & contributing author, Surgical Recall, 3rd Edition. Blackbourne L. Lippincott, Williams and Wilkins. Philadelphia, PA, 2001.

Presentations:

Westerlund LE: A new classification for utilization of osteobiologics in contemporary spine surgery. 2007 Spinal Osteobiologics Symposium, Las Vegas, NV. June 23, 2007

Westerlund LE. Session moderator and presenting faculty: AO Spine/ASIF Degenerative Spine Symposium. Coronado, California. June 2-3, 2007.

Westerlund LE: Session moderator and presenting faculty: 1) Thoracic, Lumbar and Lumbosacral Trauma and Fractures; 2) Cervical Trauma in Athletes. AO Spine/ASIF Controversies in Spine Trauma Symposium. Naples, Florida. May 19-20, 2007

Westerlund LE. Session moderator and presenting faculty: Complications of spinal implants and instrumentation. AO Spine/ASIF Challenges and Complications in Complex Spine Surgery. San Francisco, California. April 28-29, 2007.

Westerlund LE. Speaker and session moderator: Orthopaedic applications. Moderator: Anterior cervical fusion with Trinity Allomatrix - live surgical broadcast. 2nd Annual Stem Cell Summit, San Diego, California. February 12-13, 2007.

Westerlund LE. Podium speaker: Surgical Management of Thoracolumbar Spinal Trauma. 19th Annual Whistler Contemporary Update on Disorders of the Spine. Break-out sessions: Posterior Cervical Instrumentation. Whistler, BC. January 13-19, 2007.

Westerlund LE: Session moderator and presenting faculty: Thoracic, Lumbar and Lumbosacral Trauma and Fractures. AO Spine/ASIF Controversies in Spine Trauma Symposium. Hilton Head, South Carolina. June 3-4, 2006.

Westerlund LE: Westerlund et al. Clinical Experience Using a Novel Bio-Ceramic for Treating Compression Fractures in Vertebroplasty and Kyphoplasty; One Year Follow-up on the First 40 Patients. American Society of Neuroradiology, Annual Meeting. May 1, 2006

Westerlund LE: Presenting Faculty: Reviewing and Assessing Your Patients for Lumbar Disc Replacement Arthroplasty. 1st Annual Spine Arthroplasty Summit. Salt Lake City, Utah. Feb 17-18, 2006.

Westerlund LE: Presenting Faculty: Cervical Trauma – Pathomechanics and Injury Classification. AO North America/ASIF Principles and Treatment of Spinal Disorders for Residents and Fellows. Philadelphia, Pennsylvania. Jan 13-15, 2006

Westerlund LE: Presenting Faculty: Posterior Surgical Techniques for the Management of Cervical Spondylosis. AO North America/ASIF Advanced Concepts in the Management of Spinal Disorders. Monterey, California. August 11-14, 2005.

Bae H, Westerlund LE, et al: Preliminary Clinical Experience Using a Novel Bio-composite for Treating Vertebral Compression Fractures in Vertebroplasty and Kyphoplasty; Report on the First 40 Patients. International Meeting on Advanced Spinal Techniques (IMAST). Alberta, Canada. July 9, 2005.

Westerlund LE: Presenting Faculty: 1) Penetrating Spinal Injuries, 2) Advances in Spinal Cord Regeneration. AO North America/ASIF Controversies in Spine Trauma. Coronado, California. June 2005.

Westerlund LE: Faculty and Course Director; Lumbar Disc Replacement Arthroplasty. Johnson & Johnson Endo Institute, Center for Spine Arthroplasty. Cincinnati, Ohio. April 11-13, 2005.

Westerlund LE: Presenting Course Faculty; Thoracic Pedicle Screw Instrumentation and Techniques. DepuySpine Advanced Spine Trauma Symposium. Miami, Florida. March 17-19 2005.

Westerlund LE: Presenting Faculty. AO/ASIF Management of Spinal Disorders for Residents and Fellows. Las Vegas, Nevada. March 2005.

Westerlund LE: The End of Spine Fusion? Motion preservation techniques in spine surgery. Surgical Grand Rounds, Scripps Memorial Hospital–Encinitas. Encinitas, CA. November 2004.

Westerlund LE: Presenting Faculty. AO/ASIF Advanced Concepts in the Management of Spinal Disorders. Ponte Vedra, FL. September 2004

Westerlund LE: Presenting Faculty. Synthes Spine – Anterior Lumbar Access Course. Denver, CO. August 2004.

Westerlund, LE: Cortoss Vertebroplasty: An Overview of the US Experience. OrthoVita Investigators Forum. Amersterdam, Netherlands. February 2004.

Westerlund LE: Spine Trauma: Rural management within the San Diego Trauma System (a statistical analysis of our standard of excellence). Scripps Memorial Hospital- La Jolla, Surgical Grand Rounds, La Jolla, CA, March 2004

Westerlund LE: Update-Image Guided Spine Surgery, Thomas Jefferson University, Spine Surgery Grand Rounds, Philadelphia, PA, June 2002.

Westerlund LE: Current Concepts in Cervical Spine Trauma, Thomas Jefferson University, Orthopaedic Surgery Grand Rounds, Philadelphia, PA, November 2001.

Westerlund LE: an Introduction to Thoracoscopic Spine Surgery, Thomas Jefferson University, Spine Surgery Grand Rounds, Philadelphia, PA, August 2001.

Westerlund LE, Yung HL, Chan DPK: Management of Lumbar Spinal Stenosis with Laminotomy: Clinical and Radiographic Outcomes in Forty-one Patients; Eastern Orthopaedics Association, Annual Meeting, Orlando, FL, October 2000.

Westerlund LE, Chhabra A, Degnan GG: The Compass Hinge Fixator and the Management of Type III Heterotopic Bone about the Elbow; Eastern Orthopaedics Association, Annual Meeting, Orlando, FL., October 2000.

Westerlund LE, Gill S, Jarosz T, Blanco J, Abel MF: Single-stage Posterior Unit Rod Correction for Neuromuscular Scoliosis: Clinical and Radiographic Outcomes. Scoliosis Research Society, Annual International Meeting, Brisbane, Australia, October 2000.

Shen WJ, Milbrandt TA, Chhabra A, Westerlund LE, Wang GJ: Plate Fixation versus Intramedullary Nailing for Closed Isolated Tibial Diaphyseal Fractures. American Academy of Orthopaedic Surgeons, Annual Meeting, Orlando, FL, March 2000.

Westerlund LE, Yung HL, Chan DPK: Laminotomy with Foraminotomy for Degenerative Lumbar Spinal Stenosis. American Orthopaedic Association (33rd annual Residents Conference), St. Louis, MO, February 2000.

Westerlund LE, Degnan GG: The Compass Hinge Elbow Fixator: Use in Patients with Heterotopic Bone about the Elbow. Orthopaedic Alumni Meeting, University of Virginia, Charlottesville, VA, October 1999.

Other Medical Affiliation:

Medical Director, UMA Taekwondo, Olympic-rules competition teams, 2005 to 2007
Event Medical Team and Board of Medical Directors: Quicksilver Game Pro Surf Tour, 2005.

Event Medical Team: Boost Mobile Pro of Surf Tour, Lower Trestles, CA.
October 2004.

Event Medical Team: Swami's Surf Classic, Cardiff-by-the-Sea, CA. October 2004.
Summer X-Games, Spine Injury/ Medical Team, Philadelphia, PA, August 2001

Awards / Grants:

Dean Edwin W. Pullen Anatomy Teaching Award, University of Virginia School of Medicine, Charlottesville, VA, 1998-1999.

George M. Kober Scholar, Georgetown University School of Medicine, 1991–1995.

Personal:

I presently reside in North-County San Diego with my wife, Susan, and our three boys: Lance (10 yrs), Dane (8 yrs), and Christian (3 yr).

Sports: Running/Marathon: Races run include the Marine Corps Marathon (x4), Boston Marathon (x2), and New York City Marathon. Sailing, Cycling & Mountain Biking, and Skiing, Mountaineering –includes rock and ice climbing, top-roping, cross-country skiing. Successful summits include Cerro Chiripo (Costa Rica), Mount Adams (WA) and a winter summit of Middle Teton (WY).

Guitar – Have played consistently for 20 years. Practiced forms include classical, blues, jazz.