

Twin Cities Spine Center Fellowship Program Video

Start of video – music with graphics over historical photos.

Kevin Mullaney, MD (Fellowship Director, TC Spine): This year, 2021, we celebrate the 50th anniversary of our program that was started by the legendary, Dr. John Moe. My partners and I, eleven of us included, take pride in the legacy and tradition of our program. We feel that we can offer the fellow a comprehensive educational opportunity for the year which they'll be training under us. That encompasses pediatric to adult surgical procedures, ranging from traditional all conceivable open techniques to minimally invasive decompressions and fusions, to robotic assisted procedures.

Ensor Transfeldt, MD (Staff Surgeon, TC Spine): The beauty of this fellowship is that there is so much to choose from; so much pathology; a lot of different staff to work with.

Bayard Carlson, MD (2020-2021 Spine Fellow): When I was looking for a spine fellowship, I was looking for a place that had more of an academic sort of feel with a higher volume of cases than what I'd been exposed to in the past, and Twin Cities certainly fit the bill.

Daniel Kim, MD (2020-2021 Spine Fellow): You know, we get a little bit of everything here. You see cases you've never seen before in residency, you run the whole gamut of spine surgery.

Eiman Shafa, MD (Education Director, TC Spine) Here at Twin Cities Spine Center, we're all really dedicated to the education of all of our fellows. As a recent trainee here, I understand what an important personal decision this really is for applicants.

Dr. Carlson: Speaking with past fellows, as well as meeting the staff here, the personalities and everybody's prior experience, really was phenomenal, and it seemed like just an excellent place to work.

Dr. Shafa: Really, our focus is a broad educational opportunity; where it's both surgical, clinical, medical and research.

Dr. Mullaney: It's very important that you spend time not only in the operating room, but also within the clinical setting.

Dr. Transfeldt: A lot of pathologies are seen in those clinics. I always tell fellows that the DEisions are more important than the INcisions. So learning good judgement skills are very important, and that's where you can learn - in the clinics.

Dr. Mullaney: We take pride in the fact that this is an opportunity for you to not only just become a surgeon, but to actually be able to comprehensively evaluate the surgical patient.

Music with graphics – quotes of patient testimonials

Dr. Carlson: Twin Cities Spine Center has a really rich history of research and putting forth some of the most important studies in spine, with some of the thought leaders that have really developed spine. So

that as you come to this institution, one of the unique aspects you get is a research department that has a really good infrastructure and that is very supportive.

John Lonstein, MD (Medical Director of Fellows Research): Each fellow does a project for the year. They are mailed a list of projects early in the year, before they join the center. They choose a project. We get IRB approval, and then they work on the project; initially having meetings with the principal investigator, the research team and me, to work on the data collection.

Dr. Kim: It really is where, we've got so much data here, because of the volume that is done here. So the research quality is actually quite high. And with people like Dr. Lonstein, that is the editor of *Spine Deformity*, he's gonna make sure that your work is top notch.

Dr. Carlson: One of the reasons I chose this fellowship is because I love Minneapolis. I think that has been a real tremendous element of this fellowship is being in this city. I think finding a place where you'll enjoy living for the year, you know it is one year out of your life you might as well find a place where both you'll get a great educational experience, but also will enjoy spending the year.

Dr. Kim: I really like the size of Minneapolis. It's a big city that has all the amenities of anywhere around the country, but it was small enough to be accessible. I think quality of life is great here.

Dr. Transfeldt: Fellows become part of our family. I've been doing this for 35 years. I'm leaving it to the young people to do most of it, but they're still part of our family. We still keep in touch with our fellows from 35 years ago. So we try to help them find jobs, help them negotiate new jobs. Guide them in the best way we can.

Dr. Carlson: Thus far it's really lived up to the billing and has exceeded any expectations that I had. I knew that we did a lot of different types of procedures here; I didn't know really quite the breadth of what I'd be fully exposed to, and how much fun I'd have while learning.

Dr. Kim: I think this has been a wonderful experience. I can't speak highly enough about this fellowship. I am so glad I came here. And really, I think, in talking to my friends who are at fellowships across the country, this is on par with any education you'd get.