

Spine

## Dr. Robert Watkins, Jr. and Sr. Pave the Way for a New Medical Era Using Innovative Technologies



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**DALLAS, TX – February, 7, 2019** – Dr. Robert Watkins, Jr. has officially joined the Osseus Fusion Systems Aries-L alpha launch team! He performed his first surgery with the titanium 3D printed lateral interbody device on January 24, 2019. Dr. Watkins has been a fundamental partner – assisting Osseus Fusion Systems in the conceptualization and development of both the Black Diamond Open Pedicle Screw System and the Aries family of interbody fusion devices.

Dr. Watkins stated, “Watkins Spine has found an excellent partner in Osseus because we both are committed to technological advances that will help

people get out of pain and back to their lives. The surgical equipment that we help Osseus develop make surgeries safer, less invasive and with better outcomes. The philanthropic mission of Osseus to distribute premiere surgical care to underdeveloped areas is in line with our goal of distributing our digital media (app and podcast) to all people in need of spine care. We look forward to an ongoing relationship with Osseus in developing superior surgical technology, as well as, distributing resources to people in need."

Dr. Robert Watkins, Jr. currently works with his father, Dr. Robert Watkins, Sr., at The Marina Spine Center, at Cedars-Sinai Marina Del Rey Hospital in California, which opened in 2006. The multidisciplinary facility offers comprehensive spine services that provide patients access to a full range of treatments – from conservative non-surgical approaches to advanced surgical techniques. Their physicians are experienced in minimally-invasive spine treatments for a broad range of patients; from professional and recreational athletes to seniors and workers with chronic neck and back pain.

Dr. Watkins Jr. and Sr. stand notably recognized for performing surgeries on well-known professional athletes; namely Dwight Howard, Peyton Manning, Rob Gronkowski, and more. Working hands-on with these all-stars inspired them to create the "Back Doctor App" in April of 2017. The smartphone app was developed based on the Trunk Stabilization. Created by Dr. Watkins Sr., the Trunk Stabilization Program has successfully treated an overwhelming majority of professional athletes without the necessity to surgically intervene. The structured back and neck strengthening program allows these athletes to safely protect their spine while rehabilitating them back to their sport. After seeing the success of the program, Dr. Watkins Jr. and Sr. were motivated to give away the app for free so that everyone can have access to the same rehab program used by professional athletes. Dr. Watkins, Jr. states that, "By decreasing stress and tension in the muscles, followed by building strength to protect and off-load the spine, people can decrease spinal pain and avoid surgery." Dr. Watkins, Jr. also produces a podcast, *Dr. Robert Watkins Back Doctor*, that provides comprehensive information on treating spinal pain.

#### ABOUT OSSEUS FUSION SYSTEMS

Osseus is a pioneering medical device firm based in Dallas, TX focused on developing advanced technology products for the minimally invasive spine surgery theatre. Our teams of forward-thinking surgeons, bright-minded engineers and visionary product managers design systems aimed at enhancing patient outcomes and changing healthcare for the better.

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