

## Adult and Pediatric Complex Spinal Surgery, Reconstruction and Scoliosis

**FRED A SWEET, MD**  
 Rockford Spine Center, LTD  
 2902 McFarland, Rockford, IL 61107  
 (815) 316-2100 fasweet@rockfordspine.com

### *Awards:*

**2015 Five Star recognition, Health Grades** (1<sup>st</sup> in Illinois, Hospital (RMH) spinal surgery outcomes, 3 consecutive years)  
**2015 Five Star recognition, Health Grades** (Top 10% in US, non-fusion spine surgery outcomes, 3 consecutive years)  
**2015 Five Star recognition, Health Grades** (Top 10% in US, spinal fusion surgery outcomes, 9 consecutive years)  
**2015 Premier Spine Surgeon**, Newsweek Magazine  
**2014 Five Star recognition, Health Grades** (Top 10% in US, non-fusion spine surgery outcomes, 2 consecutive years)  
**2014 Five Star recognition, Health Grades** (Top 10% in US, spinal fusion surgery outcomes, 8 consecutive years)  
**2014 Five Star recognition, Health Grades** (1<sup>st</sup> in Illinois, Hospital (RMH) spinal surgery outcomes, 2 consecutive years)  
**2014 Top 10 Doctor-City, Rockford, IL Orthopaedic Surgeon**, Vitals.com  
**2014 Top 10 Doctor-State, Illinois Orthopaedic Surgeon**, Vitals.com  
**2014 On-Time Doctor Award**, Vitals.com  
**2014 Top 240 Spine Surgeons to Know**, Becker's Spine Review  
**2014 Patients' Choice Award**, Vitals.com  
**2014 Compassionate Doctor Award**, Patients'Choice.org  
**2013 Castle Connolly Top Doctors**  
**2013 Top 105 Spine Surgery Practices to Know**, Becker's Spine Review  
**2013 Patients' Choice Award**, Vitals.com (online physician rating)  
**2013 Compassionate Doctor Award**, Patients'Choice.org  
**2013 Five Star recognition, Health Grades** (1<sup>st</sup> in Illinois, Hospital (RMH) spinal surgery outcomes)  
**2013 Five Star recognition, Health Grades** (Top 10% in US, spinal fusion surgery outcomes, 7 consecutive years)  
**2013 Five Star recognition, Health Grades** (Top 10% in US, non-fusion spine surgery outcomes)  
**2013 Top Twenty People You Should Know**, Rockford Chamber of Commerce, Rockford, IL  
**2012 National Leading Spine Surgeons**, Newsweek Magazine  
**2012 Compassionate Doctor Award**, Patients'Choice.org  
**2012 Patients' Choice Award**, Patients'Choice.org  
**2012 Top 50 Spine Surgery Practices to Know**, Becker's Spine Review  
**2012 Top 200 Spine Surgeons and Specialist to Know in 2012**, *Becker's Spine Review*  
**2012 Top 20 Naval Spine Surgeon Leaders**, Becker' Spine Review  
**2011 Patients' Choice Award**, Patient'sChoice.org

Updated: August 12, 2015

**2011 Compassionate Doctor Recognition**, Patients'Choice.org  
**2009 Top 10 scientific paper North American Spine Society, San Francisco**  
**1999 Resident Teacher of the Year**, Orthopedic Surgery, Washington University School  
Of Medicine, St. Louis MO  
**1997 10th Annual AOA-Zimmer Annual Travel Award for Orthopaedic Residents**  
**1997 Emmanuel B. Kaplan Award for Anatomical Excellence, American Society for  
Surgery of the Hand**, Denver, Colorado  
**1994 Naval Commendation Medal**, while Medical Officer aboard the USS Coronado  
**1991 Validictorian**, Rush Medical College, Chicago, IL  
**1991 Arthur Dean Bevan Surgery Award**, Rush Medical College, Chicago IL  
**1991 Nathan M. Freer Prize** for the outstanding senior medical student,  
Rush Medical College, Chicago Ill

## ***EDUCATION:***

**Spinal Surgery Fellowship**  
Washington University  
Barnes-Jewish Hospital, St Louis

**Orthopaedic Surgery Residency**  
Washington University  
Barnes-Jewish Hospital, St Louis, MO

**General Surgery Resident**  
Washington University  
Barnes-Jewish Hospital, St Louis

**General Surgery Internship**  
Naval Hospital, San Diego, CA

**Undergraduate Medical Degree (M.D.)**  
Rush Medical College, Chicago, Illinois

**Medical Technology (M.T.)**  
Eisenhower Medical Center  
Rancho Mirage, California

**Bachelor of Arts, Biology**  
University of California  
Riverside, California

## ***EXPERIENCE***

**Lieutenant Commander**, Medical Corps,  
U.S. Naval Reserve, 1988 - 2004

**President, Rockford Spine Center, LTD**  
Rockford, Illinois  
January 2003- present

**Adult & Pediatric Complex Spinal Surgery,**

Updated: August 12, 2015

**Scoliosis and Reconstruction**

Rockford, Illinois  
August 2000 – present

**Clinical Instructor Orthopedic Surgery**

University of Illinois  
College of Medicine, Rockford IL  
Feb 2000 – Present

**Pediatric Orthopedic Surgery Staff**

St. Louis Children's Hospital, St. Louis Mo  
July 1999 - August 2000

**Clinical Instructor Orthopedic Surgery**

Washington University School of Medicine, St. Louis, MO  
August 1999 - August 2000

**Chief Resident Orthopedic Surgery**

Washington University School of Medicine, St Louis, MO  
July 1998-July 1999

**Department Head, Medical Department**

USS Coronado, Flag Ship Third Fleet, Area Pacific  
July 1992 - June 1994

**Medical Technologist**

Clinical Chemistry Education Coordinator  
Eisenhower Medical Center  
Rancho Mirage, California  
August 1985 - August 1987

***Boards, Licenses and Certifications***

Board Certified, American Board of Orthopedic Surgery 2002  
Diplomat of the National Board of Medical Examiners  
California, Missouri and Illinois medical licensure

***Memberships***

American Academy of Orthopedic Surgeons Mid-America Orthopedic Association American  
Association of Orthopedic Surgeons Winnebago Medical Society  
North American Spine Society Scoliosis Research Society  
SRS-Spinal Deformity Education Group SRS-Spinal Deformity Study Group

## ***Publications:***

**Local versus Systemic Antibiotics for Surgical Infection Prophylaxis in a Rat Model.**  
Journal of Bone and Joint Surgery (JBJS). Publication pending.

**Transforaminal Anterior Release for the Treatment of Fixed Sagittal Imbalance and Segmental Kyphosis.** Journal of Spine Deformity. Publication pending

**Methods to Decrease Postoperative Infections Following Posterior Cervical Spine Surgery.**  
Pahys JM, Pahys JR, Cho SK, Kang MM, Zebala LP, Hawasli AH, Sweet FA, Lee DH, Riew KD; J Bone Joint Surg Am. 2013;95:549-54.

**Intrawound application of vancomycin for prophylaxis in instrumented thoracolumbar fusions: efficacy, drug levels, and patient outcomes.** FA Sweet, C. Sliva, M. Roh; Spine, 2011 Nov 15;36(24):2084-8.

**Correlation of radiographic, clinical and patient assessment of shoulder balance following fusion versus nonfusion of the proximal thoracic curve in adolescent idiopathic scoliosis.**  
Kuklo T, Lenke LG, Graham E, Won DS, Sweet FA, Blanke KM, Bridwell KH; Spine 27(18) pp 2013-2020, 2002

**Prospective radiographic and clinical outcomes and complications of single solid rod instrumented anterior spinal fusion in adolescent idiopathic scoliosis.** Sweet FA, Lenke LG, Bridwell KH, Blanke KM, Whorton J; Spine 2001 Sep 15;26(18):1956-65,

**Spontaneous proximal thoracic curve correction following isolated fusion of the main thoracic curve in adolescent idiopathic scoliosis.** Kuklo T, Lenke LG, Won DS, Graham EJ, Sweet FA, Betz RR, Bridwell KH, Blanke KM; Spine 2001 Sep 15;26(18):1966-75

**String test measurement to assess the effect of spinal deformity correction on spinal canal length.** Bridwell KH, Kuklo TR, Lewis SJ, Sweet FA, Lenke LG, Baldus C; Spine 2001 15;26(18):2013-19

**Maintaining lumbar lordosis with anterior single solid-rod instrumentation in thoracolumbar and lumbar adolescent idiopathic scoliosis.** Sweet FA, Lenke LG, Bridwell KH, Blanke KM; Spine 1999; Aug 15;24(16):1655-62

**The extraosseous and intraosseous arterial anatomy of the adult elbow.** Yamaguchi K, Sweet FA, Bindra R, Morrey BF, Gelberman R, JBJS 1997; Nov;79(11):1653-62

**The extraneural and intraneural arterial anatomy of the ulnar nerve at the elbow, a vascular injection study in adult human cadavers.** Yamaguchi K, Sweet FA, Bindra R, Gelberman RH. *Accepted J. Shoulder and Elbow Surgery*, 1999 Jan-Feb;8(1): 17-21.

**Arthrometric results of arthroscopically assisted anterior cruciate ligament reconstruction using autograph patellar tendon substitution.** Bach BR Jr, Jones GT, Hager CA, Sweet FA, Luergans S. *Am J Sports Med.* 1995 Mar-Apr;23(2):179-85

**Arthroscopy-assisted anterior cruciate ligament reconstruction using patellar tendon substitution: Two- to Four-year follow-up results.** Bach BR, Jones GT, Sweet FA, Hager CA: *Am J Sports Med* 1994; Nov-Dec; 22(6):758-67

### ***Book Chapters:***

**Single Solid Rod (CD Horizon) for Thoracolumbar and Lumbar Idiopathic Scoliosis Surgery,** F. Sweet and L.Lenke, in *Modern Anterior Scoliosis Surgery, 1st Edition, R. Betz, J. Harms, L. Lenke*

**Anterior Rod Fixation Techniques for the Thoracolumbar Spine,** L.G. Lenke and F.A. Sweet, in *Spinal Instrumentation, 2nd Edition, H. An and J.Cotler*

### ***Presentations:***

#### **2014 Scoliosis Research Society, Anchorage, Alaska**

*Local versus Systemic Antibiotics for Surgical Infection Prophylaxis in a Rat Model.* FA Sweet

#### **2013 20<sup>th</sup> International Meeting on Advanced Spine Techniques, Vancouver, Canada**

*Transforaminal Anterior Release for the Treatment of Fixed Sagittal Imbalance and Segmental Kyphosis.* FA Sweet.

#### **2013 Flying Physicians Association, Milwaukee WI**

*Advances in Spinal Surgery.* FA Sweet

#### **2011 2<sup>nd</sup> Annual Current Trends in Orthopedic Trauma Symposium**

*Spinal Trauma Evaluation and Management.* FA Sweet

#### **2010 CSRS Annual Meeting, Charlotte, North Carolina**

*Methods to Decrease Post-operative Infections Following Posterior Cervical Spine Surgery*  
K Daniel Riew. FA Sweet

#### **2009 1<sup>st</sup> Annual Current Trends in Orthopedic Trauma Symposium**

*Spinal Trauma Evaluation and Management.* FA Sweet

**2009 NASS Annual Meeting, San Francisco, California**

*Safety and Efficacy of adjunctive local application of vancomycin powder for infection prophylaxis in posterior instrumented thoracic and lumbar spine surgical wounds compared to Intravenous Antibiotics.* FA Sweet, C. Sliva, M. Roh

**2009 AAOS Annual Meeting, Las Vegas, Nevada**

*Safety and Efficacy of adjunctive local application of vancomycin powder for infection prophylaxis in posterior instrumented thoracic and lumbar spine surgical wounds compared to Intravenous Antibiotics.* FA Sweet, C. Sliva, M. Roh

**2008 Washington University Spine Conference, Beaver Creek, Colorado**

*Transforaminal Anterior Release for Sagittal / Coronal imbalance.* FA Sweet

**2008 15<sup>th</sup> International Meeting on Advanced Spine Techniques, Hong Kong, China**

*Safety and Efficacy of adjunctive local application of vancomycin powder for infection prophylaxis in posterior instrumented thoracic and lumbar spine surgical wounds compared to Intravenous Antibiotics.* FA Sweet, C. Sliva, M. Roh

**2008 Washington University Spine Conference, St. Louis, Missouri**

*Lovenox Prophylaxis for DVT & Spinal Surgery.* FA Sweet

**2008 Washington University Spine Conference, St. Louis, Missouri**

*Safety and Efficacy of adjunctive local application of vancomycin powder for infection prophylaxis in posterior instrumented thoracic and lumbar spine surgical wounds compared to Intravenous Antibiotics.* FA Sweet, C. Sliva, M. Roh

**2000 Scoliosis Research Society, Cairns, Australia**

*Prospective Outcomes and Complications of Single Solid Rod Anterior Spinal Fusion in Adolescent Idiopathic Scoliosis.* FA Sweet, LG Lenke, KH Bridwell.

**2000 Scoliosis Research Society, Cairns, Australia**

*Spontaneous Proximal Thoracic Curve Correction Following Anterior vs Posterior fusion of the Main Thoracic Curve in Adolescent Idiopathic Scoliosis*  
. TR Kuklo, LG Lenke, FA Sweet, KH Bridwell.

**2000 Scoliosis Research Society, Cairns, Australia**

*Does the spinal canal lengthen with spinal instrumentation and fusion in correction of deformity? String test application to a deformity correction.* KH Bridwell, T Kuklo, S Lewis, FA Sweet.

**2000 Scoliosis Research Society, Cairns, Australia**

*Minimum Two-year Analysis of Sacropelvic fixation and L5/S1 fusion Utilizing S1 and Iliac Screws.* T Kuklo, KH Bridwell, FA Sweet, S Lewis.

**1998 Scoliosis Research Society, New York, New York**

*Maintaining Lumbar Lordosis with Anterior convex Compressive Spinal Instrumentation*, F.A. Sweet, L.G. Lenke, K.H. Bridwell, K. Blanke

**1998 American Academy of Orthopaedic Surgeons, New Orleans, Louisiana**

*Vascularization of the Human Elbow and Ulnar Nerve in the Cubital Tunnel*, Ken Yamaguchi, Fred A Sweet, Randip Bindra, Richard H. Gelberman

**1997 American Society for Surgery of the Hand, Denver, Colorado**

*Vascularization of the Human Elbow and Ulnar Nerve in the Cubital Tunnel*, Ken Yamaguchi, Fred A Sweet, Randip Bindra, Richard H. Gelberman

**1997 American Shoulder and Elbow Surgeons, AAOS Specialty day, San Francisco, California:**

*Arterial Anatomy of the Elbow: Definitive Characterization of the Extra-Osseous Vascular Supply*. Ken Yamaguchi, Fred A Sweet, Randip Bindra, Bernard Morrey, Richard H. Gelberman

**1997 American Orthopaedic Association, Boca Raton, Florida**

*The Extraosseous and Intraosseous Arterial Anatomy to the Elbow: A Vascular Injection Study in Adult Human Cadavers*. Ken Yamaguchi, Fred A Sweet, Randip Bindra, Bernard Morrey, Richard H. Gelberman

***Courses***

**2009 Advanced Techniques in Deformity Surgery for Spine Surgeons**, Anatomy Lab, invited faculty, Philadelphia, PA

**2003 Thoracic Pedicle Screw Instrumentation**, Medtronic Anatomy Lab, guest faculty, Milwaukee, WI

**1999 Functional Anatomy Workshop**, Minimally Invasive Spine Techniques, faculty, St Louis MO