

Rajesh George Arakal, MD

Work History

- 11/2007-present Texas Back Institute, Plano, TX
Orthopaedic Spine Surgeon
- 09/2005-present Olympia Orthopaedic Associates, Olympia, WA
Spine Practice involves all aspects of adult and pediatric disorders of the cervical, thoracic, and lumbar spine. 90% Degenerative, 5% Trauma, and <5% Tumor reconstruction. About 100 spine pts /wk. Cervical spine deformity correction through anterior/post approach; Cervical expansion laminoplasty for nonkyphotic multilevel stenosis. Most of the lumbar cases are posterior interbody and posterolateral fusions with instrumentation.

Medical Education

- 8/2004-7/2005 Baylor College of Medicine Spine Fellowship, Houston, TX
Texas Medical Center; Methodist Hospital, St. Lukes Episcopal Hospital, Ben Taub General Hospital, Michael DeBakey VA
ACGME accredited/ Director: M. Heggeness, M.D., Ph.D.
- 7/1999-6/2004 Orthopaedic Residency, New Jersey Medical School, UMDNJ
- 8/1995-5/1999 New Jersey Medical School, UMDNJ, Newark
- 8/1992-6/1995 College of New Jersey, B.S., Honors Program, Magna Cum Laude
Combined 7 yr B.S./M.D. program, First student to finish honors program in three yrs in college history.

Awards

- 2000 Resident Role Model and Teaching Excellence, Gold Foundation, UMDNJ
- 1997 NJMS Alumni Scholar
- 1996 NJMS Alumni Research Fellowship
- 1996-9 NJMS Deans Achievement
- 1992-5 Trustee Scholar, College of New Jersey
- 1992-5 Edward Bloustein Garden State Scholar

Textbook/Chapters

Arakal et al. *Cervical Trauma*. Essentials of Spine. Editors Steven Garfin M.D., Christopher Bono M.D. Lippincott Publishers, 2004.

Research

Prevention of Epidural Fibrosis with Cis-Hydroxyproline in Retired Breeder Rats. Study completed in residency at NJMS. Epidural fibrosis measured under histologic parameters found comparable if not superior to other products including Adcon L.

Harten, Lee, Zimmerman, Hurowitz, **Arakal**, Behrens. *Regional and Temporal Changes in the Acoustic Properties of Fracture Callus in Secondary Bone Healing*, Journal of Orthopaedic Research, 15: 4, 570-576, 1997.

Harten, Zimmerman, **Arakal**, Behrens. *Effect of Physiologic Dynamic Compression on Distraction Osteogenesis*. 43rd Annual Meeting of the ORS; San Francisco, CA.

Harten, Lee, Zimmerman, Hurowitz, **Arakal**, Behrens. *Regional and Temporal Changes in Acoustic Properties of Fracture Callus in Secondary Bone Healing*. 42nd Annual Meeting of the ORS; Atlanta, GA.

American Board of Orthopaedic Surgery, Certified: 7/13/2007-12/31/2017

Licensure New Jersey, 2002, Texas 2004, Washington 2005

Associations North American Spine Society, Thurston County Medical Association