

# Robert T. Myles, MD, FAAOS

[INSTITUTE OF SPINAL DISORDERS]

**Making Back Pain History** | For more than 15 years, Dr. Robert T. Myles at Institute of Spinal Disorders has treated spinal problems resulting from work and sports-related injuries, scoliosis, accidents, aging and spinal deformities. Dr. Myles has been named among the “Top Docs” in the Dallas-Fort Worth Metroplex by his peers and patients alike.

“Too often, patients with back or spinal problems don’t realize we have new techniques and technologies available today that can eliminate or significantly reduce discomfort and help them regain an active lifestyle,” said Dr. Myles. “What’s more, if patients with sprains, strains and simple back issues will seek treatment early on, it’s very likely we can help them get well and avoid a cycle of recurring pain and problems later on.”

**A Team Approach to Care** | At Institute of Spinal Disorders, Dr. Myles employs an “integrated team approach” that includes pain specialists, a physician specializing in physical medicine and rehabilitation, chiropractors, psychologists, acupuncturists, radiologists and more. Treatment is based on a complete and thorough examination and diagnostic work-up followed by an assessment of a patient’s condition resulting in the most effective treatment options. Dr. Myles makes a point to explain all aspects of a patient’s condition, so they not only understand the cause of their pain or problem, but can also be involved in treatment decisions. “I look at every patient as if they were an extension of my family and consider how I would want them to be treated,” said Dr. Myles.

**A Pioneer in Minimally Invasive Surgery**  
Dr. Myles’ medical training includes an

orthopedic residency at Tulane University in New Orleans followed by completion of a Spine Fellowship at Baylor College of Medicine in Houston. At Baylor, he learned how to treat many different types of spinal problems using different surgical techniques.

During this time, Dr. Myles observed differences in patient outcomes for those who had minimally invasive surgeries (MIS) as opposed to traditional open surgery. The patients who had MIS had smaller incisions, less pain, a shorter hospital stay and faster recovery. However, Dr. Myles noticed some problems with minimally invasive surgery systems. The initial systems had crude instruments that only allowed limited access to the surgical area.

The problems Dr. Myles noticed in the MIS systems encouraged him to develop and patent a device that not only improves minimally invasive surgery, but makes it easier for other surgeons to use the minimally invasive technique as well.

**Treating Workplace Injuries** | It’s been estimated that the economic burden imposed by spinal disorders, as measured in lost wages and productivity, are between \$45 and \$64 billion annually. Studies have shown that if a person is out of work due to an injury for up to six months the probability of returning to work is only 50 percent, and after 12 months, the rate drops to less than 12 percent.

Unfortunately, Dr. Myles has seen patients who have undergone multiple spine surgeries that failed, resulting in long-term pain and disability. “Every patient is unique and deserves the best treatment and care possible,” offered Dr. Myles. “And when there’s been a history of chronic pain or ineffective

treatment, I take it personally because a patient’s quality of life is so important.”

In working with employers and employees, where the potential for neck and back injuries is more prevalent, it is important to understand the day-to-day risks and repetitive situations that can lead to spine-related problems. That’s where Dr. Myles and his team look to take a proactive approach to care and will work with employers, insurers and others to reduce or eliminate the likelihood of on-the-job injuries before they happen.

#### **An Expert in Sports-Related Injuries**

When it comes to understanding the mindset of an athlete, especially when injuries happen, Dr. Myles brings a first-hand perspective to each situation. He is a former member of the USA Shotokan Karate Team and won the US National Heavyweight Fighting Championship title. He holds a sixth-degree black belt in Shotokan Karate and a third-degree black belt in Tae Kwon Do. He is also the team doctor and assistant coach for the American Japanese Karate Association team.

Because Dr. Myles has competed as a top-level athlete, he understands the goals, training and drive necessary to compete at the highest levels. Given this understanding, Dr. Myles works with injured athletes from a variety of sports such as karate, football, baseball and hockey. The goal in treating injured athletes is to safely and quickly get them back to a pre-injury training level and prevent reinjury by using appropriate rehabilitation techniques.

“Injuries are a part of sports, but if they are aggressively treated early, most athletes can regain their prior level of performance,” said Dr. Myles.

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[www.InstituteofSpinalDisorders.com](http://www.InstituteofSpinalDisorders.com) | Call (817) 288-0084 for an appointment

