

Joshua H. Abrams

Professional Experience

- 2018-present Desert Institute For Spine Care (DISC)
Board Certified, Orthopedic Spine Surgeon
Phoenix, AZ
- 2011-2018 Center for Orthopedic Research and Education (CORE Institute)
Board Certified, Orthopedic Spine Surgeon
Phoenix, AZ
- 2010-2011 Stanford University Medical School
Clinical Instructor
Stanford, CA
- 2010-2011 Veterans Affairs Medical Center
Orthopedic Consultant
San Francisco, CA
- 2010-2011 Veterans Affairs Medical Center
Orthopedic Consultant
Palo Alto, CA
- 2008-2010 Veterans Affairs Medical Center
Orthopedic Compensation and Pension Consultant
Ann Arbor, MI
- 2009-2010 Children's Hospital of Michigan
Orthopedic Physician
Detroit, MI
- 1999 Surgical Implant Generation Network (SIGN)
Orthopedic Implant Operations Assistant
Richland, WA

Education

- 2010-2011 Spine Surgery Fellowship
Stanford University Medical Center
Stanford, CA
- St. Mary's Medical Center
San Francisco, CA

Education Cont'd

2006-2010 Orthopedic Residency
Michigan State University, Botsford Hospital
Farmington Hills, MI

University of California, Davis
Sacramento CA

Beaumont Hospital
Royal Oak, MI

St. Joseph's Hospital
Ann Arbor, MI

Tampa General Hospital
Tampa, FL

Detroit Receiving Hospital,
Detroit, MI

Children's Hospital of Michigan
Detroit, MI

2005-2006 Orthopedic Emphasis Surgical Internship
Farmington Hills, MI
Michigan State University, Botsford Hospital

2001-2005 Doctorate of Osteopathy
Touro University College of Osteopathic Medicine
Presidential Honors
Class President, 2004-2005
Mare Island, CA

1996-2000 Bachelor of Science
Gonzaga University
Spokane, WA

Hospital Privileges

Abrazo Arrowhead	Glendale, AZ
Abrazo Scottsdale	Phoenix, AZ
Core Institute Specialty Hospital	Phoenix, AZ
Honor Health Deer Valley	Phoenix, AZ
Honor Health Sonoran Crossings	Phoenix, AZ
Honor Health Scottsdale Shea	Scottsdale, AZ
Squaw Peak Surgery Center	Phoenix, AZ

Licensure and Certification

Board Certified, American Osteopathic Board of Orthopedic Surgeons
Licensed, State of Arizona - Active
Licensed, State of California
Licensed, State of Michigan
Licensed, State of Washington
Advanced Trauma Life Support (ATLS)
Advanced Cardiac Life Support (ACLS)
Basic Life Support (BLS)

Faculty Appointments

2016-2018 Affiliate Provisional Staff
University of Arizona/Banner University

Volunteer & Community Service

2010 Orthopedic Overseas (Health Volunteer Overseas)
San Jose, Costa Rica

2006-2007 Redford Union High School Redford, MI
Team Physician, Varsity and JV Football

2006 DOCARE Guatemala Medical Mission
Volunteer Physician

Honors and Awards

‘100 Best Doctors in Arizona’ by AZ Business Magazine 2024, 2026, 2027
National Top Doctor Award by Castle Connolly 2024, 2025
AOAO 2011 Scientific Paper Award Winner
NASS – IEP Paper Finalist
Michigan State University Research Day Award Winner
Presidential Honors – Doctorate of Osteopathy
Honorarium – Depuy Synthes Spine

Professional Affiliations

North American Spine Society
American Academy of Orthopedic Surgeons
Society of Minimally Invasive Spine Surgery
The International Society for the Advancement of Spine Surgery
American Osteopathic Academy of Orthopedics
American Osteopathic Association
Orthopedic Overseas, Health Volunteers Overseas

Operating Room Surgeon Visitation Engagements

2015-2020 DepuySynthes Visitation Site for Lateral Interbody Fusion

2015-2020 DepuySynthes Visitation Site for Kyphoplasty

2016-2020 DepuySynthes Visitation Site for Transforaminal Fusion

Speaker and Faculty Engagements

2019-2022 Academy of Surgical Coaching

March 2023 MIS Solutions Hands-On Experience. Burr Ridge, IL

March 2022 Chairman - Advanced Minimally Invasive Spine Surgery and Innovative Technologies.
San Francisco, CA

June 2021 Minimally Invasive Technologies and Advanced Techniques
San Francisco, CA

March 2020 VuMedi – Minimally Invasive Spine Surgery

January 2020 Advanced Minimally Invasive Spine Surgery and Technologies
Miami, FL

July 2019 Minimally Invasive Lumbar Spine Surgery Advancements
San Diego, CA

January 2019 Advanced Minimally Invasive Spine Surgery and Technologies
Miami, FL

Sept. 2018 North American Spine Society Lab Proctor
Los Angeles, CA - September 2018

July 2018 Minimally Invasive Lumbar Spine Surgery Advancements
San Diego, CA July 2018

January 2018 Advanced Minimally Invasive Spine Surgery and Technologies
Palm Beach, FL

Nov. 2017 Minimally Invasive Spine Surgery and Technologies
Rayham, MA

October 2017 Society of Minimally Invasive Spine Surgery
Las Vegas, NV

May 2017 International Society for the Advancement of Spine Surgery
Operating Room Efficiency
Boca Raton, FL

January 2017 Advanced Minimally Invasive Spine Surgery and Technologies
Miami, FL

August 2016 Annual Conference for Physician Assistants in Orthopaedic Surgery
(PAOS)
Phoenix, AZ

August 2015	Minimally Invasive Spine Surgery and Technologies Plano TX
June 2015	Minimally Invasive Spine Surgery and Technologies Denver, CO
June 2015	Minimally Invasive Navigation and Technologies, Brainlab Denver, CO
June 2014	Minimally Invasive Spine Surgery San Diego, CA
April 2014	Minimally Invasive Spine Surgery Plano, TX
June 2013	Depuy Synthes Spine: Future Leaders Workshop Virginia Tech University, Blacksburg WV

Continuing Education

2018	Cervical Spine Research Society Phoenix, AZ
2018	North American Spine Society Los Angeles, CA
2017	Society for Minimally Invasive Spine Surgery Las Vegas, NV
2017	International Society for the Advancement of Spine Surgery Boca Raton, FL
2015	Orthopedic Summit Meeting Las Vegas, NV
2015	AOAO Spring Conference Amelia Island, FL
2013	NASS Spine Summit Meeting Park City, UT
2012	AOAO Fall Conference Colorado Springs, AZ
2011	Cervical Spine Research Society

Scottsdale, AZ

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| 2011 | DLIF & Minimally Invasive TLIF Cadaver Training Course
Sunnyvale, CA |
| 2011 | XLIF & MAS TLIF Cadaver Training Course, Nuvasive
San Diego, CA |
| 2011 | AAOS Annual Convention
San Diego, CA |
| 2010 | DLIF & Minimally Invasive TLIF Cadaver Training Course
Sunnyvale, CA September 2010 |
| 2010 | Advanced Concepts in Spine Surgery
Las Vegas, NV |
| 2009 | Kyphon Balloon Kyphoplasty® Cadaver Course
Chicago, Illinois |
| 2009 | University of Michigan Tumor Review Course
University of Michigan, Ann Arbor, Michigan |
| 2009 | AOAO Spring Conference
Las Vegas, Nevada May 2009 |
| 2009 | AAOS Annual Convention
Las Vegas, Nevada |
| 2008 | AO Operative Fracture Management: Advanced Principles
Marco Island, Florida |
| 2008 | AO Pediatric Course
Detroit, Michigan |
| 2007 | AOSpine North America Treatment of Spinal Disorders
Las Vegas, Nevada |
| 2007 | Musculoskeletal Tumor Review Course
William Beaumont Hospital, Royal Oak, Michigan |
| 2007 | X-STOP IPD® Instructional Course
Troy, Michigan |
| 2007 | AO Basic Principles and Techniques of Operative Fracture Management
Reno, Nevada |
| 2003 | Annual Clinical Assembly of Osteopathic Specialists, Orthopedic Surgery
Chicago, Illinois |

Publications & Presentations

Maximizing Operating Room Efficiency in Spine Surgery: A process of Tray Consolidation, Instrument Standardization and Cost Savings. ISASS May 2017

Maximizing Operating Room Efficiency in Spine Surgery: A Process of Tray Consolidation, Instrument Standardization and Cost Savings
Abstract Submission to The International Society for the Advancement of Spine Surgery

Operating Room Efficiency in Spine Surgery
Spine International News June 2017

Minimally Invasive Techniques of the Spine Presentation. March 2013
Artificial Disc and Emerging Technologies
Rio Vista Park. Podium Presentation. September 2012

Lateral Approach to the Lumbar Spine: The Good and the Bad
Sun City Festival. Podium Presentation. November 2012.

Arachnoid Ossifications containing metaplastic hematopoietic marrow. IEP Award Finalist. North American Spine Society, Chicago. Podium Presentation. November 2011.

Treatment of Facet Cysts with Neurogenic Intermittent Claudication with X-Stop. Abrams J, Hsu K, Kondrashov D, Zucherman J. Journal of Spinal Disorders and Techniques. Nov 29, 2011.

Complications of the Lateral Transpsoas Approach for Lumbar Interbody Arthrodesis. Clinical Orthopedic and Related Research. September 23, 2011. Sofianos D, Briseno M, Abrams J, Patel A.

Arachnoid Ossifications containing metaplastic hematopoietic marrow resulting in diffuse thoracic intrathecal cysts and severe myelopathy: a case report. Abrams J, Mindea S, Cheng I. European Spine Journal. 2011, September 4 [Epub].

Open versus MIS Percutaneous TLIF: A Perioperative Analysis. Abrams, J., Valente M, Bono PL. Detroit Academy of Orthopedic Surgeons. Podium Presentation. May 2010

Outcomes in Dynamic, Static and Hybrid Anterior Cervical Fusion Plating Techniques. Abrams J, Baker K, Fischgrund J. Michigan State University Consortium of Orthopedic Surgeons. Podium Presentation.

Critical Review of the Indications for X-Stop. Identifying pertinent
Exclusion Criteria. Podium Presentation. Drake G, Abrams J, Bono, P.

Current Projects:

Current Outcomes in Spine Surgery: The Role of Concentrating Colony Forming Units

Editorial Reviewer:

Neuroradiology
CNS & Neurological Disorders

Consulting Agreements

Depuy Synthes Spine
Product Development (Viper Prime)
Product Development (Expedium Evolution, FOX MIS platform)
Education
Research
Operating Room Visitation Site for Lateral Interbody Fusion
Operating Room Visitation Site for Kyphoplasty
Stryker Spine – Interventional
Education
Orthofix Spine
Product Development
Medacta International
Product Development

Updated 09/10/2026

A handwritten signature in black ink, appearing to be 'GA' followed by a long horizontal stroke.