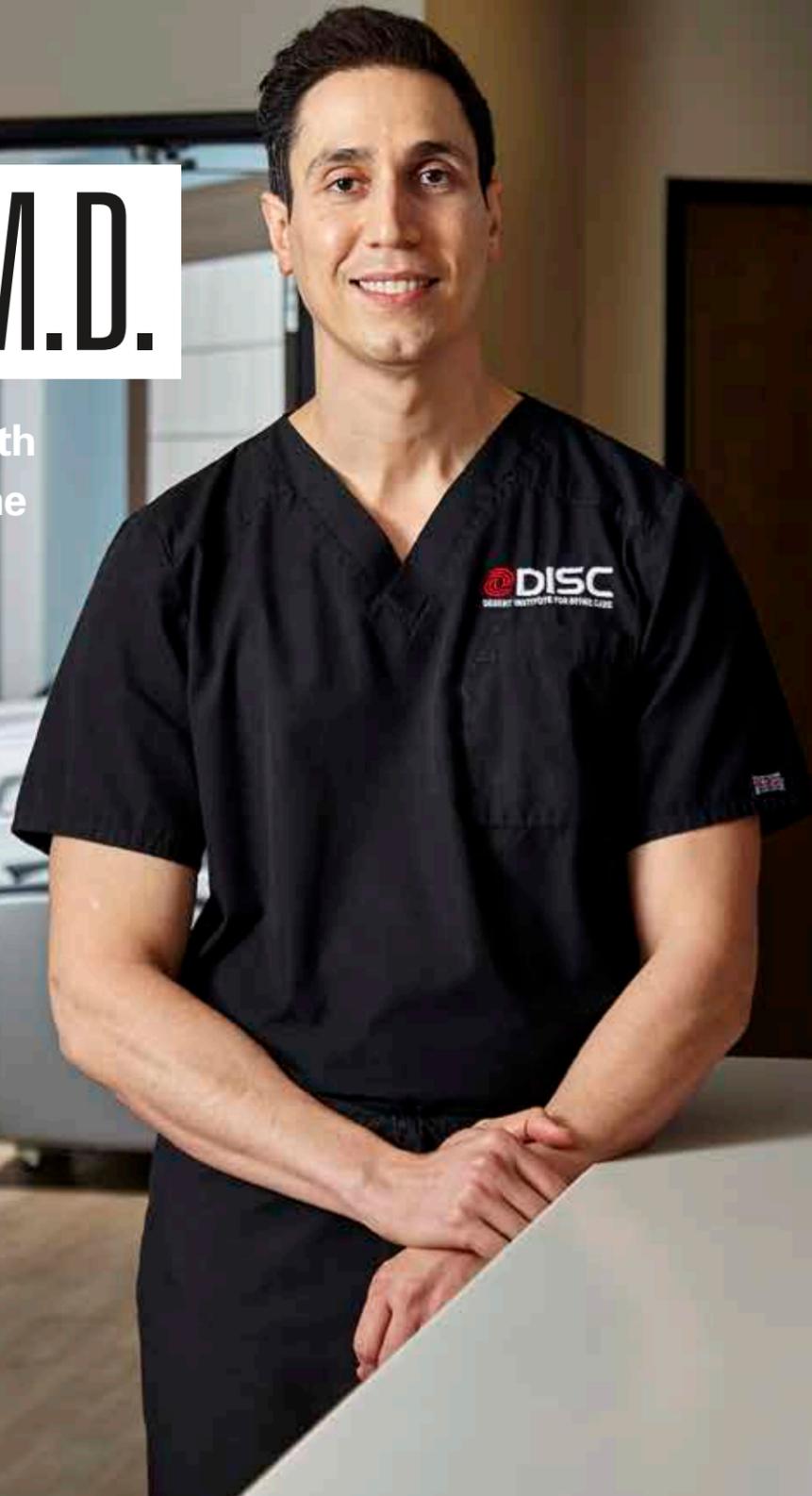


meet

NIMA SALARI, M.D.

Orthopedic Surgeon With
Desert Institute for Spine
Care (DISC)



Dr. Salari is a board-certified, fellowship-trained orthopedic spine surgeon with Desert Institute for Spine Care (DISC). His specialized training is in the operative and non-operative treatment of pathologic conditions affecting the spine. His expertise in minimally invasive, tissue-sparing approaches allows for the fastest recovery times and minimizes postoperative pain. He has published numerous articles and book chapters on the topic of minimally invasive surgery. Dr. Salari teaches at national and international courses in the latest laser-assisted endoscopic techniques and image-guided surgeries. He serves as a contributing team physician for local collegiate and professional sports teams.

As Dr. Salari explains, “No two patients are alike, and I believe neither should their care be. If surgery truly becomes the best option for our patients, we have an array of tools to tailor the care to their specific needs.”

“The least invasive surgical procedure is performed through an incision that is a quarter inch in length using specialized micro-instruments including an endoscope and a laser for fine work. When more room is needed in the spinal canal, we utilize instruments to disrupt minimal tissue and bone. When a motion segment has to be addressed, we avoid fusion surgery by performing disc-replacement surgery. And if fusion becomes the remaining option, we approach the problem from the front, side, or back of the spine based on the patient’s unique characteristics. Finally, for purposes of spinal fixation, 3D printed patient-matched drill guides are the most uniquely customized tools available.”

“What this ultimately means for our patients is that they will get the one-on-one, specialized attention that they deserve, given the state of discomfort they generally come to us with.”



After Dr. Salari closed out his training at highly academic institutions, his focus was to join a practice that put education and innovation at the center of what they do. The Desert Institute for Spine Care (DISC) is just that place. It was founded on the principles of teaching and furthering knowledge. To this day they remain a teaching site for national and international fellows interested in endoscopic spine surgery and other minimally invasive techniques. They also participate in many clinical studies conducted nationally and enroll patients as a study site for the Food and Drug Administration (FDA).

Dr. Salari and the team at Desert Institute for Spine Care (DISC) understand the angst associated with even the most minor procedures. They believe the attention

to detail, care, and responsiveness to questions and concerns should be delivered at the highest level. They provide the level of care they would expect for themselves and their own family members.

Patients that come to Desert Institute for Spine Care (DISC) can expect safe and efficient coordination of their care with focus on their individual needs and outlook. The team educates patients about the underlying problem and ensures they understand all the options available to them. They spend a great deal of time discussing and setting realistic expectations of their surgery. Most importantly, they help patients navigate through all phases of their recovery.

Dr. Salari believes it is paramount to strike a healthy work

life balance. Salari says, “Family is most important to me. I try to spend as much time making new memories with my wife and our baby daughter. Watching our baby grow up has been an experience like no other. We have not been able to travel as much lately, but we plan to as a family. In the meantime, I manage the stress with exercise and a new found hobby in cycling.”

“My partners happen to be the most skilled and talented surgeons I have had the pleasure of working with throughout my career. I have gained amazing friendships by joining the practice. It truly makes for a great environment at work when we get to spend time together. Of course, the Arizona landscape, culture, and amazing weather (most of the year) are a bonus.”