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John H. Arlino, M.D.
Consulting Orthopedist
Specializing in Spine Treatment

Consulting Orthopedists
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- Clinical research investigator focusing on motion technology of the cervical and lumbar spine, total disc replacement, and dynamic stabilization technology—the new frontier of spine treatment
- The first in-situ total disc replacement to be approved by the FDA (PRODISC) cervical disc
- Cited by the press for inclusion in "Best Doctors in America," the gold standard in physician ratings, 2007 to 2008
- Honored in the Consumer Research Council of America Outbreak as a "Top Surgeon in America"
- Board member of the American Board of Orthopedic Surgery, Active in numerous medical organizations including the American Lumber Spine Study Group, the North American Spine Society and the American College of Sports Medicine

Best Doctors
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We not only straighten spines... we offer hope.

Mary Boly, M.D.
Mary Boly, M.D. patient

Mary was 18 when diagnosed with scoliosis. As she grew older, the curve in her spine worsened, leading to a painful, obvious hump in her back and difficulty breathing. Mary was told her only options were pain medications and physical therapy. In her late forties the situation became desperate. After years of searching for treatment, I found help at Consulting Orthopedists in Dallas where I had spinal reconstructive surgery. says Mary, now a 58-year-old pediatric clinical nurse manager. I am able to stand straight and without pain for the first time in decades. I was able to return to work fulltime, shortly after my surgery.

Under the direction of nationally known spine surgeon, Alexis Shalikon, M.D., Consulting Orthopedists specializes in treating pediatric and adult spinal curves, reversing previous scoliosis surgeries, and managing pain caused by scoliosis. If you or someone you care about has a problem, please call. Help is available.

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Alexis P. Shalikon, M.D.
Medical Director, Consulting Orthopedist

Alexis P. Shalikon, M.D. is an orthopedic spine surgeon specializing in pediatric and adult scoliosis, as well as the problems associated with these diseases. In practice since 1987, he performs hundreds of spinal operations annually. Dr. Shalikon is one of only a few surgeons in the United States who specialize in spinal reconstructive surgery, especially revision scoliosis surgery for those patients who have previously failed surgical treatments.

A personal interest in helping scoliosis patients prompted Dr. Shalikon to found Consulting Orthopedists. The center is one of a handful in the country specializing exclusively in the treatment of scoliosis. Today, Consulting Orthopedists and its staff of healthcare professionals treat patients from all over the world.

Dr. Shalikon graduated from the University of Texas at Austin, attended medical school at the University of Texas Southwestern Medical School in Dallas, served as a resident in Boston at both the prestigious Harvard and Tufts universities, followed by triple fellowship training in pediatric and adult spinal surgery. He is board certified by the American Board of Orthopedic Surgeons and the American Board of Spine Surgeons.

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CONSULTING ORTHOPEDISTS

We successfully treat individuals with complicated scoliosis and hypsion every day.

Scoliosis is a disease that affects more than 12 million people worldwide. The majority of these individuals have few problems, but a small percentage develop progressive curvature of the spine with associated debilitating back and leg pain.

Scoliosis patients who go untreated may develop significant physical deformation, or hump in the back, leg length inequality, and deformity of the rib cage. In severe cases, individuals experience chronic pain, decreased exercise tolerance, and difficulty breathing due to lung and heart problems. Many patients describe their pain as both physical and psychological due to profound cosmetic deformity. Clothes fit poorly, exercise may be impossible, and the pain is incapacitating.

Mary Boly

Cheryl Young

The surgery involves fusing the deformed and painful segments of the spine in the correct position. Many people go back to work in four weeks and are completely recuperated in four to six months. It is a complicated and very serious procedure, however the successful results speak for themselves.

"An amazing number of individuals, including some doctors, don't realize that success for large spinal curves is so effective!"

Alexis P. Shalikon, M.D., Medical Director Consulting Orthopedist

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Isolation Room Design and Compliance

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Medical Director Consulting Orthopedist