

YUNG CHEN, MD	A former Stanford School of Medicine faculty, founder of Stanford Spine Center, "The Best Teacher" by Stanford, a board-certified fellowship trained physician of 20 years with experience in non-surgical interventional treatment in the spine and musculoskeletal medicine by focusing on functional restoration through physical therapy rehabilitation, medical acupuncture, and injection therapy. The goal is to deliver the highest quality in patient care without surgery or medications dependency at San Mateo Spine Center.
Appointments	
<i>Faculty, Assistant Professor</i>	Stanford University School of Medicine Stanford, California 1999-2002
<i>Founder / Director of Interventional Spine Center</i>	Stanford University School of Medicine Stanford, California 1999-2002
<i>Founder / Director of Interventional Spine Cadaver Course</i>	Stanford University School of Medicine Stanford, California 1999-2002
<i>Director of Interventional Spine Fellowship Program</i>	Stanford University School of Medicine Stanford, California 1999-2002
<i>Director of Interventional Spine Medicine Core Lecture</i> <i>Interventional spine instructor</i> <i>Chief of Physical Medicine & Rehab</i> <i>Medical Director</i>	Stanford University School of Medicine Stanford, California 1999-2002 ISIS International Spine intervention Society 2002-2022 Seton Hospital 2022, Daly City, CA 2002 San Mateo Spine Center, San Mateo, CA
Education	
<i>Undergraduate</i>	Santa Clara University Santa Clara, California Degree: Bachelor of Arts, Biology Phi Beta Kappa; Cum Laude Year Graduated: 1990
<i>Medical School</i>	Baylor College School of Medicine Houston, Texas Degree: Doctor of Medicine Year Graduated: 1994

<i>Internship</i>	St. Joseph Hospital Houston, Texas Transitional Medicine 1994-1995
<i>Residency</i>	Stanford University School of Medicine Stanford, California Physical Medicine and Rehabilitation Chief Resident, 1997-1998 Academic Chief Resident, 1996-1997
<i>Fellowship</i>	Stanford University School of Medicine Stanford, California Interventional Spine Medicine, 1998-1999

MANUSCRIPT PUBLICATIONS

- The painful, degenerated intervertebral lumbar disc: Update on basic science research. Wolfer L., Derby R., **Chen Y**, ISIS News Publication in press, 2008
- Interventional Spine, Slipman, Derby, Simeone: **Chen Y** Chapter in Whiplash Cervical Spine injury in Text book by Saunders Elsevier, 2007.
- The relation between annular disruption on computed tomography scan and pressure-controlled diskography. Derby R, Kim BJ, **Chen Y**, Seo KS, Lee SH.: *Arch Phys Med Rehabil.* 2005 Aug;86(8):1534-8.
- Comparison of discographic findings in asymptomatic subject discs and the negative discs of chronic LBP patients: can discography distinguish asymptomatic discs among morphologically abnormal discs? : Derby R, Kim BJ, Lee SH, **Chen Y**, Seo KS, Aprill C *Spine J.* 2005 Jul-Aug;5(4):389-94.
- Pressure-controlled lumbar discography in volunteers without low back symptoms. Derby R, Lee SH, Kim BJ, **Chen Y**, Aprill C, Bogduk N.: *Pain Med.* 2005 May-Jun;6(3):213-21.
- A factor analysis of lumbar intradiscal electrothermal annuloplasty outcomes. Derby R, Seo KS, Kazala K, **Chen YC**, Lee SH, Kim BJ.: *Spine J.* 2005 May-Jun;5(3):256-61.
- In vitro measurement of pressure in intervertebral discs and annulus fibrosus with and without annular tears during discography. Lee SH, Derby R, **Chen Y**, Seo KS, Kim MJ.: *Spine J.* 2004 Nov-Dec;4(6):614-8.
- Temperature and thermal dose distributions during intradiscal electrothermal therapy in the cadaveric lumbar spine. Derby R, Lee SH.: Re. Kleinstueck FS, Diederich CJ, Nau WH et al. *Spine* 2003;28:1700-8. *Spine.* 2004 Mar 1;29(5):598.
- Percutaneous disc decompression in the management of chronic low back pain. **Chen Y**, Derby R, Lee SH.: *Orthop Clin North Am.* 2004 Jan;35(1):17-23. Review.
- Complications Following Cervical Epidural Steroid Injections by Interventionalists in 2003. Derby R, Lee SH, Kim BJ, **Chen Y**, Seo KS, Kazala K, Kim MJ: *Pain Physician,* 2004;7:445-449
- Non-Surgical Interventional Treatment of Cervical and Thoracic Radiculopathies. Derby R, **Chen Y**, Lee SH, Seo KS, Kim BJ: *Pain Physician,* 2004;7
- In Vitro Measurement of Pressure in the Intervertebral Disc and Annulus Fibrosus With and Without Annular Tear

- During Discography. Lee SH, Derby R, **Chen Y**, Kim MJ, Seo KS: *The Spine Journal* 2004; 4:614-618.
- Epidural Steroid Injection-Past, Present & Future. **Chen Y**, Derby R, Kim BJ, Lee SH: *SpineLine* 2003. 9-17.
 - A Prospective Analysis of Lumbar Manometric Discography Findings in Select Participants without Low Back Symptoms. Derby R, **Chen Y**, Lee SH, Aprill C: *Pain Medicine* In process.
 - Lumbar Degenerative Disc Disease. Derby R, Lee SH, **Chen Y**: *Spine Clinics* .In press.
 - Discography/IDET. *Just the Facts*: Derby R, Lee SH, **Chen Y**: *Pain Medicine* In press.
 - Percutaneous Disc Decompression in the Management of Chronic Low Back Pain. **Chen Y**, Derby R, Lee SH: *Orthopedic Clinics of North America* in 2004.
 - Injection Therapies, Nerve Ablation and IDET for Degenerative Lumbar Conditions. Derby R, Lee SH, **Chen Y**: *Seminars in Spine Surgery on "Lumbar Disc Disease"* In press.
 - Intradiscal Pressure Study of Percutaneous Disc Decompression with Nucleoplasty in Human Cadavers. *Spine*; **Chen Y**, Lee SH, Chen D: 2003;1;28(7):661-5
 - Histologic findings of disc, end plate and neural elements after coblation of nucleus pulposus: an experimental nucleoplasty study. **Chen YC**, Lee SH, Saenz Y, Lehman NL, *Spine J.* 2003;3(6):466-70.
 - The Accuracy of Lumbar Spine Palpation with Fluoroscopic Confirmation in Medical Disciplines. **Chen Y**, Lee SH: *Archives of Physical Medicine and Rehabilitation* 2001;82;9:1294
 - Nucleoplasty for Chronic Dicogetic Back Pain with or without Radiculopathy. **Chen Y**, Lee SH, Date E; *Archives of Physical Medicine and Rehabilitation* 2001;82;9:1323
 - Incidence of Osteonecrosis Associated with Interventional Spine Steroid Procdures. **Chen Y**, Lee SH, Nguyen T: *Archives of Physical Medicine and Rehabilitation* 2001;82;9:1324
 - Comparison of Intradiscal Restorative Injections and Intradiscal Electrothermal Treatment (IDET) in the Treatment of Low Back Pain. Derby R, Eek B, Kim BJ, **Chen Y**, Lee SH. *Joint Bone Spine* In process.
 - In Vitro Measurement of Pressure in the Intervertebral Disc and Annulus Fibrosus With and Without Annular Tear During Discography. Lee SH, Derby R, **Chen YC**, Kim MJ, Seo KS. *The Spine Journal* In process.
 - Epidural Steroid Injection-Past, Present & Future. **Chen YC**, Derby R, Kim BJ, Lee SH. *SpineLine* 2003. 9-17. • A Prospective Analysis of Lumbar Manometric Discography Findings in Select Participants without Low Back Symptoms. Derby R, **Chen YC**, Lee SH, Aprill C. *Spine* In process.
 - Histologic Findings of Disc, Endplate and Neural Elements Post Coblation of Nucleus Pulposus: An Experimental Nucleoplasty Study. **Chen YC**, Lee SH, Lehman NL. *The Spine Journal* 3 (2003). 466-470.
 - Lumbar Degenerative Disc Disease. Derby R, Lee SH, **Chen YC**. *Spine Clinics* In press.
 - Discography/IDET. Derby R, Lee SH, **Chen YC**. *Just the Facts: Pain Medicine* In press.
 - Percutaneous Disc Decompression in the Management of Chronic Low Back Pain. **Chen YC**, Derby R, Lee SH. *Orthopedic Clinics of North America* In press.
 - Injection Therapies, Nerve Ablation and IDET for Degenerative Lumbar Conditions. Derby R, Lee SH, **Chen YC**. *Seminars in Spine Surgery on "Lumbar Disc Disease"* In press.
 - Intradiscal Pressure Study of Percutaneous Disc Decompression with Nucleoplasty in Human Cadavers. **Chen YC**, Lee SH, Chen D. *Spine* 2003. Apr 1;28(7): 661-665.
 - Sacroiliac Joint Pain Syndrome in Active Patients: A Look Behind the Pain. **Chen YC**, Fredericson M, Smuck M. *The Physician and Sports Medicine.* 2002;Nov 11(30).

- Provocative Discography in Patients after Limited Lumbar Discectomy: A Controlled, Randomized Study of Pain Response in Symptomatic and Asymptomatic Subjects. Carragee EJ, Chen YC, Tanner CM, Truong T, Lau E, Brito JL. Spine 2000. Dec 1;25(23):3065-71.
- Can Discography Cause Long-Term Back Symptoms in Previously Asymptomatic Subjects? Carragee EJ, Chen YC, Tanner CM, Hayward C, Rossi M, Hagle C. Spine 2000. Jul 15;25(14):1803-8.
- Intradiscal Electrothermal Annuloplasty (IDET): A Novel Approach for Treating Chronic Discogenic Back Pain. R. Derby, Eek B, Chen YC. Neuromodulation 2000. April 3 (2), 82-88.

MEDIA

- The Daily Journal: "Acupuncture is being used more and more" Sept 13, 2021
- Time magazine: Innovative Spinal devices, Nucleoplasty Sept 03, 2001
- TV interviews: KRON
- World Journal News Papers 2001-2006

Teaching

- Interventional Spine Injection Society instructor, 2002-2008

- Stanford Undergrad Human Biology, Sports Medicine Feb, 2001
- Stanford Undergrad Human Biology, Research Internship, 2000,2001
- Core Lecture Series on Pain Medicine (Stanford), April 1999-2001
- Core Lecture Series on Spine Medicine (Stanford), Feb 1999, 2000, 2001
- Spine Anatomy
- Spine Pathology
- Spine Pathophysiology
- Spine Radiology
- Spine and Musculoskeletal History and Physical
- Spine Diagnosis and Treatment
- Spine Research
- Interventional Spine Medicine
- Spine Grand Rounds and Invitation of Speakers (Stanford), Feb. 99-01
- Introduction to Written Board Examinations, July 1998, 1999, 2000, 01
- Residents Outpatient Clinic Teaching (Stanford), 1998- 2001
- Residents Electro Diagnostic Medicine Teaching (Stanford), 1998-2001
- Medical Students/ Residents In-Patient Rehabilitation Bedside Teaching
- Supervision of Resident's Research (Stanford)
- Interventional Spine Injection (Stanford), 1998,1999
- Orthopedic Spine Fellow and PM&R Resident (Stanford)
- Development of Core PM&R Didactic Series (Stanford), 1996-1998
- Musculoskeletal Anatomy (Stanford), 1996-1998
- Nervous System Anatomy (Stanford), 1996- 1998
- Geriatric Rehabilitation (Stanford), 1996
- Multiple Sclerosis and Rehabilitation (Stanford), 1997
- Brachial Plexus Anatomy (Stanford), 1996-1998
- Introduction to Basic EMG/NCS (Stanford), 1997-1998
- Hands on Practice on EMG/NCS (Stanford), 1997-1998
- Pearls on On CALL for Acute SCI (Stanford), 1996-1998
- Pearls on On CALL for TBI Rehabilitation (Stanford), 1996-1998
- Guillain-Barre Rehabilitation (Stanford), 1997
- Mechanical Ventilation in SCI (Stanford), 1997-1998
- Knee and Shoulder Examination (Stanford), 1998
- Trigger Point (Stanford), 1997
- Upper Extremity Orthosis (Stanford), 1997-1998
- Musculoskeletal Examinations (Stanford), 1997-1998
- Tai Chi and Rehabilitation, 1997-1998
- Medical Acupuncture in Ph (Stanford), 1997
- Interventional Spinal Injection Techniques (Stanford), 1997-1999
- Musculoskeletal Radiology (Stanford), 1997-1999
- Spine Radiology (Stanford), 1998-1999

Board Certification and Medical Licensure

- National Board of Physicians and Surgeons 2019
- Acupuncture UCLA certified 2004
- Interventional Spine Medicine, Pain Medicine, Subspecialty Board, September 2000
- Diplomate of Physical Medicine and Rehabilitation, May 1999
- State of California Medical License A054788

Academic Courses

- NASS Annual Meeting 2021
- NASS Annual Meeting 2020
- NASS Annual Meeting 2019
- Spine Intervention Society Annual Meeting 2019
- California Society of Physical Medicine and Rehabilitation Annual Meeting 2019
- NASS Annual Meeting 2018
- Spine Intervention Society Annual Meeting 2018
- Spine Intervention Society Annual Meeting 2017
- Spine Intervention Society Annual Meeting 2015
- Spine Intervention Society Annual Meeting 2014
- Spine Intervention Society Annual Meeting 2013
- California Society of Physical Medicine and Rehabilitation Annual Meeting 2013
- International Spine Intervention Society: Ultrasound for the Spine Practitioner July 16, 2013
- NASS Annual Meeting 2012
- Spine Intervention Society Annual Meeting 2012
- California Orthopedic Association: MSK Ultrasound Course 2011
- PainWeek National Conference 2011
- Interventional Spine instructor (USA, Asia) 2002 - 2008
- Physician Clinical Exchange with Andrew Blumenfeld, MD: Botulinum Toxin Type A (BoNT/A) – Headache Update 2004. San Francisco, CA. April 23, 2004.
- Naval Health Sciences Center (NHSC) of Naval Medical Center San Diego (NMCS D) 5th Annual Interventional Pain Management Workshop. San Diego, CA. February 6-8, 2004.
- American Association of Electrodiagnostic Medicine/IFCN Joint Scientific Meeting. San Francisco, CA. September 16-20, 2003.
- American Society of Radiologic Technologists Home Study Course: Patient Education: Communicating Radiologic Risks. Albuquerque, NM. September 5, 2003.
- American Society of Radiologic Technologists Home Study Course: Radiation Protection of Personnel & Patients. Albuquerque, NM. September 5, 2003.
- American Society of Radiologic Technologists Home Study Course: Pharmacology for the RT: Part 3 Adverse Reactions. Albuquerque, NM. September 5, 2003.

- Maricopa Integrated Health System and Spinal Diagnostics & Treatment Center Soft Tissue Injuries of the Spine. San Francisco, CA. July 18-19, 2003.
- California Society of Physical Medicine & Rehabilitation Annual Meeting. San Diego, CA. June 6-8, 2003.
- American College of Sports Medicine Annual Meeting. San Francisco, CA. May 28-31, 2003.
- Stanford Interventional Pain/Spine Procedures, Cadaver Course. Stanford, CA. April 6-7, 2002
- Advanced Neuromodulation Systems (ANS): Spinal Cord Stimulator. Stanford Interventional Spine Cadaver Course: Temporary and Permanent Spinal Cord Stimulator Placement. Stanford, CA. July 21, 2001.
- Stanford Interventional Pain/Spine Procedures, Cadaver Course. Stanford, CA. June 2-3, 2001

Awards

- 2001 NASS Outstanding Poster Award. Outcomes of Intradiscal Electrothermal Therapy as a Treatment for LBP: A Prospective Comparison of IDET Versus Two Control Groups. 16th Annual North American Spine Society Meeting, October 31-November 3, 2001
- Outstanding PM&R Teaching Award, 2000-2001, Stanford PM&R University School of Medicine
- Presidential Outstanding Poster Research Award: Accuracy of Needle Placement In Shoulder Injection. Y Chen, M.D., E. Date, M.D., 62nd Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, November 14, 2000, San Francisco.
- 1999 NASS Outstanding Paper Award: Provocative Discography in Patients after Limited Discectomy. E. Carragee, M.D., Y. Chen, M.D., 14th Annual North American Spine Society Meeting, October 20-23, 1999, Chicago

Professional Memberships

- North American Spine Society
- Spine Intervention Society
- American Academy of Physical Medicine and Rehabilitation
- American Medical Board of Physical Medicine and Rehabilitation
- PASSOR
- American Academy Of Medical Acupuncture

Languages Spoken

- English
- German
- Chinese (Mandarin)