

## SPINE DISORDERS OF TEXAS, PLLC

Duane Pitt, MD, FAAOS,  
Lt. Col. (Ret)

BY LI JACKSON

With a deep-rooted passion for craftsmanship and a lifelong dedication to medicine, Dr. Duane Pitt has carved a remarkable path in the field of spine surgery. Inspired by his Bermudian heritage and a family tradition of carpentry and boat building, Dr. Pitt recognized early on the striking similarities between wood and bone. This unique perspective, combined with an upbringing on the hospital grounds of White Memorial Medical Center and the University of Southern California Medical Center, solidified his ambition to become a doctor.

It was Dr. Pitt's grandfather who first introduced him to the field of orthopaedics when he expressed an interest in medicine at a young age. His journey led him to an intensive Orthopaedic Residency at Loma Linda University, where he was introduced to spine surgery through a comprehensive program encompassing pediatric and adult spine disorders, trauma, deformity, cancer, and degenerative conditions. Further refining his expertise, Dr. Pitt completed his second post-doctorate training and fellowship at the University of Southern California in Los Angeles, where he specialized in treating spinal injuries in professional athletes from Major League Baseball, the NBA, and the National Football League. Today, he continues to make a lasting impact as a spine deformity surgeon, treating patients from all walks of life, including elite athletes and individuals suffering from debilitating spinal conditions.

Dr. Pitt's patient-first philosophy centers on a conservative approach to treatment. He firmly believes that non-surgical management should always be the initial step before considering surgical intervention. "Many patients respond well to conservative treatments, and when surgery is ultimately needed, they tend to have better outcomes," says Dr. Pitt. "Skipping this crucial step can



sometimes lead to less favorable surgical results." He is also a strong advocate for patient education, emphasizing the importance of understanding one's condition and treatment options to ensure informed decision-making and better compliance.

The impact of Dr. Pitt's expertise on his patients' quality of life is profound. He views his role as an orthopaedic surgeon as a means to help individuals regain their lifestyle and independence. "Spine pain and neurological issues can significantly hinder a person's ability to enjoy life, exercise, spend quality time with loved ones, and maintain gainful employment," he explains. "My goal is to restore that quality of life." Through his dedication and advanced surgical techniques, Dr. Pitt has achieved a remarkable success rate, with 95-98% of his patients experiencing complete relief from arm or leg pain under his care. While low back pain remains a challenging condition to treat, his commitment to precision and patient-centered care continues to provide hope and healing to those in need.

With a career dedicated to innovation, education, and compassionate care, Dr. Duane Pitt remains a leader in the field of

spine surgery, improving lives one patient at a time. Learn more about Spine Disorders of Texas at [www.SpineDisorders.net](http://www.SpineDisorders.net). Contact us for a complimentary consultation at (214) 285-0987. Valid until April 30th, 2025.

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