

## James M. Mok, MD

Clinical Associate Professor, Orthopaedic Surgery

### CLINICAL OFFICE (PRIMARY)

- **Stanford Orthopaedic Spine Center in Redwood City**

420 Broadway St

Pavilion D MC 6415

Redwood City, CA 94063

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### ACADEMIC CONTACT INFORMATION

- **Administrative Contact**

Tammy Brown - Administrative Associate

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## Bio

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### BIO

Dr. Mok is a board-certified, fellowship-trained spine surgeon with the Stanford Medicine Spine Center in Redwood City. He is also a clinical associate professor of medicine in the Department of Orthopaedic Surgery.

Dr. Mok diagnoses and treats a wide range of degenerative spine conditions, including disc herniations, spinal stenosis, myelopathy, and spondylolisthesis, as well as patients who have had previous spine surgery. He specializes in minimally invasive surgical techniques and strives to perform the least invasive procedures with the highest chances of success. His surgical specialties include minimally invasive microdiscectomy and laminectomy, minimally invasive spinal fusion, and artificial disc replacement.

Prior to Stanford, Dr. Mok worked as an orthopaedic spine surgeon with the NorthShore Orthopaedic and Spine Institute, the only dedicated orthopedic specialty hospital in the Chicago region. He was previously Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine at the University of Chicago.

Dr. Mok served on active duty in the United States Army Medical Corps with the rank of Major. His military experience included deployment to the Iraq theater as an orthopaedic surgeon and spine surgery consultant.

Dr. Mok has published work in many leading journals in his field, including The Spine Journal, Spine, and Journal of Bone and Joint Surgery. He has presented to his peers at international, national, and regional meetings, including annual meetings of the North American Spine Society, the Society for Minimally Invasive Spine Surgery, and the American Association of Orthopaedic Surgeons.

Dr. Mok is a member of the American Academy of Orthopaedic Surgeons, the American Orthopaedic Association, the North American Spine Society, the Scoliosis Research Society, and the Society for Minimally Invasive Spine Surgery.

### CLINICAL FOCUS

- Orthopaedic Surgery of the Spine

## ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Orthopaedic Surgery

## PROFESSIONAL EDUCATION

- Internship: UCSF Dept of General Surgery (2004) CA
- Board Certification: Orthopaedic Surgery, American Board of Orthopaedic Surgery (2012)
- Fellowship: The Spine Institute (2010) CA
- Residency: UCSF Dept of Orthopedic Surgery (2009) CA
- Medical Education: Columbia University College of Physicians and Surgeons (2003) NY

## Research & Scholarship

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### CLINICAL TRIALS

- LimiFlexParaspinous Tension n Band in the Treatment of Lumbar Degenerative Spondylolisthesis , Not Recruiting

## Publications

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### PUBLICATIONS

- **Dental Composite Offers Comparable or Greater Pullout and Shear Strength to Lateral Mass Screw Fixation in a Human Cadaveric Model.** *International journal of spine surgery*  
Wadhwa, H., Castro, J., Okoli, O., Chan, C., Ahmad, S. H., Karnowska, A., Hu, S. S., Koltsov, J. C., Bruckman, K. C., Mok, J. M.  
2026