

PATIENT RESOURCES

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SPINE PATIENT HISTORY FORM

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PHYSICAL MEDICINE & REHABILITATION

★★★★★ 4.3 based on 159 reviews

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ABOUT DR. FITZ ▲

Dr. William Fitz is a board-certified physician in Physical Medicine and Rehabilitation who specializes in the diagnosis and non-surgical care of spine, joint, and soft tissue disorders. Dr. Fitz is a proud graduate of the University of Notre Dame with a Bachelor of Science followed by The Ohio State University College of Medicine. He holds two U.S. Patents for devices that assist in the treatment of lower back pain, one for a facet joint pain relief method and apparatus, and one for an artificial facet joint. He is also a designated Center of Excellence for [Intracept™ Vertebrogenic Pain Relief](#).



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In addition to these traditional treatments Dr. Fitz specializes in Regenerative Therapies such as [Discseel®](#), Intracept Vertebroscopic Pain Relief, [PRP injections](#), [Alpha-2 Macroglobulin injections](#), and Exosome injections. Regenerative Therapies are rapidly expanding the treatment options for arthritis, chronic tendon injuries and muscle tears. These are substances found in your body that are often concentrated or filtered to obtain a small quantity for injection into the site of injury. The growth factors contained within or secreted by these substances facilitate tissue healing, improve pain, and aid in restoring function. These injections are intended to treat, ligamentous injuries, tendinopathies, tendon tears, and joint osteoarthritis as well as non-operative spinal disorders.

of Excellence

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Dr. Fitz offers the following non surgical treatment options for back pain:

- [Discseel®](#)
- [Intracept™](#)
- Lumbar Epidural Steroid Injections
- Cervical and Lumbar Facet Joint Nerve Ablations
- Joint Injections



COMMONLY TREATED CONDITIONS



- [Low Back \(Lumbar\) Pain](#)

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COMMONLY PERFORMED PROCEDURES

- [Discseel®](#)
- [EMG/Nerve Conduction Studies](#)
- [Epidural Steroid Injections](#)
- [Orthobiologics](#)
- [Intracept: Basivertebral Nerve Ablation \(BVN\)](#)

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CLINIC LOCATION

[+](#) UPPER ARLINGTON

4605 Sawmill Rd. Columbus, OH 43220

614-827-8700 TEL

614-827-8701 FAX

SURGERY LOCATIONS

[+](#) RIVERSIDE METHODIST HOSPITAL

3535 Olentangy River Rd. Columbus, OH
43214

(614) 566-5000 TEL



OHIO ORTHOPEDIC SURGERY INSTITUTE



EDUCATION

UNDERGRADUATE:
The University of Notre Dame

MEDICAL SCHOOL:
The Ohio State University College of Medicine

RESIDENCY:
Physical Medicine and Rehabilitation, The Ohio State University

BOARD CERTIFICATION:
American Board of Physical Medicine and Rehabilitation, Subspecialty in Pain Medicine, American Board of Electrodiagnostic Medicine

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TITLES, HONORS & AWARDS

AWARDS
Castle Connolly Top Doctors



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RESEARCH & TEACHING

- RESEARCH
- Orthopedic ONE's Sports Medicine Symposium
- Facet Joint Pain Relief method and apparatus Patent
- Artificial Facet Joint Patent

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PATIENT REVIEWS



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smooth and everyone was so nice, caring and professional . Dr. Fitz took the time to listen to my concerns and reviewed my past medical history to try and accurately assess my pain and to come up with a game plan. I would definitely recommend him to any family or friends!

vitals**Vitals** *December 1st, 2024*

★★★★★

Dr. Fitz assessment of my back issue, thru description of pain and x-ray also MRI. He recommended a surgeon. Surgery l2 thru S1 fused. 3 weeks into recovery, my nerve pain is gone.

**Judy** *November 12th, 2024*

★★★★★

Very pleased. Extra nice PA and Doctor as well.

**Paul** *October 31st, 2024*

★★★★★

This is a very fine organization. My experiences with doctors, nurses and staff were all amazing. I felt cared for as a person.

**Dolores** *October 25th, 2024*

★★★★★

Dr. Fitz and his staff were incredibly helpful during my visit. He listened carefully to my concerns and explained each step of the process in detail. He was also very accommodating of my hectic schedule, which I truly appreciated. I highly recommend Dr. Fitz and Orthopedic One to anyone seeking orthopedic care.

**Terry** *October 1st, 2024*

★★★★★

Excellent doctor!! Excellent "bedside" manner. Extremely knowledgeable

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RELATED PATIENT STORIES

STEPHANIE

04.02.25



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03.03.24

In June of 2023, I made an appointment with Dr. Fitz, Orthopedic One, because I was experiencing extreme pain in my right hip which was also rad...

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04.02.19

I am documenting a review of my experience with Orthopedic ONE. I am hoping to help seniors like myself that otherwise may have to resort to op...

**UPPER ARLINGTON PATIENT**

08.04.17

I was seen at Orthopedic ONE for chronic left lower extremity pain and numbness. Everyone I came in contact with was excellent, from Tammy who e...



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Orthopedic ONE named #1 in Ohio and #3 in the Nation for Orthopedics, Again!

While Orthopedic ONE physicians have long been recognized as Castle Connolly Top Doctors® are proud to once again rank #1 in Ohio and #3 in the Nation for Orthopedics....

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Orthopedic ONE Physicians Named Top Doctors®

This year, we are celebrating 52 Orthopedic ONE physicians who were named to Castle Connolly's 2025 Top Doctors® list! This prestigious, peer-nominated distinction is awarded to just 7% of physicians...



From Head to Toe: Resolutions for Musculoskeletal Health

Every year, millions of Americans make resolutions to improve their health, fitness, and lifestyle. While some goals have small impacts, others can set you up for a lifetime of better...



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we...



Orthopedic ONE named #1 in Ohio, and #3 in the Nation for Orthopedics

While Orthopedic ONE physicians have long been recognized as Castle Connolly Top Doctors®, this is the first year Castle Connolly is also presenting accolades to health systems, hospitals and physician...

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52 ORTHOPEDIC ONE PHYSICIANS NAMED TO COLUMBUS TOP DOCTORS® AND RISING STARS® LIST

Congratulations to our 52 Orthopedic ONE physicians named to the Top Doctors® list! Castle Connolly Top Doctors are peer-nominated, and vetted by a physician-led research team. This year, we are...



SHOULD I USE ICE OR HEAT TO REDUCE MY LOW BACK PAIN?

There are many types of therapies that can bring relief to our lower back. Ice and heat are some of the most commonly used at-home therapies, yet often overlooked despite their...



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Orthopedic ONE Hilliard Welcomes Physical Medicine and Rehabilitation Physician, EMG and Fluoroscopy Services

Now Available at Orthopedic ONE Hilliard: Physical Medicine & Rehabilitation Specialist, EMG and Fluoroscopy Services David M. Witter, M.D., board-certified in physical medicine and rehabilitation, has expanded his practice to see...



BACK TO PHYSICIANS

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Canal Winchester

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