

Nicholas Mataragas, M.D.

Orthopaedic Spinal Surgery



As a specialist in spinal surgery, Dr. Mataragas's clinical interests include adult reconstructive spinal surgery, cervical and lumbar spinal surgery, new and improving minimally invasive spinal implant technologies and the use of artificial disk replacement techniques. Dr. Mataragas was one of the first surgeons to bring minimally invasive surgical technology to the Chicagoland area. His interest in minimally invasive techniques culminated in his mentoring of surgeons nationally and internationally. Surgeons from far-reaching places such as Spain, Greece, Korea and Japan have visited his operating room to learn emerging techniques in spinal surgery. In addition to attending numerous nationwide discussion panels on the evolution of spinal implant technology, he has been instrumental in the development of minimally invasive spinal surgical techniques and devices.

Most recently, his interest in minimally invasive spinal surgery has led to his pioneering use of minimally invasive anterior lumbar fusions. He is one of a few surgeons nationally that routinely perform multi-level minimally invasive anterior lumbar fusions. His patients have had significantly shorter hospital stays and excellent results compared to patients with traditional techniques.

Although a specialist in spinal surgery, Dr. Mataragas believes in the importance of conservative management prior to surgical treatment. He believes that this, in addition to his use of minimally invasive techniques and his "less is more" philosophy on spinal surgery account for his reputation for superb patient outcomes.

A native of Chicago, Dr. Mataragas was valedictorian of the Marist High School class of 1991. He received his medical degree at the age of 22 from the University of Miami, after completing the prestigious six-year honors program in medicine there. His surgical training continued during his residency at the University of Miami/Jackson Memorial Hospital, home of the world-renowned Miami Project to Cure Paralysis and home of Ryder Trauma Center, the largest trauma center in the world. Dr. Mataragas further honed his skills in spinal surgery at Texas Back Institute, the largest spinal clinic in the world and a world-leader in emerging spinal surgical techniques and technologies.

Dr. Mataragas is a member of the North American Spine Society and the American Academy of Orthopedic Surgeons. He is affiliated with Good Samaritan and Edward Hospitals.