

Michael J. Elsenbeck Jr., MD

MEDICAL TRAINING AND EDUCATION

Florida Orthopaedic Institute Shoulder and Elbow Fellowship

Tampa, FL

December 2024-July 2025

Walter Reed National Military Medical Center

Bethesda, MD

- Orthopaedic Surgery Residency
- Orthopaedic Surgery Research Fellowship

July 1, 2014-June 30, 2020

July 1, 2017-June 30, 2018

Drexel University College of Medicine

Philadelphia, PA

Doctor of Medicine

August 3, 2010-May 16, 2014

LaSalle University

Philadelphia, PA

Bachelor of Science, Biology

August 28, 2006-May 16, 2010

CERTIFICATION AND LICENSURE

American Board of Orthopaedic Surgery (ABOS) Board Certified July 24, 2022

Virginia State Medical License #0101260322_expiration 10/31/2024

Alabama State Medical License #MD.42613_expiration 12/31/2024

Georgia State Medical License #95339_expiration 10/31/2024

Basic Life Support (BLS) Certified-expiration April 2024

PROFESSIONAL EXPERIENCE

Martin Army Community Hospital

Fort Benning, GA

- Staff Orthopaedic Surgeon
 - Primary orthopedic surgeon responsible for the care of the U.S. Army's elite special forces soldiers of the 3rd Battalion, 75th Ranger Regiment.
 - Exclusive orthopedic surgeon for the Tier 1 Air Force Special Operations Command, 17th Special Tactics Squadron.
 - Serve community of over 25,000 active duty soldiers, in addition to all eligible Tricare beneficiaries.
- Orthopaedic Clinic Officer in charge
 - Responsible for managing the Martin Army Community Hospital Orthopaedic clinic, to include oversight of 4 orthopaedic surgeons, 3 physician assistants, 3 clinical nurses and support staff.
 - Collaborated with hospital leadership to review policies to ensure high quality orthopedic care for soldiers, their families and all Tricare beneficiaries.

July 31, 2020-Present

April 1, 2021-April 1, 2023

HONORS AND AWARDS

Drexel University College of Medicine

Philadelphia, PA

- Alpha Omega Alpha Honor Medical Society
 - Election is limited to the top 15% of the class who demonstrate superior academic achievement, leadership, professionalism, and a commitment to service in the school and community.
- Clinical Skills Assessment Award
 - Based on excellent clinical skill performance, this honor is limited to the top 10% of the class. Students must demonstrate outstanding abilities in history taking, physical examination, patient counseling, and developing rapport with patients.

September 2013

September 2013

LaSalle University

Philadelphia, PA

- Graduated *Maxima Cum Laude*
- Awarded 'Founder's Scholarship' for outstanding academic achievement

May 2010

August 2006

MEMBERSHIPS AND ASSOCIATIONS

- Society of Military Orthopaedic Surgeons (SOMOS) *2015-Present*
- American Academy of Orthopaedic Surgeons (AAOS) *2014-Present*
- Alpha Omega Alpha (AOA) Honor Medical Society *2013-Present*

PUBLICATIONS

- Wolfe JA, **Elsenbeck M**, Nappo K, Christensen D, Waltz R, LeClere L, Dickens J. Effect of posterior glenoid bone loss and retroversion on arthroscopic posterior glenohumeral stabilization. *Am J Sports Med*. 2020;48(11):2621-2627.
- Christensen DL, **Elsenbeck MJ**, Wolfe JA, Nickel WN, Roach W, Waltz RA, Dickens JF, LeClere LE. Risk factors for failure of nonoperative treatment of posterior shoulder labral tears on magnetic resonance imaging. *Mil Med*. 2020;185(9-10):e1556-e1561.
- Fernicola SD, **Elsenbeck MJ**, Grimm PD, Pisano AJ, Wager SC. Intrasite antibiotic powder for the prevention of surgical site infection in extremity surgery: A systematic review. *J Am Acad Orthop Surg*. 2020;28(1):37-43.
- Wade SM, Fredericks DR, **Elsenbeck MJ**, Morrissey PB, Sebastian AS, Kaye ID, Butler JS, Wagner SC. The incidence, risk factors, and complications associated with surgical delay in multilevel fusion for adult spine deformity. *Global Spine J*. 2020 [Epub ahead of print]
- **Elsenbeck MJ**, Fernicola S, Wagner SC. Should patients with recurrent lumbar disc herniations be fused? *Clin Spine Surg*. 2018;31(3):100-102.
- **Elsenbeck MJ**, Wagner SC, Milby AH. Is routine bracing of benefit following posterior instrumented lumbar fusion for degenerative indications? *Clin Spine Surg*. 2018; 31(9):363-365.
- **Elsenbeck MJ**, Tucker CJ, Dickens J. Patient reported outcomes: the currency of value-based healthcare. *Sports Med Update*. 2018;1:2-6.
- **Elsenbeck MJ**, Pisano AJ, Fredericks DJ, Wagner SC. Is anterior cervical discectomy and fusion for ≥ 4 levels safe and effective for the treatment of degenerative cervical disease? *Clin Spine Surg*. 2018;31(8):319-322.
- **Elsenbeck MJ**, Dickens JF. Return to sports after shoulder stabilization surgery for anterior shoulder instability. *Curr Rev Musculoskelet Med*. 2017;10:491-498.
- Khazzam, **Elsenbeck M**, Dickens J. Anterior shoulder instability. *Sports Med Update*. 2017;4:2-7.
- **Elsenbeck M**, Dickens J. What you need to know about shoulder instability and bracing. *In Motion*. Fall 2017.

CONFERENCE PRESENTATIONS

- *Society of Military Orthopaedic Surgeons (2018)*
 - **Elsenbeck MJ**, Colantonio DF, Christensen DL, Wagner SC. Reoperation Rates After Single-Level Lumbar Microdiscectomy in the Military Health System.
- *American Academy of Orthopaedic Surgeons (2018)*
 - **Elsenbeck MJ**, Wolfe J, Nappo K, Christensen D, Waltz R, LeClere L, Dickens J. Recurrent Instability and Reoperation Following Arthroscopic Posterior Shoulder Stabilization with Posterior Glenoid Bone Deficiency.
- *American Orthopaedic Society for Sports Medicine (2018)*
 - **Elsenbeck MJ**, Wolfe J, Nappo K, Christensen D, Waltz R, LeClere L, Dickens J. Incidence and Clinical Significance of Posterior Glenoid Deficiency in Patients with Posterior Glenohumeral Instability.
- *Military Health System Research Symposium (2018)*
 - Mauntel TC, **Elsenbeck MJ**, Dickens JF. The ability of Patient-Reported Outcomes Measurement Information System to Predict Pre-Operative American Shoulder and Elbow Surgeons Shoulder Assessment Form Scores.
- *Society of Military Orthopaedic Surgeons (2017)*
 - **Elsenbeck MJ**, Christensen D, Wolfe J, Nickel W, Roach W, Waltz R, Dickens J, LeClere L. Natural History of Posterior Labral Tears: Factors That May Predict Failure of Non-Operative Management.
 - **Elsenbeck MJ**, Christensen D, Wolfe J, Sweeney S, Rogers D, Anderson T, McCabe M. Radiographic, Histologic, and Clinical Characteristics of Patients with Paralabral Ossicles in Femoroacetabular Impingement.

LEADERSHIP

Walter Reed National Military Medical Center

Orthopaedic Surgery Chief Resident

- Developed didactic schedule for residency academic curriculum
- Provided clinical oversight and mentorship to junior level residents

Bethesda, MD

June 2019-June 2020

Drexel University College of Medicine

Student Government Association Sports Representative

- Served as a representative for my classmates and worked with my elected peers to address the concerns of our student body and school community.
- Organized intramural sports throughout the school year to provide outlets for fun competition and stress relief.
- Developed a biannual budget that ensures the fitness center is well maintained, and facilitate the finances for improvement.

Philadelphia, PA

December 2012-May 2014

Military Club- Founder and President

- Provided a resource for current and future Health Professions Scholarship Program (HPSP) students to address concerns and serve as a networking tool to meet HPSP students from local medical schools.

La Salle University
Men's Club Lacrosse
Player, Co-captain

Philadelphia, PA
September 2006- May 2010

- Demonstrated strong interpersonal communication skills to set and achieve team goals.
- Developed discipline and accountability in order to fulfill academic obligations and team expectations.

HOBBIES AND INTERESTS

- Professionally, I am committed to surgical excellence and providing high-quality patient care. I enjoy treating patients with all orthopaedic conditions. Particular interests include knee arthroplasty, arthroscopic and minimally invasive knee procedures, shoulder instability and rotator cuff procedures.
- I enjoy spending my free time with my wife, Caitlin, our two sons, and our German Shepherd. Personal hobbies include golfing, cycling, hiking and expanding my knowledge in personal finance.