

Alfred V. Hess, M.D.

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Florida Orthopaedic Institute
5901 E Fowler Ave
Suite 100
Temple Terrace, FL 33617
(813) 978-9700

Educational Background University

John Carroll University
University Heights, OH
1979

Graduate School

Case Western Reserve
Cleveland, OH
1979

Medical School

University of Cincinnati
Cincinnati, OH
1985

Internship

Mercy Hospital of Pittsburgh
Pittsburgh, PA
1986

Fellow

Allegheny Singer Research Institute
Pittsburgh, PA
1987

Residency

University of Pittsburgh
Department of Orthopaedic Surgery
Pittsburgh, PA
1991

Fellowship

Hand
Tampa Orthopaedic Program
Tampa, FL
1992

Academic, Hospital And Business Appointments

- Florida Orthopaedic Institute, Tampa FL, 1995-Present
 - Specializing in Hand and Upper Extremity Injuries
 - Director of Hand Fellowship Program
 - Board of Directors
- Foundation for Orthopaedic Research & Education, Tampa FL
 - Principle Investigator
- Tampa General Hospital, Tampa FL, 1992-Present
 - Director of Hand & Upper Extremity Service
 - Vice Chairman of Orthopaedics
- Shriner's Hospital for Children, Tampa FL, 1992-Present
 - Director of Hand & Upper Extremity Surgery
- Florida Orthopaedic Institute Surgery Center, Tampa FL, 2002-Present
- Brandon Regional Hospital, 2012-Present
- University of South Florida,
 - Affiliate Associate Professor, Department of Surgery, Division of Plastic Surgery and Orthopaedic Surgery, 2006-Present
 - Affiliate Associate Professor, Department of Orthopaedics & Sports Medicine, 2009-Present
 - Clinical Assistant Professor, Department of Surgery, Division of Orthopaedic Surgery, 1995-2006
 - Assistant Professor, Department of Surgery, Division of Orthopaedic Surgery, 1992-1995

Board Certifications

- American Board of Orthopaedic Surgery, 1994
- Certificate of Added Qualifications in Surgery of the Hand, 1995

Committee Appointments

- Chair, Public Education Committee, 2001-2003
 - American Society for Surgery of the Hand
- Member, Public Education Committee, 2003-2005
 - American Society for Surgery of the Hand
- Office of Trauma, State Trauma System Plan Implementation Committee, 2008
 - Systems Planning Team, Hand Surgery Subcommittee

Course Chairman

- Doctors Demystify the Elbow, Tampa FL, 2008
- Doctors Demystify Upper Extremity Nerves, Tampa FL, 2009

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Professional Memberships

- American Academy of Orthopaedic Surgeons, 1995
- American Association of Orthopaedic Surgery, 1995
- American Society for Surgery of the Hand, 1996
- Florida Hand Society. 1996
- Florida Medical Association, 1993
- American Medical Association, 1993
- Hillsborough County Medical Association, 1993
- Florida Orthopaedic Society, 2001

Honors

- Alpha Omega Alpha Medical Honor Society

Books

- Hess A. Fractures of the Distal Radius. Core Knowledge in Orthopaedics: Trauma, Sanders R., Editor. Elsevier Science. 2006.
- Hess A, Herndon JH. Neuromas. Operative Nerve Repair Reconstruction. Chapter 103: P 1525-1540. Editor Richard HI. Gelberman, MD. J.B. Lippincott Co. 1991.

Publications

- Clark J, Simon p, Clark R, Christmas K, Allert J, Streit J, Mighell M, Hess A, Stone J, Frankle M: The Influence of Patient- and surgeon-specific Factors on operative duration and early postoperative outcomes in shoulder arthroplasty. Journal of Shoulder Elbow Surgery. 2017; 26: 1011-1016. PMID 28139387.
- Stone J, Vaccaro L, Brabender C, Hess A: Utility and Cost Analysis of Radiographs Taken 2 Weeks Following Plate Fixation of Distal Radius Fractures. Journal of Hand Surgery. 2015 June; 40: 1106-1109. PMID 25840478.
- Avant K, Nydick J, White B, Vaccaro L, Hess A, Stone J: Basal Joint Osteoarthritis of the Thumb: Comparison of Suture Button Versus Abductor Pollicis Longus Suspensionplasty. American Association for Hand Surgery. 2014 June: 10:80-84.
- Nydick J, Hess A, Stone J, Garcia M, Olliff B. A Comparison Study of Percutaneous Needle Fasciotomy vs. Collagenase for Dupuytren Disease. Journal of Hand Surgery. 2013 Dec; 38:2377-2380. PMID 24060510.
- Nydick J, Watt J, Garcia M, Williams B, Hess A. Clinical Outcomes of Arthrodesis and Arthroplasty for the Treatment of Posttraumatic Wrist Arthritis. Journal of hand Surgery. 2013 May;38(5):899-903. PMID 23561729.
- Nydick J, White B, Hess A, Stone J. Screw Prominence of Locking Plating in Distal Radius Fractures. To The Editor, In Reply. Journal of Hand Surgery. 2012 Dec;37(12):2646-2647.
- Cain RA, Nydick JA, Stein MI, Williams BD, Hess AV. Complications Following Distal Biceps Tendon Repair. Journal of Hand Surgery. 2012 Oct;37(10):2112-7. PMID 22938802.
- White B, Nydick JA, Karsky D, Hess AV, Stone JD. Incidence and Clinical Outcome of Tendon Rupture Following Volar Plating Distal Radius Fractures. Journal of Hand Surgery AM. 2012 Oct;37(10):2035-40. PMID 22943839.
- Nydick JA, Greenberg SM, Stone JD, Williams B, Polikandriotis JA, Hess AV. Clinical Outcomes of Total Wrist Arthroplasty. Journal of Hand Surgery AM. Aug;37(8):1580-4. PMID 23561729.
- Schleich AR, Hess AV, Perez j, Stone JD, Belsole RJ. Gunshot Injuries of the Hand. Pittsburgh Orthopaedic Journal. 15:219-223 2004.
- Vasiu PS, Hess AV, Grogan DP. Sever-L'Episcopo Tendon Transfer in Obstetric Brachial Plexus Palsy. J Southern Orthopaedic Association. 200 Spring; 9(1):8-12:discussion 12. PMID 12132816.
- Hess AV. Treatment of Vascular Injuries From Penetrating and Non Penetrating Trauma. Hand Clinics. Vol 15:249-259. May 1999. PMID 10361636.
- Hess AV, Belsole RJ. Soft Tissue Repair of Scapholunate Instability Using Suture Anchors. Florida Orthopaedic Society Journal. Vol XI:18-19. 1993.
- Belsole RJ, Hess AV. Concomitant Skeletal Soft Tissue Injuries. Ortho Clin North Am. 1993 Apr; 24(2):327-31 PMID 8479729.
- Hess AV. The Surgical Treatments of Chronic Lateral Ankle Instability Using Mitek Suture System. The Pittsburgh Orthopaedic Journal. 1991; Vol 2: 54.
- Novak JF, Hayes JH, Hess AV, McMaster JH. Plasminogen Activator Dependent Lysis of Bone Collagenous Matrix in Osteosarcoma. Federation Proceedings. 1987; 46: P430.
- Hess AV. Dependent Lysis of Bone Collagenous Matrix. Journal of Cell Biology. 1987; 105: P216a.
- Hess AV, Novak JF, Hayes JD, Karger BD, McMaster JD. Regulation of Plasminogen-Dependent Lysis of Bone Collagenous Matrix of Osteosarcoma. Proceedings American Association Cancer Research. 1987; 28:P78.

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Oral Presentations

- Inflammatory Disorders of the Hand
 - Orthopaedics for the Primary Practitioner, St Petersburg, FL, October 1991
- New Concepts in Carpal Instability
 - Diabetic Day Shriners' Hospital for Children Tampa, FL, June 1992
- Common Hand Problems
 - Grand Rounds Tampa General Hospital Tampa, FL, April 1993
- Replantation
 - Multi Disciplinary Round, Tampa General Hospital Tampa, FL, May 1993
- Tenosynovitis-Hand and Wrist
 - American Society for Surgery of the hand Regional Review, Course in Hand Surgery Tampa, FL, September 1993
- Compartment Syndromes
 - American Society for Surgery of the hand Regional Review, Course in Hand Surgery Tampa, FL, September 1993
- Surgical Treatment of Heterotopic Bone about the Elbow Joint
 - American Society for Surgery of the Hand Kansas City, MO, September 1993
- Tendon Transfer
 - University of South Florida Grand Rounds, Tampa, FL, March 1995
- Difficult Case Conference
 - University of South Florida Grand Rounds, Tampa, FL, September 1995
- Hand Problems
 - University of South Florida Grand Rounds, Tampa, FL, September 1996
- External Fixators
 - A Family Center Multidisciplinary Approach, Shriners', Hospital for Children, Tampa, FL, October 1996
- Klein DM, Hess AV
 - Distraction Lengthening of the Thumb Metacarpal in Children with Traumatic and Congenital Amputations, Florida Orthopaedic Society Annual Meeting Orlando, FL, 1999
- O'Brien MS, Hess A, Stone J
 - The Role of Metacarpal Osteotomy in the Reconstruction of Thumb Polydactaly, Florida Orthopaedic Society Annual Meeting Orlando, FL, May 2002
- Complications of Elbow Surgery
 - Current Concepts of Shoulder and Elbow Surgery, Tampa, FL, January 2003
- Fragment Specific Reduction of Distal Radius Fractures
 - Tampa Wrist Fixation Workshop, Florida Orthopaedic Institute, Tampa, FL, May 2003
- Schleich A, Hess A, Stone J
 - Gunshot Injuries to the hand, Florida hand Society Annual Meeting, Orlando, FL, May 2003
- Fragment Specific Reduction of Distal Radius Fractures
 - Tampa Wrist Fixation Workshop, Florida Orthopaedic Institute, Tampa, FL, July 2003
- Duplicate Thumbs
 - Shriners' Hospital for Children Hand Surgeons Meeting, Chicago, IL, May 2004
- Fracture Specific Treatment of Distal Radius Fracture Treatment
 - Royal College Surgeons, London, England, February 2005
- Pollicization
 - Shriners' Hospital for Children Hand & Upper Extremity, Meeting, St Louis, MI, April 2005
- Present State of the Art in Distal Radius Fracture Treatment
 - Florida Orthopaedic Society Annual Meeting, Orlando, FL, June 2005
- Distal Radius Fractures Which Implant is Best and Why?
 - Current Solutions in Orthopaedic Trauma, Orlando, FL, December 2005
- Non Implant Arthroplasty of the Elbow
 - Current Concepts Shoulder & Elbow Surgery, Tampa, FL, January 2006
- Congenital Injuries of the Thumb
 - Shriners' Hospital for Children ARON Meeting, Tampa, FL, January 2008

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Oral Presentations

- Pediatric Injuries
 - Doctors Demystify the Elbow, Tampa, FL, March 2008
- Muscle Transfer
 - Doctors Demystify the Elbow, Tampa, FL, March 2008
- Overview of the Distal Radius Fractures
 - Florida Hand Society Annual Meeting, Orlando, FL, May 2008
- Treatment of Cerebral Palsy of the Upper Extremity
 - Florida Hand Society Annual Meeting, Orlando, FL, May 2008
- My Arm Aches and My Fingers Go Numb, Entrapment
 - Neuropathies of the Upper Extremity, Orthopaedics for the Primary Care Practitioner, Tampa, FL, July 2008
- Marco Anatomy: Brain to Fingertips
 - Doctors Demystify Upper Extremity Nerves, Tampa, FL, March 2009
- Hand and Wrist Injuries
 - Orthopaedics for the Primary Care Practitioner, St, Petersburg, FL, July 2009
- New Concepts in Distal Radius Plating Techniques
 - Current Concepts Solutions in Orthopaedic Trauma, Tampa, FL, October 2009
- Distal Humerus Fractures
 - Florida Orthopaedic Society Annual Meeting, Ft Lauderdale, FL, May 2010
- Shoulder Anatomy and Brachial Plexus
 - Doctors Demystify the Shoulder, Tampa, FL, March 2011
- Nydick J, Hess A, Cain R, Stein M, Williams B, Stone J
 - Complications Following Distal Biceps Tendon Repair, Combined Meeting of the Japanese Society for Surgery of the Hand and the American Society for Surgery of the Hand, Maui, HI, March 2011
- Nydick J, Hess A, Stone J, Greenberg S.
 - Total Wrist Arthroplasty, A Review of Early Outcomes, Combined Meeting of the Japanese Society for Surgery of the Hand and the American Society for Surgery of the Hand, Maui, HI, March 2011
- Collagenase: Early Clinical Experience, Outcome and Patient Satisfaction
 - Florida Orthopaedic Society Annual Meeting, Orlando, FL, May 2011
- Nydick J, Hess A, Cain R, Stein M, Williams B, Stone J
 - Complications Following Distal Biceps Tendon Repair, Florida Orthopaedic Society Annual Meeting, Orlando, FL, May 2011
- Nydick J, Hess A, Stone J, Greenberg S.
 - Total Wrist Arthroplasty, A Review of Early Outcomes, Florida Orthopaedic Society Annual Meeting, Orlando, FL, May 2011
- Nydick J, Hess A, Williams B, Garcia M, Stone J
 - Percutaneous Needle Fasciectomy vs. Collagenase in the Treatment of Dupuytren's Disease, FORE Fellows Day, Tampa, FL, June 2011
- Kunes J, Harrington M, Hess A, Stone J, Garcia M
 - Hand Infection in Coastal Subtropical Region-An Eight Year Experience: 2003-2011, FORE Fellows Day, Tampa, FL, June 2011
- Biceps Tendon Pathology: Proximal & Distal
 - Orthopaedics for the Primary Care Practitioner, St Petersburg, FL, July 2011
- Kunes J, Harrington M, Hess A, Stone J, Garcia M
 - Hand Infection in Coastal Subtropical Region-An Eight Year Experience: 2003-2011, American Society for Surgery of the Hand Annual Meeting, Las Vegas, NV, September 2011
- Nydick J, Hess A, Cain R, Stein M, Williams B, Stone J
 - Complications Following Distal Biceps Tendon Repair, American Society for Surgery of the Hand Annual Meeting, Las Vegas, NV, September 2011
- Nydick J, Hess A, Stone J, Greenberg S.
 - Total Wrist Arthroplasty, A Review of Early Outcomes, American Society for Surgery of the Hand Annual Meeting, Las Vegas, NV, September 2011
- White B, Nydick J, Karsky D, Hess A, Stone J
 - Incidence and Short Term Clinical Outcome of Tendon Injury Following Distal Radius Fracture, E-Poster American Society for Surgery of the Hand Annual Meeting, Las Vegas, NV, September 2011

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Oral Presentations

- Nydick J, Hess A, Williams B, Garcia M, Stone J
 - Percutaneous Needle Fasciectomy vs. Collagenase in the Treatment of Dupuytren's Disease, American Society for Surgery of the Hand Annual Meeting, Las Vegas, NV, September 2011
- White B, Nydick J, Karsky D, Hess A, Stone J
 - Incidence and Short Term Clinical Outcome of Tendon Injury Following Distal Radius Fracture, Society of Military Orthopaedic Surgeons Annual Meeting, San Diego, CA, December 2011
- Nydick J, Hess A, Cain R, Stein M, Williams B, Stone J
 - Complications Following Distal Biceps Tendon Repair, American Academy of Orthopaedic Surgery Annual Meeting, San Francisco, CA, February 2012
- White B, Nydick J, Karsky D, Hess A, Stone J
 - Incidence and Short Term Clinical Outcome of Tendon Injury Following Distal Radius Fracture, American Academy of Orthopaedic Surgery Annual Meeting, San Francisco, CA, February 2012
- Nydick J, Hess A, Williams B, Garcia M, Stone J
 - Percutaneous Needle Fasciectomy vs. Collagenase in the Treatment of Dupuytren's Disease, American Academy of Orthopaedic Surgery Annual Meeting, San Francisco, CA, February 2012
- Nydick J, Greenberg S, Stone J, Williams B, Hess A
 - Clinical Outcomes of Total Wrist Arthroplasty for Post Traumatic Arthritis, American Academy of Orthopaedic Surgery Annual Meeting, San Francisco, CA, February 2012
- Anatomy
 - Doctors Demystify Finger Joints, Tampa, FL, March 2012
- Ulnar Sided Wrist Injuries in the Athlete
 - Florida Orthopaedic Society Annual Meeting, Sarasota, FL, June 2012
- White B, Nydick J, Karsky D, Hess A, Stone J
 - Incidence and Short Term Clinical Outcome of Tendon Injury Following Distal Radius Fracture, Florida Orthopaedic Society Annual Meeting, Sarasota, FL, June 2012
- Nydick J, Greenberg S, Stone J, Williams B, Hess A
 - Clinical Outcomes of Total Wrist Arthroplasty for Post Traumatic Arthritis, American Society for Surgery of the Hand Annual Meeting, Chicago, IL, September 2012
- White B, Avant K, Hess A, Stone J, Garcia M
 - Poster Presentation: Basal Joint Osteoarthritis: Outcomes with Suture Button vs. Abductor Pollicis Longus Suspensionplasty, American Society for Surgery of the Hand, Chicago, IL, September 2012
- Plank D, Nydick J, Hess A
 - Osteochondral Autograft to Index Finger Proximal Phalanx for Joint Reconstruction: A Case Report, American Society for Surgery of the Hand Annual Meeting, Chicago, IL, September 2012
- Avant K, White B, Hess A, Stone J, Garcia M
 - Poster: Outcomes with Suture Button vs. Abductor Pollicis Longus Suspensionplasty, American Osteopathic Academy of Orthopaedic Surgeons, Annual Meeting, Colorado Springs, CO, October 2012
- Plank D, Nydick J, Hess A
 - Osteochondral Autograft to Index Finger Proximal Phalanx for Joint Reconstruction: A Case Report, Society of Military Orthopaedic Surgeons Annual Meeting, Naples, FL, December 2012
- Skin: properties, healing, problems, principles and means of restitution
 - Doctors Demystify The Why's and How's of Hand Surgery, Tampa, FL, February 2013
- Nydick J, Watt J, Williams B, Hess A
 - Clinical Outcomes of Total Wrist Arthrodesis vs. Total Wrist Arthroplasty for the Treatment of Post Traumatic Arthritis, American Academy of Orthopaedic Surgery Annual Meeting, Chicago, IL, March 2013
- Avant K, White B, Hess A, Stone J, Garcia M
 - Poster: Outcomes with Suture Button vs. Abductor Pollicis Longus Suspensionplasty, American Academy of Orthopaedic Surgery Annual Meeting, Chicago, IL, March 2013
- Total Shoulder Arthroplasty: State of the Art
 - Orthopaedics for the Primary Care Practitioner, Clearwater, FL, July 2013

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Oral Presentations

- Kinematics & Examination of the Wrist; Distal Radius Fractures
 - Doctors Demystify the Wrist, Tampa, FL , February 2014
- Update on Wrist Instability
 - University of South Florida Grand Rounds, September 2014
- Nayak A, Nguyen D, Brabender C, Miles J, Smithson I, Santoni B, Hiro M, Stone J, Hess A
 - Biomechanical Comparison of Barbed Suture Repair of Zone II Flexor Tendon Lacerations. AAOS Annual Meeting. Las Vegas, NV., March 2015
- Brabender C, Vaccaro L, Nguyen D, Garcia M, Hess A, Stone J
 - Utility Cost Analysis of the Two-week Radiograph Following Operatively Treated Distal Radius Fractures. AAOS, Annual Meeting. Las Vegas, NV. March 2015.
- Chung S, Watt J, Nguyen D, Ching J, Avant K, Hess A
 - Outcome Analysis of 39 Patients with Dorsal Spanning Plate Fixation of Severely Comminuted Distal Radius Fractures. AAOS Annual Meeting. Las Vegas, NV. March 2015
- Anatomy: Sternoclavicular to DIP Joint
 - Doctors Demystify Cartilage, Ligaments, & Fascia, Tampa, FL , April 2015
- Rheumatoid Arthritis, Scleroderma, SLE
 - Doctors Demystify Cartilage, Ligaments, & Fascia, Tampa, FL, April 2015
- Wrist Fractures
 - University of South Florida, Department of Orthopaedic Surgery Grand Rounds , May 2015
- Acromioclavicular Dislocations
 - Orthopaedics for the Primary Care Practitioner & Rehabilitation Therapist. Clearwater, FL , July 2015
- Hand OITE Review
 - University of South Florida, Department of Orthopaedic Surgery Grand Rounds, November 2015
- TFCC
 - University of South Florida, Department of Orthopaedic Surgery Grand Rounds, January 2016
- Distal Radius Fractures
 - Florida Orthopaedic Society Scientific Annual Meeting. Orlando, FL. May 2016
- Wrist Arthroscopy
 - Florida Orthopaedic Society Scientific Annual Meeting. Orlando, FL. May 2016
- Hand Emergencies
 - University of South Florida, Department of Orthopaedic Surgery Grand Rounds, July 2016
- Compression Neuropathies of the Upper Extremity
 - Orthopaedics for the Primary Care Practitioner & Rehabilitation Therapist. Clearwater, FL, July 2016
- Traumatic Nerve Injuries/Lacerations
 - Orthopaedics for the Primary Care Practitioner & Rehabilitation Therapist. Clearwater, FL, July 2016
- Update on Distal Radius Fractures
 - University of South Florida, Department of Orthopaedic Surgery Grand Rounds, July 2016
- Hand Surgical Approaches Lab
 - University of South Florida. Tampa, FL, September 2016
- Basic Skills for PGY1's: Suturing, Microsurgical Suturing, and Knot Tying
 - University of South Florida, Department of Orthopaedic Surgery Grand Rounds. Tampa, FL, October 2016
- Total Wrist
 - Frontiers in Upper Extremity Surgery. Tampa, FL, November 2016
- Missed Monteggia
 - Frontiers in Upper Extremity Surgery. Tampa, FL, November 2016
- Examination of the Thumb
 - Doctor's Demystify the Thumb. Tampa, FL, June 2017
- Thumb Dislocations CMC, MP, and IP
 - Doctor's Demystify the Thumb. Tampa, FL, June 2017
- Flexor Tendon Injuries
 - Orthopaedics for the Primary Care Practitioner. Clearwater, FL, July 2017
- Distal Radius Fracture Updates
 - University of South Florida, Department of Orthopaedic Surgery Grand Rounds. Tampa, FL., July 2017
- Hand Emergencies
 - University of South Florida, Department of Orthopaedic Surgery Grand Rounds, Tampa, FL, July 2017