

# ALEXANDER M. ABOKA MD, MPH

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Languages: English, Spanish, Arabic, Bulgarian

## **EDUCATION**

Cincinnati SportsMedicine & Orthopedic Center  
Cincinnati, OH

Orthopedic Sports Medicine,  
Shoulder & Knee Surgery  
Fellowship  
08-11 to 07-12

University of New Mexico  
Albuquerque, New Mexico

Orthopedic Surgery Residency  
06-06 to 06-11

University of Pittsburgh School of Medicine  
Pittsburgh, Pennsylvania

Doctor of Medicine  
07-01 to 05-06

University of Pittsburgh School of Public Health  
Pittsburgh, Pennsylvania

Master of Public Health  
05-04 to 07-05

University of Texas - Arlington  
Arlington, Texas

Bachelor of Science – Biology  
08-97 to 05-01

## **PROFESSIONAL EXPERIENCE**

OrthoPros Bone & Joint Specialists, PLLC  
(dba - Institute for Orthopedic & Spine Injury - IOSI)

Founder & Director  
Orthopedic Surgery,  
Sports Medicine, Arthroscopy &  
Joint Replacement  
Houston & Harlingen, TX 7-23 to  
Present

Quantum Pain & Orthopedics

Orthopedic Surgeon  
Orthopedic Surgery,  
Sports Medicine, Arthroscopy &  
Joint Replacement  
San Antonio, TX 7-20 to Present

Oceana Sports Medicine & Orthopaedic Center, PLLC	Founder & Director Orthopedic Surgery, Sports Medicine, Arthroscopy & Joint Replacement Virginia Beach, VA 9-15 to 6-20
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Bon Secours Medical Group	Staff Surgeon Orthopedic Surgery, Sports Medicine, Arthroscopy & Joint Replacement Suffolk, VA – 12-12 to 08-15
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Hospital Affiliation:	OccuHealth Surgery Center, Houston TX 8-20 to Present Townsen Memorial Hospital, Humble TX 8-20 to Present Regenerative Surgery Center, Pasadena TX 8-20 to Present East Houston Medical Center, Houston TX 8-20 to Present Centrum Surgery Center, San Antonio TX 7-20 to Present Legent Hospital, San Antonio TX 1-21 to Present Maryview Hospital, Portsmouth VA 08-12 to 06-20 DePaul Hospital, Norfolk VA 12-13 to 06-20 Sentara Princess Anne, Virginia Beach VA 12-15 to 06-20 Sentara Obici Hospital, Suffolk VA 08-12 to 12-13
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## **MEDICAL LICENSURE & CERTIFICATION**

Texas State License	05-20 to Present
Virginia State License	06-12 to Present
Board Certification - American Board of Orthopedic Surgery	07-14 to 12-24
Certificate of Added Qualification in Orthopedic Sports Medicine	10-15 to 12-24

## **PROFESSIONAL SOCIETY MEMBERSHIP**

- American Academy of Orthopedic Surgeons (08-06 to Present)
- Arthroscopy Association of North America (08-11 to Present)
- ISAKOS (08-14 to Present)

## **CONTINUED MEDICAL EDUCATION**

### **Society Meetings**

- American Academy of Orthopedic Surgeons Annual Meeting, San Diego, CA, 2017
- American Academy of Orthopedic Surgeons Annual Meeting, New Orleans, LA, 2014
- American Academy of Orthopedic Surgeons Annual Meeting, San Francisco, CA, 2012
- American Academy of Orthopedic Surgeons Annual Meeting, San Diego, CA, 2011
- Arthroscopy Association of North America Annual Meeting, Los Angeles, CA, 2015
- Arthroscopy Association of North America Annual Meeting, San Antonio, TX, 2013
- Cincinnati SportsMedicine Advances in Knee, Shoulder and Sports Medicine, Hilton Head, SC 2012

### **Surgical Courses**

- Orthopedic Learning Center Course – Hip Arthroscopy, Chicago, IL, 2013
- Arthrex Surgical Learning Center – Hip Arthroscopy Courses, Naples, FL, 2012, 2013, 2014
- Cartilage Restoration Course, Virginia Beach, VA, 2015
- DJO Shoulder Reconstruction Course, Indianapolis, IN, 2012
- MAKOpasty Certification – Partial Knee Replacement, Cincinnati, OH, 2012 / Richmond, VA 2015

## **HONORS & AWARDS**

### **Medical School**

- “Outstanding Scholarship and Commitment to Service” Scholarship, Univ of Pittsburgh, 2001- 2006
- Bristol-Myers Squibb Academic Medicine Research Fellowship, 2003
- Medical Student Summer Research Program Fellowship, Univ of Pittsburgh, 2002
- Paul Ambrose Health Promotion Student Leadership Symposium Participant, 2002

### **Undergraduate**

- University of Texas - Arlington
  - Academic Honors Scholarship
  - President’s Honor Roll
- Minority Medical Education Program Scholarship, Vanderbilt & Fisk Universities, Nashville TN, 2000

## **PUBLICATIONS**

Aboka AM, Ramsey JA, Lindenfeld TN. “Complex Regional Pain Syndromes” *DeLee & Drez’s Orthopaedic Sports Medicine*, 4<sup>th</sup> Edition, 2015.

Studer RK, Aboka AM, Gilbertson LG, Georgescu H, Sowa G, Vo N, Kang JD. “p38 MAPK inhibition in nucleus pulposus cells: a potential target for treating intervertebral disc degeneration” *Spine* 2007 Dec 1;32(25):2827-33.

Walker SR, Ogagan PD, DeAlmeida D, Aboka AM, Barksdale EM Jr. “Neuroblastoma impairs chemokine-mediated dendritic cell migration in vitro” *Journal of Pediatric Surgery* 2006 Jan;41(1):260-5.

Walker SR, Aboka AM, Ogagan PD, Barksdale EM Jr. “Murine neuroblastoma attenuates dendritic cell cysteine cysteine receptor 7 (CCR7) expression” *Journal of Pediatric Surgery* 2005 Jun;40(6):983-7.

## **PRESENTATIONS**

“Arthroscopic Hip Preservation in the Young Athlete” Association of Surgical Assistants quarterly educational meeting, October 2014, Norfolk, VA

“Hip Arthroscopy in the Active Adult” Inmotion Physical Therapy quarterly educational meeting, July 2014, Virginia Beach, VA

Aboka AM, Studer RK, Gilbertson LG, Kang JD. “p38 MAPK inhibition in nucleus pulposus cells: a potential target for treating intervertebral disc degeneration” Poster presentation -

*The International Society for the Study of the Lumbar Spine (ISSLS) Annual Meeting: New York, NY: 2005*

Aboka AM, Studer RK, Gilbertson LG, Kang JD. "p38 MAPK inhibition in nucleus pulposus cells: a potential target for treating intervertebral disc degeneration" Podium presentation - *The National Student Research Forum (NSRF) Annual Meeting: Galveston, TX: 2005*

Aboka AM, Walker SR, Barksdale EM Jr. "Neuroblastoma impairs chemokine-mediated dendritic cell migration in vitro" Podium Presentation - *The Fellowship Program for Academic Medicine (FPAM) Annual Symposium: Princeton, NJ: 2004*

## **GRANT SUPPORT**

NIH Musculoskeletal Research Supplement Grant 2004-2005.

"Targeted inhibition of p38 MAPK in nucleus pulposus cells as a potential approach for the treatment of intervertebral disc degeneration"  
University of Pittsburgh, Department of Orthopaedic Surgery

## **RESEARCH**

- 2008-2009 Anatomic risks of scapulothoracic arthroscopy: A cadaveric study  
University of New Mexico, Department of Orthopaedics  
Alexander M. Aboka MD, Daniel Wascher MD – Abstract submission to AOSSM 2010 Annual Meeting
- 2008-2010 Effects of bisphosphonate therapy on the incidence of insufficiency fractures in juvenile and adolescent osteoporosis  
University of New Mexico, Department of Orthopaedics  
Alexander M. Aboka MD, Elizabeth Szalay MD
- 2009-2010 Extensor pollicis longus tendon disruption resulting from sub-acute gouty tenosynovitis: A case report  
University of New Mexico, Department of Orthopaedics  
Alexander M. Aboka MD, Moheib Moneim MD
- 2009-2010 Intraarticular nodular fasciitis in the pediatric elbow  
University of New Mexico, Department of Orthopaedics  
Alexander M. Aboka MD, Dale Hoekstra MD
- 2004-2006 Targeted inhibition of p38 MAPK in nucleus pulposus cells as a potential approach for the treatment of intervertebral disc degeneration  
University of Pittsburgh, Department of Orthopaedic Surgery  
Alexander M. Aboka, James D. Kang MD – Publication *Spine*, Poster presentation *ISSLS*, Podium presentation *NSRF*

- 2003-2006 Effects of acetabular morphological changes on the natural history of Perthes disease  
University of Pittsburgh, Department of Orthopaedic Surgery  
Alexander M. Aboka, Morey Moreland MD
- 2003-2004 Neuroblastoma induced impairments in dendritic cell motility in a murine model  
University of Pittsburgh, Department of Pediatric Surgery  
Alexander M. Aboka, Edward Barksdale Jr MD – Publication *Journal of Pediatric Surgery*, Podium presentation *FPAM*

### **ATHLETIC TEAM & EVENT COVERAGE**

- Cincinnati Bengals Professional Football – Assistant Team Physician
- University of New Mexico Lobos Men's College Soccer – Assistant Team Physician
- New Mexico Mustangs Professional Hockey – Assistant Team Physician
- Albuquerque Academy High School – Team Physician
- Smithfield High School – Team Physician
- Surf-n-Santa 5-mile race, Virginia Beach – Medical Director