

# DOUGLAS F. MESSINA, M.D

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## PRIVATE PRACTICE

CAROLINA SPORTS MEDICINE & ORTHOPAEDIC SPECIALISTS, P.A.  
Wilmington, N.C.  
August, 1997 – Present

## HOSPITAL AFFILIATIONS

CAPE FEAR MEMORIAL HOSPITAL, Wilmington, N.C.  
1997 - Present  
NEW HANOVER REGIONAL MEDICAL CENTER, Wilmington, N.C.  
1997 — Present  
WILMINGTON SURGCARE, Wilmington, N.C.  
1997 — Present

## EDUCATION

UNIVERSITY OF TEXAS AT SAN ANTONIO  
San Antonio, Texas  
Fellowship-Sports Medicine/Adult Reconstruction Jesse C. DeLee, MD-Director  
August 1996 - July 1997

UNIVERSITY OF FLORIDA, Department of Orthopedic Surgery  
Gainesville, Florida  
Internship/Residency  
July 1991 - June 1996

UNIVERSITY OF FLORIDA, College of Medicine  
Gainesville, Florida  
Doctor of Medicine  
May 1991

UNIVERSITY OF NORTH CAROLINA  
Chapel Hill, North Carolina  
Bachelor of Science in Biology  
May 1987

## **CERTIFICATION**

AMERICAN BOARD OF ORTHOPAEDIC SURGERY  
Certification – 1999

NATIONAL BOARD OF MEDICAL EXAMINERS  
Part I, June 1989  
Part II, September 1990  
Part III, April 1992

NORTH CAROLINA MEDICAL BOARD  
Medical License: 9701064

## **PROFESSIONAL SOCIETIES**

AMERICAN ACADEMY OF ORTHOPAEDIC SURGERY  
AMERICAN ORTHOPAEDIC SOCIETY FOR SPORTS MEDICINE  
AMERICAN COLLEGE OF SPORTS MEDICINE, 1998  
NORTH CAROLINA MEDICAL SOCIETY, 1997 - Present  
NEW HANOVER/PENDER MEDICAL SOCIETY, 1997 - Present  
FLORIDA MEDICAL ASSOCIATION, 1988 - 1996  
Committee on Emergency Medical Services  
Medical Student Representative, 1990 – 1991

## **HONORS**

ALPHA OMEGA ALPHA, Medical Honor Society, 1990  
LANGE MEDICAL PUBLICATIONS AWARD, 1988  
PHI BETA KAPPA, National Honor Society, 1987  
UNIVERSITY OF NORTH CAROLINA  
Distinguished Honors Graduate, 1987  
Freshman Honors Program, 1983-1984  
PHI ETA SIGMA, Freshman Honor Society, 1984

## **RESEARCH**

STIFFNESS MEASUREMENTS OF HUMAN ARTICULAR CARTILAGE FROM  
RESECTED KNEE JOINT SURFACES.  
Submitted to Orthopaedic Research Society, 1997.

PROSPECTIVE STUDY OF HAMSTRING ACL RECONSTRUCTIONS  
Study in Progress

PRIMARY LYMPHOMA OF BONE  
Retrospective Study of 55 Patients

## PUBLICATIONS

Messina, D., DeLee, J.

**The Incidence of Injury in Texas High School Basketball: A Prospective Study of Injury Incidence Among Men and Women.**

*The American Journal of Sports Medicine.* 1999; 27(3)294-299.

Riggi, K., Messina, D., Schmidt, D.

**Petellofemoral Dislocation with Radiographic Findings Mimicking the Lateral Capsular Sign.**

*Clinical Journal of Sports Medicine.* 1998; 8: ( 1) 62-4.

Messina, D., Meister, K., Montgomery, W.

**Congenital Absence of the Patellar Tendon**

*The American Journal of Knee Surgery.* 1997; 10:23-26.

Messina, D Meister, K, Miller, G., Grooms, J.

**Allograft Interference Screw Fixation in Anterior Cruciate Ligament Reconstruction: Biomechanical Study.**

*Orthopaedic Transactions.* 1996; 20:235.

Wong, A., Messina, D , DeLee, J., Evans, J.

**The Failure of Knee Joint Aspiration in the Salvage of Infected Total Knee Arthroplasties Using Serial Debridements and Revision Arthroplasty.**

*Submitted to The Journal of Arthroplasty, 1999.*

## PRESENTATIONS

**THE INCIDENCE OF INJURY IN HIGH SCHOOL BASKETBALL: A PROSPECTIVE STUDY AMONG MEN AND WOMEN**

Twenty-Fourth Meeting of the American Orthopaedic Society for Sports Medicine.  
Vancouver, British Columbia, July 8-12, 1998

**CONTROVERSIES IN PATELLAR RESURFACING: THE CASE FOR PATELLAR RETENTION.**

The Arthritic Knee

Horseshoe Bay, Texas, May 16-17, 1997

**SURGICAL ANATOMY OF THE SHOULDER**

Twenty-Fourth Annual Symposium on Sports Medicine  
San Antonio, Texas, January 16-18, 1997

**ENDOSCOPIC VS. OPEN ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION: A Comparison of Results.**

Florida Orthopaedic Society

Palm Beach, Florida, May 24-26, 1996

**ALLOGRAFT INTERFERENCE SCREWS IN ANTERIOR CRUCIATE  
LIGAMENT RECONSTRUCTION**

American Academy of Orthopaedic Surgeons  
Atlanta, Georgia, February 22-26, 1996

**ALLOGRAFT INTERFERENCE SCREWS IN ANTERIOR CRUCIATE  
LIGAMENT RECONSTRUCTION**

Florida Orthopaedic Society  
Amelia Island, Florida, November 3-5, 1995

**ACETABULAR FRACTURES-Evaluation, Management and Literature Review**

Orthopaedic Surgery Research Presentation  
Gainesville, Florida, June 26, 1993

## **TEACHING**

**ORTHOPAEDIC MANAGEMENT OF THE WRIST AND ELBOW**

Educational seminar for physical and occupational therapists  
Instructor-Cadaveric Anatomy Sessions  
May 19-20, 1995

**ORTHOPAEDIC PHYSICAL DIAGNOSIS AND EXAMINATION**

Instructor-Second Year Medical Students  
University of Florida College of Medicine-1993-1995

## **COMMUNITY SERVICE**

Eugene Ashley High School Athletic Team Physician  
2014 — Present

John T. Hoggard High School Athletic Team Physician  
2014 — Present

Wallace-Rose Hill High School Athletic Team Physician  
2014 — Present

North Brunswick High School Athletic Team Physician  
1997 — 2014

Special Olympics World Games Sports Medicine Physician  
Raleigh, N.C. — 1999

Lecturer - Have presented programs for various community organizations,  
i.e. Joint Replacements, Complex Knee Fractures, Sports Medicine, etc.