

Melissa S. Albersheim M.D.

EDUCATION

Stanford: Orthopedic Sports Medicine Fellowship – Palo Alto, CA

University of Minnesota Orthopedic Surgery Residency- Minneapolis, MN

University of Minnesota Medical School - Minneapolis, MN

HONORS & AWARDS

Rein in Sarcoma Scholar

University of Minnesota Foundation Medical Student Research Grant.

OREF Research Award

GRANTS

University of Minnesota Foundation- Goat Model of Meniscal Healing

University of Minnesota Foundation- Matrix Composition, MRI and Healing of Human Meniscus

PUBLICATIONS

Manuscripts/Articles/Book Chapters

1. Schroeder, G. G., **Albersheim, M.**, Vel, M. S., & Sherman, S. L. (2025). Lateral Opening Wedge Distal Femoral Osteotomy—Technique, Pearls, and Pitfalls. *Clinics in Sports Medicine*.
2. Sherman, S. L., & **Albersheim, M.** (2024). Older Age is Not a Contraindication to Meniscus Repair. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*.
3. **Albersheim M**, Fedje-Johnston W, Carlson C, Arnoczky SP, Toth F, Shea K, Harper L, Rendahl A, Tompkins M. Cell Count and Cell Density Decrease as Age Increases in Cadaveric Pediatric Medial Menisci. *Arthrosc Sports Med Rehabil*. 2023 Oct 15;5(6):100795. doi: 10.1016/j.asmr.2023.100795. PMID: 37868658; PMCID: PMC10585640.
4. **Albersheim M**, Noonan B, Chau M, Cooper T, Tompkins M. Rotational Osteotomy for Femoral Version/Tibial Torsion. *Curr Rev Musculoskelet Med*. 2022 Dec;15(6):667-672. doi: 10.1007/s12178-022-09807-x. Epub 2022 Nov 18. PMID: 36399288; PMCID: PMC9789286.
5. Noonan, B., Cooper, T., Chau, M., **Albersheim, M.**, Arendt, E. A., & Tompkins, M. (2022). Rotational Deformity—When and How to Address Femoral Anteversion and Tibial Torsion. *Clinics in Sports Medicine*, 41(1), 27-46.
6. Fedje-Johnston, W., Tóth, F., **Albersheim, M.**, Carlson, C. S., Shea, K. G., Rendahl, A., & Tompkins, M. (2021). Changes in matrix components in the developing human meniscus. *The American Journal of Sports Medicine*, 49(1), 207-214.
7. San Miguel-Ruiz, J. E., Polly, D., **Albersheim, M.**, Sembrano, J., Takahashi, T., Lender, P., & Martin, C. T. (2021). Is the Implant in Bone? The Accuracy of CT and Fluoroscopic Imaging for Detecting Malpositioned Pelvic Screw and SI Fusion Implants. *The Iowa orthopaedic journal*, 41(1), 89.
8. Flagstad, I. R., Tatman, L. M., Heare, A., Parikh, H. R., **Albersheim, M.**, Atchison, J., ... & Cunningham, B. P. (2021). Single-Stage Versus 2-Stage Bilateral Intramedullary Nail Fixation in

- Patients With Bilateral Femur Fractures: A Multicenter Retrospective Review. *Journal of orthopaedic trauma*, 35(9), 499-504.
9. Flagstad, I. R., Tatman, L. M., **Albersheim**, M., Heare, A., Parikh, H. R., Vang, S., ... & Cunningham, B. (2021). Factors influencing management of bilateral femur fractures: A multicenter retrospective cohort of early versus delayed definitive Fixation. *Injury*, 52(8), 2395-2402.
 10. Smith, L., **Albersheim**, M., Blaschke, B. L., Parikh, H. R., Solfelt, D. A., Van Heest, A. E., & Cunningham, B. P. (2021). Trend and economic implications of implant selection in the treatment of intertrochanteric hip fractures: A review of the American Board of Orthopaedic Surgery Database From 2007 to 2017. *JAAOS-Journal of the American Academy of Orthopaedic Surgeons*, 29(18), 789-795.
 11. Graden, Nathan & Wise, Kelsey & Bs, Kelly & **Albersheim**, Melissa & Williams, Benjamin & Gravely, Amy & Sechriest II, V.. (2021). High Satisfaction with Telehealth for Arthroplasty Post-operative Care at the Minneapolis VAMC. 10.13140/RG.2.2.31728.17926.
 12. Fedje-Johnston, W., Johnson, C. P., Tóth, F., Carlson, C. S., Ellingson, A. M., **Albersheim**, M., ... & Tompkins, M. (2021). A pilot study to assess the healing of meniscal tears in young adult goats. *Scientific reports*, 11(1), 1-12.
 13. Martin, C. T., Polly, D. W., Holton, K. J., San Miguel-Ruiz, J. E., **Albersheim**, M., Lender, P., ... & Jones, K. E. (2021). Acute failure of S2-alar-iliac screw pelvic fixation in adult spinal deformity: novel failure mechanism, case series, and review of the literature. *Journal of Neurosurgery: Spine*, 36(1), 53-61.
 14. Williams, B. R., McCreary, D. L., Parikh, H. R., **Albersheim**, M. S., & Cunningham, B. P. (2020). Improvement in functional outcomes after elective symptomatic orthopaedic implant removal. *JAAOS Global Research & Reviews*, 4(9).
 15. Martin, C. T., Polly Jr, D. W., Holton, K., San Miguel, J., **Albersheim**, M., Sembrano, J. N., & Jones, K. E. (2020). P24. Acute failure of S2-alar-iliac pelvic fixation following adult deformity correction. *The Spine Journal*, 20(9), S158
 16. Cunningham, B.P., Bosch, L., Swanson, D., McLemore, R., Rhorer, A.S., Parikh, H.R., **Albersheim**, M. and Ortega, G., 2020. The floating flail chest: acute management of an injury combination of the floating shoulder and flail chest. *Journal of Orthopaedics, Trauma and Rehabilitation*, 27(1), pp.10-15.
 17. **Albersheim**, M., Parikh, H. R., Peck, S. C., Lindell, J. S., Vang, S., Blaschke, B. L., ... & Cunningham, B. P. (2020). Orthopaedic implant cost perceptions: a survey of surgeons and healthcare administrators. *Current Orthopaedic Practice*, 31(5), 489-493.
 18. Gorman, T. L., **Albersheim**, M. S., Parikh, H. R., Flagstad, I. R., Okelana, A. B., Vang, S., ... & Cunningham, B. P. (2019). Does value matter in orthopaedic trauma?: A survey of orthopaedic trauma association members. *Journal of orthopaedic trauma*, 33, S21-S25.
 19. Herring, M. J., **White**, M., & Braman, J. P. (2019). The WORC Index and predicting treatment failure in patients undergoing primary arthroscopic rotator cuff repair. *Orthopaedic Journal of Sports Medicine*, 7(7), 2325967119859518.
 20. McCreary, D. L., **White**, M., Vang, S., Plowman, B., & Cunningham, B. P. (2018). Time-Driven Activity-Based Costing in Fracture Care: Is This a More Accurate Way to Prepare for Alternative Payment Models?. *Journal of Orthopaedic Trauma*, 32(7), 344-348.
 21. **White**, M., Parikh, H. R., Wise, K., Vang, S., Ward, C. M., & Cunningham, B. (2018). Cost Savings of Carpal Tunnel Release Performed In-Clinic Compared to an Ambulatory Surgery Center: Time-Driven Activity-Based-Costing: Level 3 Evidence. *Journal of Hand Surgery*, 43(9), S9.
 22. Friedman, L. G., **White**, M. S., Carroll, P. F., Macalena, J. A., Arendt, E. A., Ellermann, J. M., & Tompkins, M. (2017). MRI and Arthroscopy Correlation in the Patellofemoral Joint. *Sports medicine and arthroscopy review*, 25(4), 227-236.

23. Arentsen, L., Yagi, M., Takahashi, Y., Bolan, P. J., **White, M.**, Yee, D., & Hui, S. (2015). Validation of marrow fat assessment using noninvasive imaging with histologic examination of human bone samples. *Bone*, 72, 118-122.

Submitted/Accepted and pending publication

24. **Albersheim, M.**, Lasater, P., Agel, J., Nelson, B. Anterior Cruciate Ligament Injuries: A comparison of Time to Diagnosis and Treatment in Orthopedic Urgent Cares (**Submitted**)
25. **Albersheim, M.**, Russ, S., Tompkins, M. Analysis of Physical Therapy Following Anterior Cruciate Ligament Surgery (**Submitted**)
26. **Albersheim, M.**, Hoel, R., Yson, SC., Luna, JT., Sembrano, JN. Short Term Reoperation Rates Following Three or More Level Lumbar Decompressions. (**Manuscript complete-pending submission**)

Abstracts

1. **Albersheim, M.**, Lasater, P., Agel, J., Nelson, B. Anterior Cruciate Ligament Injuries: A comparison of Time to Diagnosis and Treatment in Orthopedic Urgent Cares. Podium presentation at: Minnesota Orthopaedic Society. 2022 May 6; Edina, Minnesota.
2. **Albersheim, M.**, Hanson, M., Arendt, E., Chambers, C. Generalized Joint Hypermobility in Association with Musculoskeletal Injury: A Systematic Review. Podium presentation at: Minnesota Orthopaedic Society. 2021 May 7; Minneapolis, Minnesota.
3. Casnovsky, L., **White, M.**, Parikh, H., Van Heest, A., Cunningham, BP. Trend and Economic Implications of Implant Selection in the Treatment of Intertrochanteric Hip Fractures: A Review of the American Board of Orthopaedic Surgery Database 1999-2017. Podium presentation at: AAOS Annual Meeting. 2019 March; Las Vegas, Nevada. * selected by the AAOS Central Program Committee as the Best Poster in the Trauma classification at the 2019 AAOS Annual Meeting
4. **White, M.**, Parikh, H., Wise, K., Vang, S., Ward, C., Cunningham, BP. Cost Savings of Carpal Tunnel Release Performed In-Clinic Compared to an Ambulatory Surgery Center: Time-Driven Activity-Based-Costing. Podium presentation at: American Society for Surgery of the Hand; 2018 September 13-15; Boston, Massachusetts.
5. Fedge-Johnston, W., Carlson, CS., Toth, F., Shea, K., Harper, L., **White, M.**, Rendahl, A., Tompkins, M. Cellularity and Vascularity of the Developing Human Meniscus. Poster presentation at: European Society for Sports Traumatology, Knee Surgery and Arthroscopy; 2018 May 9-12; Glasgow, UK.
6. **White, M.**, Parikh, H., Vang, S., Cunningham, BP.. Orthopaedic Implant Cost Perceptions amongst Surgeons and Healthcare Administrators. Poster presentation at: Minnesota Orthopaedic Society. 2018 May 4; Minneapolis, Minnesota.
7. Bohn, DC., **White, M.**, Novotny, SA., Carpenter, JR. Ward, M., Bhatt, E., Van Heest, AE. Upper Extremity Tone Clinic- A retrospective review of cerebral palsy patients evaluated in a multidisciplinary clinic. Poster presentation at: Minnesota Orthopaedic Society. 2018 May 4; Minneapolis, Minnesota
8. Casnovsky, L., **White, M.**, Parikh, H., Van Heest, A., Cunningham, BP. Trend and Economic Implications of Implant Selection in the Treatment of Intertrochanteric Hip Fractures: A Review of the American Board of Orthopaedic Surgery Database 1999-2017. Poster presentation at: Minnesota Orthopaedic Society. 2018 May 4; Minneapolis, Minnesota.
9. Hoel, R., **White, M.**, Yson, SC, Luna, JT., Sembrano, JN. Need for Subsequent Fusion After High Risk Posterior Lumbar Decompressions. Poster presentation at: Global Spine Congress; 2018 May 2-5; Singapore
10. Hoel, R., **White, M.**, Yson, SC, Luna, JT., Sembrano, JN. Need for Subsequent Fusion After High Risk Posterior Lumbar Decompressions. Podium presentation at: Mid-America Orthopaedic Association; 2018 April 21; San Antonio, Texas

11. Fedje-Johnston, W., Carlson, CS., Toth, F., Shea, K., Harper, L., **White, M.**, Rendahl, A., Tompkins, M. Cellularity and Vascularity of the Developing Human Meniscus. Poster presentation at: Orthopaedic Research Society; 2018 March 10-11; New Orleans, Louisiana.
12. Hoel, R., **White, M.**, Yson, SC, Luna, JT., Sembrano, JN.. Short Term Reoperation Rates Following Three or More Level Lumbar Decompressions. Poster presentation at: American Academy of Orthopaedic Surgeons; 2018 March 6; New Orleans, Louisiana
13. Fedje-Johnston, W., Carlson, CS., Toth, F., Shea, K., Harper, L., **White, M.**, Rendahl, A., Tompkins, M. Analysis of Meniscal Vascularity in Children. Oral presentation at: Pediatric Research in Sports Medicine Society; 2018 January 25-27; Plantation, Florida

PROFESSIONAL SOCIETIES & INTEREST GROUPS

American Academy of Orthopedic Surgeons

American Medical Association

Ruth Jackson Orthopaedic Society

ATHLETIC COVERAGE

Youth Hockey Coach

Edina Youth Hockey Association- Assistant Coach

Saint Louis Park Youth Hockey Association- Coach

Edgumbe Girl's Friday Night Hockey- Coach

Roseville Youth Hockey Association- Coach

Sport Coverage

- UCI Athletics
- Stanford Football
- Menlo College
- City of Lakes Loppet Ski Festival
- Twin Cities Marathon
- Climb for Kidney Cancer
- US Pond Hockey Championship
- MN Boys' Hockey State Tournament
- MN Girls' Hockey State Tournament
- MN Whitecaps; Women's Professional Hockey
- Minneapolis High School Football Coverage