

Benjamin D. Umbel, DO
Curriculum Vitae

EMPLOYMENT

EmergeOrtho 2023- present
Orthopedic Foot and Ankle Surgeon
Hickory, NC

EDUCATION

Duke University Medical Center 2022-2023
Orthopedic Foot and Ankle Fellowship
Durham, NC

OhioHealth-Doctors Hospital/Ohio University 2017-2022
Orthopedic Surgery Residency
Columbus, Ohio
Affiliations: Grant Medical Center, Riverside Methodist Hospital, Nationwide Children's Hospital

Edward Via College of Osteopathic Medicine- VCOM 2013-2017
Blacksburg, VA

Baldwin Wallace University 2010-2013
Bachelor of Science in Biology, *Summa Cum Laude*
Minor: Psychology
Baldwin Wallace University
Berea, OH

The Ohio State University 2009-2010
Columbus, OH

Youngstown State University 2008-2009
Youngstown, OH

ACCOLADES/AWARDS

American Orthopaedic Foot & Ankle Society (AOFAS) Resident Scholar 2018, 2020

Poland Seminary High School Athletics Hall of Fame 2018

- Varsity Basketball – Inductee Class of 2018

Baldwin Wallace University Men's Varsity Basketball 2010-2013

- Team Captain 2011-2013
- Three-year letter winner

Ohio Athletic Conference (OAC) All Academic 1st team	2012-2013
Academic All-District 7 selection	2013
Academic All-American qualifier	2013
Clyde Lamb Award winner	2013
<ul style="list-style-type: none"> Given to one male and female athlete at each Ohio Athletic Conference institution with a minimum 3.0 GPA and who exhibits sportsmanlike conduct in a manner that has brought credit to the student- athlete and his/her institution. 	
Dayton C. Miller Honor Society	2013
<ul style="list-style-type: none"> Top 4% GPA at Baldwin Wallace University. 	
The Sonny Degyansky Athlete-Scholar Award Winner	2013
Sigma Sigma Phi Osteopathic Academic Honor Society	2014-2017
Summa Cum Laude	2013
<ul style="list-style-type: none"> Baldwin Wallace University 	
Dean's list	2010-2013
<ul style="list-style-type: none"> Baldwin Wallace University 	

PUBLICATIONS

Published Manuscripts

Giambelluca L, **Umbel BD**, Anastasio A, Kim B, Easley ME, Nunley JA. "Midterm Follow-up of Patient Reported Outcomes in Patients < 50 Years with a Total Ankle Arthroplasty"

- Foot & Ankle International*

Bull PE, Berlet GC, **Umbel BD**. "Tibiospring Ligament Reconstruction Utilizing Artelon FLEXBAND Matrix: A Surgical Technique".

- Submitted for publication/Under review*

Ebaugh MP, **Umbel BD**, Taylor B, Goss D. "Outcomes of Primary Tibiotalocalcaneal Nailing for Complicated Diabetic Ankle Fractures".

- Foot & Ankle International*

Myers D, Pulido S, **Umbel B**, Forsting S, Taylor B, "Early Weight Bearing in Operatively Stabilized Trimalleolar Ankle Fractures".

- Orthopedics*

Umbel BD, Sharpe BD, Reynolds C, Philbin TM. “Intramedullary Fixation of Distal Fibula Fractures”.

- *Foot & Ankle Specialist*

Umbel BD, Sharpe BD, Hockman T, Philbin TM. “Novel Intramedullary Fixation Device for Proximal Fifth Metatarsal Fractures”.

- *Foot & Ankle Specialist*

Thompson MJ, Consul D, **Umbel BD**, Berlet GC. “Accuracy of Weightbearing CT versus Non-Weightbearing CT for Patient-Specific Instrumentation in Total Ankle Arthroplasty”

- *Foot & Ankle Orthopaedics*

Umbel BD, Hockman TN, Myers D, Sharpe BD, Berlet GC. “Accuracy of CT Derived Patient Specific Instrumentation for Total Ankle Arthroplasty: The Impact of the Severity of Preoperative Varus Ankle Deformity”

- *Foot & Ankle Specialist*

Washburn F, Martin K, **Umbel BD**. “Utilization of External Fixator Calcaneus Pin: Using the Trimano to its Full Potential”.

- *Arthroscopy Techniques*

Myers DM, Kelley J, **Umbel BD**, Melaragno A, Buchan J, Taylor BC. “The Intercalary Fragment in Posterior Malleolus Fractures: Characterization and Significance”.

- *The Journal of Foot and Ankle Surgery*

Umbel BD, Sharpe BD, Halverson AL, Philbin TM, Prissel MA. “Medial Displacing Calcaneal Osteotomy: Loss of Correction with Varying Drilling Techniques”.

- *Foot & Ankle Surgery: Techniques, Reports & Cases*

Passias BJ, Melaragno A, Triplet JJ, Johnson DB, **Umbel BD**, Taylor BC. “Patellar fixation following fracture: a retrospective review of outcomes following various surgical interventions”.

- *International Journal of Orthopaedics*

Umbel B, Triplet JJ, Johnson DB, Taylor BC. “Atraumatic Bilateral Quadriceps Tendon Rupture in a Patient with Hypothyroidism”.

- *Journal of Long-Term Effects of Medical Implants*

Pentz K, Triplet JJ, Johnson DB, **Umbel B**, Baker TE. “Nontraumatic Compartment Syndrome in a Patient with Protein S Deficiency: A Case Report”.

- *Journal of Bone and Joint Surgery Case Connector*

Manuscripts in Preparation

Umbel BD, Haghverdian B, Giambelluca L, Anastasio A, Kim B, Easley ME, Nunley JA. “Early to Mid-Term Follow-up of Total Ankle Arthroplasty in Patients < 35 years”. Duke University. February 2023-present.

- Manuscript Preparation.

Umbel BD, Ricci AG, Adams SB. “Novel Approach to Tibiospring Ligament Reconstruction”. Duke University. February 2023-present.

- Manuscript Preparation

Umbel BD, Anastasio A, Haghverdian B, Ricci AG, Hanselman AE, Easley ME, Nunley JA, Schweitzer KM. “Ballooning Periprosthetic Osteolysis Related to Crystalline Arthropathies Following Total Ankle Arthroplasty: A Case Series”. Duke University. Feb 2023-present

- Manuscript Preparation

Published Abstracts

Umbel BD, Haghverdian B, Giambelluca L, Anastasio A, Kim B, Easley ME, Nunley JA. “Early to Mid-Term Follow-up of Total Ankle Arthroplasty in Patients < 35 years”.

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2023*

Umbel BD, Anastasio A, Haghverdian B, Ricci AG, Hanselman AE, Easley ME, Nunley JA, Schweitzer KM. “Ballooning Periprosthetic Osteolysis Related to Crystalline Arthropathies Following Total Ankle Arthroplasty: A Case Series”

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2023*

Giambelluca L, **Umbel BD**, Anastasio A, Kim B, Easley ME, Nunley JA. “Midterm Follow-up of Patient Reported Outcomes in Patients < 50 Years with a Total Ankle Arthroplasty”

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2023*

Umbel BD, Thompson MJ, Consul D, Berlet GC, Philbin TM. “Early Results of a Nitinol Dynamic Compression Nail for Subtalar Joint Arthrodesis Versus Two-Screw Fixation Construct”

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2021*

Thompson MJ, Consul D, **Umbel BD**, Berlet GC. “Accuracy of Weightbearing CT versus Non-Weightbearing CT for Patient-Specific Instrumentation in Total Ankle Arthroplasty”

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2021*

Umbel BD, Reynolds C, Melaragno A, Myers DM, Hockman T, Taylor B. “Lateral Patient Positioning for Pilon and Trimalleolar Ankle Fractures”

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2021*

Umbel BD, Sharpe BD, Berlet GC. “Accuracy of CT Derived Patient Specific Instrumentation for Total Ankle Arthroplasty: The Impact of the Severity of Preoperative Varus Ankle Deformity”

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2021*

Umbel BD, Sharpe BD, Hockman T, Philbin TM. “Novel Intramedullary Fixation Device for Proximal Fifth Metatarsal Fractures”.

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2021*

Myers DM, Kelley J, **Umbel BD**, Melaragno A, Buchan J, Taylor BC. “The Intercalary Fragment in Posterior Malleolus Fractures: Characterization and Significance”.

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2021.*

Umbel BD, Sharpe BD, Philbin TM. “Intramedullary Fixation of Distal Fibula Fractures”.

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2020.*

Umbel BD, Sharpe BD, Halverson AL, Prissel MA. “Medial Displacing Calcaneal Osteotomy: Loss of Correction with Varying Drilling Techniques”.

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2020.*

Myers D, Pulido S, **Umbel B**, Forsting S, Taylor B, “Early Weight Bearing in Operatively Stabilized Trimalleolar Ankle Fractures”.

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2020.*
- *Mallory Coleman Research Day, Ohio State University Wexner College of Medicine, May 2020*

Ebaugh MP, **Umbel B**, Taylor B, Goss D. “Outcomes of Primary Tibiotalocalcaneal Nailing for Complicated Diabetic Ankle Fractures”.

- *American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting, September 2019*
- *Mallory Coleman Research Day, Ohio State University Wexner College of Medicine, May 2019*

PRESENTATIONS

“Making the Most of Fellowship Year”

- Enovis Orthopedic Future Fellows Course May 2024
- Nashville, TN

“Early to Mid-Term Follow-up of Total Ankle Arthroplasty in Patients < 35 years”

- Poster Presentation- **American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2023**

“Midterm Outcomes of Total Ankle Arthroplasty in Patients Younger Than 50 years Old”

- Podium Presentation - **The 10th Annual Extremity Summit- The Greenbrier Medical Institute**

- **Poster Presentation- American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2023**

“Ballooning Periprosthetic Osteolysis Related to Crystalline Arthropathies Following Total Ankle Arthroplasty: A Case Series”

- **Podium Presentation - The 10th Annual Extremity Summit- The Greenbrier Medical Institute**
- **Electronic Poster Presentation- American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2023**

“Accuracy of CT Derived Patient Specific Instrumentation for Total Ankle Arthroplasty: The Impact of the Severity of Preoperative Varus Ankle Deformity”.

- **Poster Presentation- American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2021**

“Early Results of a Nitinol Dynamic Compression Nail for Subtalar Joint Arthrodesis Versus Two-Screw Fixation Construct”

- **Poster Presentation- American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2021**
- **Poster presentation- American College of Foot and Ankle Surgeons (ACFAS) Annual Meeting 2021**

“The Intercalary Fragment in Posterior Malleolus Fractures: Characterization and Significance”.

- **Podium presentation- American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2021**

“Lateral Patient Positioning for Pilon and Trimalleolar Ankle Fractures”

- **Poster presentation- American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2021**

“Accuracy of Weightbearing CT versus Non-Weightbearing CT for Patient-Specific Instrumentation in Total Ankle Arthroplasty”

- **Poster Presentation- American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2021**
- **Podium Presentation- American College of Foot and Ankle Surgeons (ACFAS) Annual Meeting 2021**

“Medial Displacing Calcaneal Osteotomy: Loss of Correction with Varying Drilling Techniques”

- **Poster Presentation- Virtual. American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2020**

“Intramedullary Fixation of Distal Fibula Fractures”

- **Poster Presentation- Virtual. American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2020**
- **Poster Presentation- Virtual. American Osteopathic Academy of Orthopedics (AOAO) Annual Conference 2020**

“Novel Intramedullary Fixation Device for Proximal Fifth Metatarsal Fractures”

- Poster Presentation- Virtual. **American Osteopathic Academy of Orthopedics (AOAO) Annual Conference 2020**
- Poster Presentation- **American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2021**

“Incidence of Vascular Injury Following Distal Femur Fractures”

- Poster Presentation- Virtual. **American Osteopathic Academy of Orthopedics (AOAO) Annual Conference 2020**

“Early Weight Bearing in Operatively Stabilized Trimalleolar Ankle Fractures”

- Poster Presentation- Virtual. **American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting 2020**
- Poster presentation- **Ohio Dublin Research Day**. February 2020. Columbus, OH.
- Poster presentation- **48th Annual Mallory Coleman Research Day- The Ohio State University**. May 2020. Columbus, OH.

“Outcomes of Primary Tibiotalocalcaneal Nailing for Complicated Diabetic Ankle Fractures”

- Poster presentation- **American Orthopaedic Foot and Ankle Society (AOFAS) Annual Meeting**, September 2019, Chicago, IL
- Poster Presentation- **Ohio Dublin Research Day**, February 2019, Dublin, OH

“Patellar Fixation Following Fracture: A Retrospective Review of Outcomes following Varying Surgical Interventions”

- Podium Presentation-Virtual. **Clinical Orthopedic Society Annual Meeting 2020**

“Surgical Correction of Miserable Malalignment Syndrome in the Pediatric Patient”

- Podium Presentation- **Nationwide Children’s Hospital Visiting Professor Series**. February 2020. Columbus, OH

“Atraumatic Bilateral Quadriceps Tendon Rupture in a Patient with Hypothyroidism”

- Poster Presentation- **Ohio Dublin Research Day**, February 2019, Dublin, OH

BOOK CHAPTERS

Haghverdian B, Anastasio A, **Umbel BD**, Giambelluca L, Easley M. “Ankle Arthritis: Tibiotalar Arthrodesis”. *Orthopaedics and Trauma*. Springer. May 2024

Anastasio A, **Umbel BD**, Haghverdian B, Easley M. “Ankle Arthritis: Total Ankle Arthroplasty”. *Orthopaedics and Trauma*. Springer. May 2024

Umbel BD, Haghverdian B, Schweitzer KM, Adams SB. “Infections: Diagnosis of Management of Infected Total Ankle Replacements”. *Orthopedic Clinics of North America*. April 2024

Philbin TM, **Umbel BD**. “Partial Foot Amputations and Disarticulations: Surgical Management”. Atlas of Amputations and Limb Deficiencies; 5th edition; American Academy of Orthopaedic Surgeons, Wolters Kluwer Health. 2024

Anastasio AT, **Umbel BD**, Haghverdian B, Easley M. “Total Ankle Arthroplasty”. Evaluation and Surgical Management of the Ankle. Springer. August 2023

Ricci AG, **Umbel BD**, Adams SB. “Fracture Related Infections of the Foot and Ankle”. Foot and Ankle Clinics.

- Manuscript Preparation

LECTURES

Tarsal Coalitions- Diagnosis and Management	2022
<ul style="list-style-type: none">• <i>Duke University Orthopedic Foot and Ankle Didactic Conference</i> Durham, NC	
Peroneal Tendon Pathology	2022
<ul style="list-style-type: none">• <i>American Orthopedic Foot and Ankle Society (AOFAS) OITE Review Webinar</i>	
Pilon Fractures: Preoperative Planning and Management	
<ul style="list-style-type: none">• <i>Grant Medical Center Orthopedic Didactic Conference</i> Columbus, OH	2021
Hindfoot and Midfoot Trauma	2020
<ul style="list-style-type: none">• <i>Grant Medical Center Orthopedic Didactic Conference</i> Columbus, OH	
Case Presentation : Post-Operative Hematoma Following ACL Reconstruction	2020
<ul style="list-style-type: none">• <i>Nationwide Children’s Hospital Mortality and Morbidity Conference</i> Columbus, OH	
Early Onset Scoliosis	2020
<ul style="list-style-type: none">• <i>Nationwide Children’s Hospital Spine Conference</i> Columbus, OH	
Pediatric Femur Fractures	2019
<ul style="list-style-type: none">• <i>Grant Medical Center Orthopedic Didactic Conference</i> Columbus, OH	
Knee Osteoarthritis and Treatment	2019
<ul style="list-style-type: none">• <i>Grant Medical Center Orthopedic Didactic Conference</i> Columbus, OH	

PROFESSIONAL DEVELOPMENT

Enovis Orthopedic Future Fellows Course -Faculty	2024
<ul style="list-style-type: none">• Nashville, TN	
Artelon FLEXPERIENCE Course- Faculty	

<ul style="list-style-type: none"> • Atlanta, GA • Baltimore MD 	2023 2024
OrthoFix Orthopedic Deformity Correction Course <ul style="list-style-type: none"> • MUSC • Charleston, SC 	2023
Enovis Foot & Ankle Fellows Switchover Program – Faculty <ul style="list-style-type: none"> • Duke University Medical Center Durham, NC 	2023
The 10th Annual Extremity Summit- The Greenbrier Medical Institute <ul style="list-style-type: none"> • White Sulphur Springs, WV 	2023
Artelon FLEXPERIENCE Course- Faculty <ul style="list-style-type: none"> • Fort Worth, TX 	2023
Arthrex Orthopedic Foot and Ankle Fellows Course <ul style="list-style-type: none"> • Naples, FL 	2023
Artelon FLEXPERIENCE Course <ul style="list-style-type: none"> • Atlanta, GA 	2023
Exactech Vantage Total Ankle Arthroplasty Fellows Course <ul style="list-style-type: none"> • Durham, NC 	2022
Paragon28 6th Annual Orthopedic Foot and Ankle Fellows Course <ul style="list-style-type: none"> • Denver, CO 	2022
American Orthopaedic Foot & Ankle Society (AOFAS) Advanced Foot and Ankle Course- Virtual	2022
American Orthopaedic Foot & Ankle Society (AOFAS) Annual Meeting <ul style="list-style-type: none"> • Charlotte, NC 	2021
Foot Innovate Founders Conference <ul style="list-style-type: none"> • Atlanta, GA 	2021
American Orthopaedic Foot & Ankle Society (AOFAS) Advanced Foot & Ankle Course - Virtual	2021
American Orthopaedic Foot & Ankle Society (AOFAS) Minimally Invasive Surgery (MIS) Course - Virtual	2020
American Orthopaedic Foot & Ankle Society (AOFAS) Annual Meeting- Virtual	2020

American Orthopaedic Foot & Ankle Society (AOFAS) Annual Meeting	2018
<ul style="list-style-type: none"> • Boston, MA 	
OSU Hand & Upper Extremity Symposium	2018, 2019
<ul style="list-style-type: none"> • Columbus, OH 	
Summa Health Orthopedic Oncology Review	2017, 2018, 2019
<ul style="list-style-type: none"> • Akron, OH 	
Akron Pediatric Orthopedic Resident Review	2017, 2018, 2019
<ul style="list-style-type: none"> • Akron, OH 	
Essentials of Taylor Spatial Frames- Midwest Residents Course.	2018
<ul style="list-style-type: none"> • Nationwide Children’s Hospital. Columbus, OH. 	
Advanced Principles of Fracture Management – AO North America	2018
<ul style="list-style-type: none"> • San Diego, CA 	
OhioHealth Research Symposium	2017
<ul style="list-style-type: none"> • Columbus, OH 	
Basic Principles of Fracture Management - AO North America	2017
<ul style="list-style-type: none"> • Toronto, Canada 	
Alzheimer’s Association “Walk to End Alzheimer’s” Participant	2019
<ul style="list-style-type: none"> • Columbus, OH 	
VCOM Medical Mission Trip to Dominican Republic	2014
<ul style="list-style-type: none"> • Punta Cana, Dominican Republic 	
VCOM Prospective Medical Student Interviewer	2013-2014
<ul style="list-style-type: none"> • Blacksburg, VA 	

CLINICAL POSITIONS AND LEADERSHIP

American Orthopaedic Foot and Ankle Society (AOFAS) Young Physicians Committee	2021- 2023
Reducing Opioid Prescriptions in Orthopedic Pediatric Patients with Lower Extremity Injuries	2020
<ul style="list-style-type: none"> • Nationwide Children’s Hospital Quality Improvement Project Columbus, OH 	
Ohio University Heritage College of Osteopathic Medicine/Doctors Hospital	2017- 2022
<ul style="list-style-type: none"> • Adjunct Clinical Faculty 	
Orthopedic Clinical Quality Committee	2018-2019

MEDICAL CERTIFICATIONS AND LICENSURE

North Carolina Medical License	2022- Present
State of Ohio Medical License	2020-2023
Advanced Trauma Life Support	2019-Present
Advanced Cardiac Life Support/Basic Life Support	2019-Present

AFFILIATIONS

Piedmont Orthopedic Society	2022- Present
American Orthopaedic Foot & Ankle Society (AOFAS)	2018-Present
Orthopaedic Trauma Association (OTA), Resident Member	2018-2022
American Academy of Orthopaedic Surgeons (AAOS)	2016-Present
American Osteopathic Association (AOA)	2016-Present
American Osteopathic Academy of Orthopedics (AOAO)	2016-Present