

## Hieu Ball, MD, MPH, an Orthopedic Surgeon with CalSpineMD

Get to know Orthopedic Surgeon Dr. Hieu Ball, who serves patients in San Ramon, California.



**New York City, New York Oct 26, 2023 ([Issuewire.com](https://www.issuewire.com))** - Dr. Ball is a double fellowship-trained orthopedic surgeon who has been in practice for over two decades in Northern California. At CalSpineMD, he devotes his practice to critical evaluation of the most current treatment options for neck, mid-back, and low-back problems. His patient-centered, individualized approach to caring for patients helps him achieve accurate diagnoses and logical treatment plans that optimize the spinal health outcomes for his patients.

Specializing in addressing spinal disorders in both adult and pediatric patients, Dr. Ball offers his expertise in the management of congenital issues, scoliosis, trauma and fracture care, degenerative disc disease, disc herniations, spinal stenosis, work-related injuries, and complex revision surgeries. As an attending physician, he is an integral part of the medical staff at prominent institutions, including San Ramon Regional Medical Center (SRRMC), UC Davis Medical Center, Precision SurgiCenter, Redwood Surgery Center, and ASC at SRRMC.

Furthermore, Dr. Ball is deeply committed to advancing medical knowledge and patient care. He serves as clinical faculty for minimally invasive techniques and motion-preserving surgery, such as total disc replacement, striving to deliver academic excellence in a private practice setting.

With minimally invasive surgical techniques, many patients experience less pain, shorter hospital stays, and quicker recoveries; in many instances, surgeries may be performed at ambulatory surgery centers, with same-day or next-day discharge to home. Dr. Ball teaches courses to other physicians and surgeons on artificial disc replacement; motion preservation technologies; minimally invasive fusion, discectomies, laminectomies; complex and revision fusion surgery; and advanced pain management techniques such as spinal cord stimulator treatment.

His current areas of interest and emphasis include direct lateral minimally invasive fusion (XLIF, DLIF, LLIF), standalone anterior lumbar fusion (ALIF) techniques, both of which allow complete removal of diseased discs and placement of stable fusion devices (cages) from less traumatic and less painful front-sided approaches to the spine. When appropriate, motion sparing techniques such as cervical and lumbar artificial disc replacement may be recommended.

In addition, Dr. Ball is a leading expert in sacroiliac (SI) joint treatment, including minimally invasive SI joint fusion. He is actively involved in teaching and clinical research in all of these areas and has key roles in the innovation and development of these important technologies. In many patients, all of these technologies may be performed in an ambulatory surgery center setting.

Growing up in Hawaii, Dr. Ball attended Punahou Academy and later matriculated at Cornell University for his undergraduate studies in the College of Arts and Sciences. He later attended the Tufts University School of Medicine, where he earned his Medical Doctorate and Master of Public Health Degree in the university's 4-year combined degree program. His internship in general surgery took place at Harvard Medical School, Brigham and Women's Hospital.

Dr. Ball matched at Harvard Medical School for his residency in orthopedic surgery, six years which involved extensive clinical training at Massachusetts General Hospital, Brigham and Women's Hospital, Boston Children's Hospital, and Beth Israel-New England Deaconess Hospital with leading internationally renowned professors and faculty. He served as Chief Resident and Pediatric Spine Fellow at Boston Children's Hospital where he focused on pediatric trauma, hip dysplasia treatment, and complex pediatric spinal deformity. Dr. Ball then performed a second spine fellowship in adult spine surgery at UCLA/St. John's Medical Center under Dr. Rick Delamarter and Edgar Dawson.

His society memberships include the North American Spine Society, the Cervical Spine Research Society, the International Society for Advancement of Spine Surgery, the American Academy of Orthopedic Surgeons, the American Medical Association, the California Medical Association, and the Alameda Contra Costa Medical Association.

Orthopedic surgery is the branch of surgery concerned with conditions involving the musculoskeletal system. Orthopedic surgeons use both surgical and non-surgical means to treat musculoskeletal trauma, spine diseases, sports injuries, degenerative diseases, infections, tumors, and congenital disorders.

**Learn More about Dr. Hieu Ball:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/847099-Hieu-Ball-Orthopedist> or through CalSpineMD, <https://calspinemd.com/hieu-t-ball-md-mph-spine-surgery/>

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Source : Hieu Ball, MD, MPH

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