

FRANK ALBERTA, MD

Dr. Frank Alberta is well known throughout Northern New Jersey and New England as a sports medicine specialist with expertise in shoulder and elbow surgery. He has over 18 years of experience treating the most difficult problems in these joints and remains committed to improving his patients' outcomes through teaching and learning.

Dr. Alberta is an elected member of the prestigious American Shoulder and Elbow Surgeons, a national society with admission based on recommendations of existing members, contributions to the field of shoulder and elbow surgery and a lasting commitment to teaching and research. He is the recipient of numerous top doctor accolades, including Bergen's Top Doctors, New York Magazine, Jersey's Best and Castle Connolly.

Dr. Alberta has written several textbook chapters on subjects including advanced shoulder arthroscopy techniques, the latest techniques and advances in sports medicine and orthopaedic trauma. He has published numerous journal articles through research into shoulder and elbow biomechanics, throwing injuries in athletes, strength training, advances in surgical techniques, and other sports injuries. He is also an Associate Professor of Orthopaedic Surgery at Hackensack Meridian School of Medicine and Clinical Attending at Rutgers University New Jersey Medical School Orthopaedic Residency Program, and he was voted Teacher of the Year in 2015.

Dr. Alberta is committed to his patients and restoring their active lifestyles. He has particular interest in shoulder and elbow throwing injuries, shoulder replacement and shoulder and elbow reconstruction.