

When it comes to your health, you deserve the best.

At Total Orthopedics Sports & Spine, we are committed to providing first-class personalized healthcare for our patients.

Our physicians have been carefully hand-selected to be a part of the Total Orthopedics Sports & Spine family. Each physician is known for their outstanding academic achievement, unwavering commitment to their patients, and the overall quality of care they bring to each and every patient.



TotalOrthoSS.com

Your appointment with Dr. Hines is scheduled for:

Date _____ Time _____

Richardson
2821 E. President George
Bush Hwy., Ste. 404
Richardson, TX 75082

McKinney
7300 Eldorado Pkwy, Ste 165
McKinney, TX 75070

7300 Eldorado Parkway, Suite 165
McKinney, TX 75070

2821 E. President George Bush Hwy.
Suite 404
Richardson TX 75082

P **972-727-9995**
F **972-727-8350**

Monday - Friday, 8 a.m. - 5 p.m.

Total Orthopedics Sports and Spine is owned and operated by MedHealth/Methodist Medical Group and staffed by independently practicing physicians who are employees of MedHealth/Methodist Medical Group. The physicians and staff who provide services at these sites are not employees or agents of Methodist Health System or any of its affiliated hospitals.



Adam C. Hines, MD
Orthopedic Surgeon

Adam C. Hines, MD, is an experienced orthopedic surgeon who specializes in:

- Sports Medicine
- Arthroscopy
- Shoulder Replacement
- General Orthopedics



Adam C. Hines, MD

Orthopedic Surgeon

Total Orthopedics Sports and Spine

Adam C. Hines, MD, is an experienced orthopedic surgeon who specializes in sports medicine, shoulder reconstruction, and general orthopedics. Dr. Hines initially earned his bachelor's degree in Business Administration in Finance at Texas A&M University. Dr. Hines went on to pursue his medical degree from the University of Texas Health Science Center. Following graduation, Dr. Hines completed his Orthopedic Surgery Residency at Tripler Army Medical Center in Hawaii. As part of his military service, he then went into practice for several years at Irwin Army Community Hospital, Fort Riley, Kansas. After completing his Army Service obligation, he went on to complete his Sports Medicine and Shoulder Reconstruction Fellowship at the Steadman Hawkins Clinic of the Carolinas. During his fellowship, Dr. Hines provided team coverage assistance for the Colorado Rockies Spring Training and the Greenville Drive, an affiliate for the Boston Red Sox.

Dr. Hines had the honor to use his skills as a high-producing surgeon to serve the men and women in the armed forces. During his four years of military service, Dr. Hines was appointed to early leadership roles, including Chief of the Orthopedics and Podiatry Department, Deputy Chief of Surgery, and Physician Assistant Student Orthopedic Preceptor. Dr. Hines deployed with the 2nd Forward Surgical Team to Afghanistan in 2017.

Certified by the American Board of Orthopedic Surgery, Dr. Hines specializes in orthopedic procedures with special interest in Arthroscopic Surgery, Sports Medicine, Shoulder Reconstruction, Shoulder and Knee Replacement, and elbow ulnar collateral ligament reconstruction and repairs (also known as Tommy John) for throwing athletes.

After serving in the military and completing advance training, this seventh-generation Texan is proud to return to his roots to serve the North Texas Area community his family helped settle.

Outside of work, Dr. Hines enjoys running, being active in his local church and community, woodworking, sports, backpacking, camping, and participating in local and overseas medical mission trips. Family is also very important to Dr. Hines, and he especially enjoys finding creative ways to spend time with his wife and their four children.

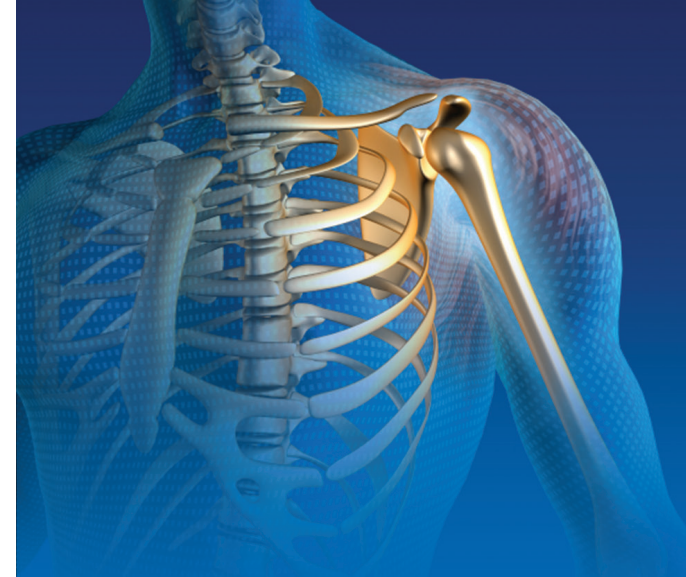
Education

Undergraduate: Texas A&M University, College Station, Texas

Medical School: University of Texas Health Science Center, San Antonio, Texas

Residency: Tripler Army Medical Center, Honolulu, HI

Fellowship: Steadman Hawkins Clinic of the Carolinas, Greenville, SC



Areas of Specialization

Arthroscopic surgery of the shoulder, knee, hip, and elbow

Upper Extremity:

- Shoulder Arthritis
- Shoulder Impingement and Rotator Cuff Tears
- Shoulder Instability and Labral Tears
- Shoulder & Elbow Biceps Tears
- Elbow Ligament Repair and Reconstruction (Tommy John)
- Tennis Elbow
- Carpal and Cubital Tunnel Syndromes

Lower Extremity:

- ACL and Ligament Reconstructions
- Meniscus Repairs and Transplants
- Knee Arthritis
- Knee Cartilage Repair and Restoration
- Patellar Instability
- Hip Femoroacetabular Impingement
- Hip Gluteus Tendon Tears