

Heather Gotha, M.D.

Orthopaedic Foot and Ankle Surgery  
Fracture Care/Orthopaedic Trauma



## Welcome to First State Orthopaedics

People often ask me - “why *on earth* did you choose foot and ankle surgery?” For me, the answer is simple. I chose a career in orthopaedic surgery because I wanted to improve the lives of others, and nowhere is that more applicable than in the field of foot and ankle. No matter what you want to do in life – you have to get there by walking, standing, or running on your feet. In fact, it is estimated that people will walk over 100,000 miles in their lifetime. For that reason, even the smallest of foot or ankle problems can become completely debilitating. I will be taking care of all foot and ankle problems, big or small.

As a former 7 varsity letter winner in soccer and lacrosse at Harvard, I understand the importance of maintaining an active lifestyle.

Orthopaedics is a team sport. Together, we will set treatment goals specific to your lifestyle and work to achieve them. I look forward to working with you to develop an individualized treatment plan to get you back up and on your feet.

Sincerely,  
Heather Gotha, MD

# Heather Gotha, M.D.

## Education

- Fellowship: Orthopaedic Foot and Ankle Surgery, Baylor University Medical Center, Dallas
- Fellowship: Orthopaedic Trauma, Brown University/Rhode Island Hospital
- Residency: Orthopaedic Surgery, Brown University/Rhode Island Hospital
- Medical School: Cornell Medical College
- Undergraduate: Harvard University, Bachelor of Arts, Cum Laude

## Awards

- Connie M Guion Award, most outstanding senior medical student, Cornell Medical School
- Glasgow-Rubin Achievement Citation, American Medical Women's Association
- James M Polk Award, top 3 in class, Cornell Medical School
- Alpha Omega Alpha Honor Medical Society
- Academic All-American in Lacrosse
- 4 Varsity letters in Lacrosse, Harvard University
- 3 Varsity letters in Soccer, Harvard University

## Societies:

- American Orthopaedic Foot and Ankle Society (AOFAS)
- American Academy of Orthopaedic Surgeons (AAOS)
- Ruth Jackson Orthopaedic Society

## What to Expect:

Thank you for your patience while completing our forms. Accurate and complete information will assist us in providing you the highest possible level of care. Additionally, we appreciate your understanding and patience to see a physician. In some cases, patients require special attention or your physician may be asked to assess a serious injury. Our goal at First State Orthopaedics is to see you as soon as possible and make sure you receive individualized attention. If you require immediate assistance, please notify our front desk and we will expedite your request.

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**First State Orthopaedics**

A Commitment to Excellence

[FirstStateOrtho.com](http://FirstStateOrtho.com)