

## David T. Sowa, M.D.

Hand and Upper Extremity Surgery  
Microvascular and Orthopaedic Surgery



## Welcome to First State Orthopaedics

As a board-certified orthopaedic surgeon, with advanced certification in surgery of the hand, I focus on the evaluation and treatment of hand, wrist, elbow, and shoulder problems. I trained at the Johns Hopkins University, where I completed my undergraduate degree, my medical degree, and an orthopaedic surgery residency. Upon completion of my hand and microsurgery fellowship at the Curtis National Hand Center in 1987, I returned to the First State—my home state.

Born and raised in Newark, I always knew I would return to the area in order to serve my community. After acquiring the finest medical training and learning advanced surgical techniques at Johns Hopkins, it was my mission to create a world-class orthopaedic facility in Delaware—easily accessible to my family, friends, and community.

I am proud to have been consistently named “Top Doc” by *Delaware Today* and to have been honored in Best Doctors in America®. However, what I value most after more than twenty years in practice is knowing that I have been able to improve the quality of life of so many members of my community. Even though on a yearly basis I am referred more than 10,000 patients and perform more than 1,000 surgical procedures, each patient is special to me.

Voted *Delaware Today's* “Top Doc Hand Surgeon, Top Doc for Women”  
Selected for inclusion in Best Doctors in America®

David T. Sowa, M.D.

## Education, Training, and Affiliations

- Medical Degree, The Johns Hopkins School of Medicine
- Internship, Surgery, The Johns Hopkins Hospital
- Residency, Surgery, The Johns Hopkins Hospital
- Residency, Orthopaedic Surgery, The Johns Hopkins Hospital
- Fellowship, Hand Surgery/Microsurgery, The Curtis National Hand Center
- Adjunct Associate Professor, Department of Physical Therapy, University of Delaware
- Member, American Medical Association
- Member, American Academy of Orthopaedic Surgeons
- Member, American Society for Surgery of the Hand
- Member, The Johns Hopkins Medical and Surgical Association
- Member, The Johns Hopkins University Alumni Association
- Member, Medical Society of Delaware
- Member, Delaware Society of Orthopaedic Surgeons
- Member, Philadelphia Hand Society

My interest in the community extends beyond my medical practice. My wife, Karen, and I support the charitable activities of the Catholic Diocese of Wilmington, Little Sisters of the Poor, Ministry of Caring, and The Salvation Army. Since 1987 I have provided an academic award to the valedictorian at Christiana High School, my alma mater. I also enjoy music and the arts and support the Grand Opera House, the Delaware Symphony Orchestra, and the Newark Symphony Orchestra. In my free time I enjoy sailing, crabbing, playing tennis, and renovating my old house.

Please let me know if there is anything I can do to enhance your experience at First State Orthopaedics.

I look forward to meeting with you.

Sincerely,

David T. Sowa, M.D.

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**First State Orthopaedics**  
A Commitment to Excellence

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