



# Welcome to First State Orthopaedics

*A Commitment to Excellence*

## Alex B. Bodenstab, M.D.

*Specializing in:* Sports Medicine | Arthroscopic Surgery  
Hip and Knee Replacement and Reconstruction

*Locations:*

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### ***A note from Dr. Bodenstab:***

As a member of a medical family, I knew at a young age, a career in the musculoskeletal system was my calling.

I attended St. John the Beloved, Salesianum, University of Delaware, and then Jefferson Medical College. In 2008 I left for Boston to begin my orthopaedic career at Tufts (New England) Medical Center.

Earning my first championship ring as a team physician for Boston's Cathedral Catholic High School and being featured in Tufts Alumni Medical Magazine was a thrill, but The Saban Experience at the University of Alabama combined with the Division II conference championship at West Alabama allowed me to "feel" football and other sports in the South. Whether I was medically covering the Rodeo, WWE, Minor League Baseball or some other event, both the athletes and the southern fans were memorable.

I am glad to return home. The experience at Andrews Sports Medicine Institute was truly special but training at Harvard, Switzerland and France with some of the Masters in shoulder surgery was a great way to complete my 7 years of orthopaedic training.

My dream to join my father and his partners at First State Orthopaedics has come true. While being fellowship trained in both Sports Orthopaedics and Shoulder, I will be taking trauma and emergency room calls, performing general orthopedic surgery to include fracture care and joint replacement and also continuing my medical coverage for teams and athletic events.

### ***Education***

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- Undergraduate Degree, Chemistry – cum laude, Union College
- Medical Degree, Thomas Jefferson Medical College
- Residency, General Surgery, Dartmouth Affiliated Hospitals
- Residency, Orthopaedic Surgery, Hospital for Special Surgery, Cornell University – New York Hospital

### ***Affiliations***

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- Diplomate, American Board of Orthopaedic Surgery
- Adjunct Associate Professor, Department of Physical Therapy, University of Delaware
- Member, American Academy of Orthopaedic Surgeons
- Member, American Medical Association
- Member, Delaware Society of Orthopaedic Surgeons
- Member, New Castle County Medical Society
- Member, Philadelphia Orthopaedic Society