



Welcome to First State Orthopaedics

A Commitment to Excellence

Matthew A. Handling, M.D.

Specializing in: Sports Medicine | Arthroscopic Surgery | Cartilage Repair
Knee Replacement | Fracture Care

Locations:

4051 Ogletown Stanton Road, Suite 103, Newark, DE 19713

100 South Main Street, Suite 300, Smyrna, DE 19977

285 Beiser Boulevard, Suite 201, Dover, DE 19904



[FirstStateOrtho.com](https://www.FirstStateOrtho.com) | (302) 731-2888

A note from Dr. Handling:

As a board certified orthopaedic surgeon, with advanced certification in sports medicine, my practice encompasses the treatment of sports injuries, arthritis, and fracture care. I provide care for sports and work-related injuries with an emphasis on minimally invasive arthroscopic surgery. Particular interests of mine include arthroscopic rotator cuff repair, ligament reconstruction, advanced cartilage repair, and joint replacement. I use evidence based medicine to provide you with the highest quality of medical care. It is my goal to get patients of all ages back to an active and healthy lifestyle.

As a native of the State of Delaware, I enjoy many things the First State has to offer. My many interests in the community include volunteering at area high schools to care for their athletes. I have been active in lacrosse both as a player and a referee. In addition, I have been a volunteer with the Delaware Special Olympics. On a personal note, I enjoy spending time with family and friends as well as running and cooking.

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

I look forward to meeting with you.

Education

- Tatnall High School
- Bachelor of Arts, University of Delaware
- Medical Degree, Jefferson Medical College
- Residency, General Surgery, Orthopaedic Surgery, UMDNJ Robert Wood Johnson University Hospital, University Medical Center at Princeton, Memorial Sloan-Kettering Cancer Center
- Fellowship, Sports Medicine, New England Baptist Hospital

Affiliations

- Adjunct Professor, University of Delaware, Department of Kinesiology and Applied Physiology
- Assistant Team Physician, Boston Celtics, 2007-2008
- Member, American Academy of Orthopaedic Surgeons
- Member, American Orthopaedic Society for Sports Medicine
- Member, Arthroscopy Association of North America
- Member, Medical Society of Delaware
- Member, Delaware Society of Orthopaedic Surgeons