

## Stephen G. Manifold, MD

Shoulder and Knee Arthroscopy  
Sports Medicine  
Knee and Shoulder Replacement  
Fracture Care



## Welcome to First State Orthopaedics

As a fellowship-trained and board-certified orthopaedic surgeon, my practice focuses on shoulder and knee disorders including sports injuries, arthritis and trauma care. Patient care for these disorders encompasses both nonoperative and when appropriate, operative treatments involving the most current arthroscopic and minimally invasive surgical techniques. For the injured athlete, I am able to provide meniscus and labral repair, ligament reconstruction and cartilage injury repair techniques to restore function and return the athlete to their previous level of activity. Patients with advanced arthritic conditions can achieve pain relief through partial or total joint replacement techniques emphasizing multi modal pain management protocols and rapid rehabilitation with the goals of minimizing pain and improving function and quality of life. Some patients may even be candidates for outpatient joint replacement procedures in which the patient can return home the same day of surgery.

I have a special interest in processes to improve patient satisfaction and outcomes while reducing complications. As Medical Director of Orthopaedic Surgery at Bayhealth Medical Center, I have spearheaded efforts to lower patient pain scores after joint replacement procedures, reduce blood transfusion and surgical site infection rates and decrease rates of hospital readmissions following orthopaedic procedures. My ongoing aim is to provide patients with the highest possible quality of care while maximizing patient satisfaction and functional outcomes.

I have also been active in the local community with volunteer activities including coaching softball, soccer and basketball teams, supporting a local dance theater and providing medical coverage to local high school sports teams. I care about the health and well-being of the people in my community and I look forward to providing you with the best possible orthopaedic care.

Sincerely,  
Stephen G. Manifold, M.D.

## Stephen G. Manifold, MD

### Education and Training

- Bachelor of Arts, Biology, Temple University, Philadelphia, PA
- Medical Degree, Temple University School of Medicine, Philadelphia, PA
- Internship, Surgery, St. Luke's-Roosevelt Hospital Center, New York, NY
- Residency, Orthopaedic Surgery, Columbia-Presbyterian Medical Center, New York, NY
- Fellowship, Knee Reconstruction & Sports Medicine, Insall Scott Kelly Institute for Orthopaedics & Sports Medicine, New York, NY
- Board Certified, American Board of Orthopaedic Surgery
- Medical Director, Division of Orthopaedic Surgery, Bayhealth Medical Center
- Clinical Associate, Orthopaedic Surgery, Hospital of the University of Pennsylvania
- Chairman, Quality & Care Management Committee, Bayhealth Physician Alliance
- Member, American Academy of Orthopaedic Surgeons
- Member, American Medical Association
- Member, Medical Society of Delaware
- Member, Delaware Society of Orthopaedic Surgeons

### From Dr. Manifold:

I consider it a privilege to be able to provide orthopaedic care to patients in the community. I believe superior patient care begins with establishing trust with patients by listening to them and explaining the diagnosis clearly, as well as answering any questions that they may have concerning the treatment plan. It is very important to have the patient involved in the decision-making regarding their care by presenting all treatment options and arriving at a treatment that both the patient and doctor are comfortable with. I present treatment options that are based on current evidence-based medicine and best-care protocols so that optimum outcomes can be achieved.

Accomplishing these goals requires ongoing education and learning. I achieve this through attending educational courses throughout the year as well as in my role as a teacher of orthopaedic residents from the University of Pennsylvania. This allows me to remain current in the latest orthopaedic procedures and protocols and to achieve superior results while minimizing complications.

It would be my pleasure to serve you in your orthopaedic needs and to strive to make your experience as satisfactory as possible so that you can return to an active and improved quality of life.

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**First State Orthopaedics**

A Commitment to Excellence

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