



Welcome to First State Orthopaedics

A Commitment to Excellence

James Zaslavsky, D.O., MPT, MBA

Specializing in: Board Certified Operative Treatment of the Adult Spine

Locations:

285 Beiser Boulevard, Suite 201, Dover, DE 19904

4106 Ogletown Stanton Road, Newark, DE 19713

FirstStateOrtho.com | (302) 894-1900



A note from Dr. Zaslavsky:

Surgery is always a last option!

As a board-certified and fellowship-trained spinal surgeon with background in physical therapy, I provide my patients the most comprehensive level of care using a minimally invasive approach. I focus on motion preservation techniques that guarantee the fastest recovery and the best possible outcomes. Many procedures are performed with Spine Safe Techniques on an outpatient basis and result in no immobilization period for the patient. You are home the same day without the need for a brace or a collar. My main goal is for my patients to return to their active lifestyles as quickly as possible, without pain, and with restored mobility.

I Keep You Moving!

Education

- Physical Therapy School - University of the Sciences in Philadelphia
- Medical School - Philadelphia College of Osteopathic Medicine
- Business School - St. Joseph's University
- Orthopedic Residency - The Rothman Institute at Thomas Jefferson University Hospital
- Spine Specialty Fellowship - Twin Cities Spine Institute

Affiliations

- Cervical Spine Research Society
- American Medical Association
- American Academy of Orthopaedic Surgeons
- Delaware Society of Orthopaedic Surgeons