



# Welcome to First State Orthopaedics

*A Commitment to Excellence*

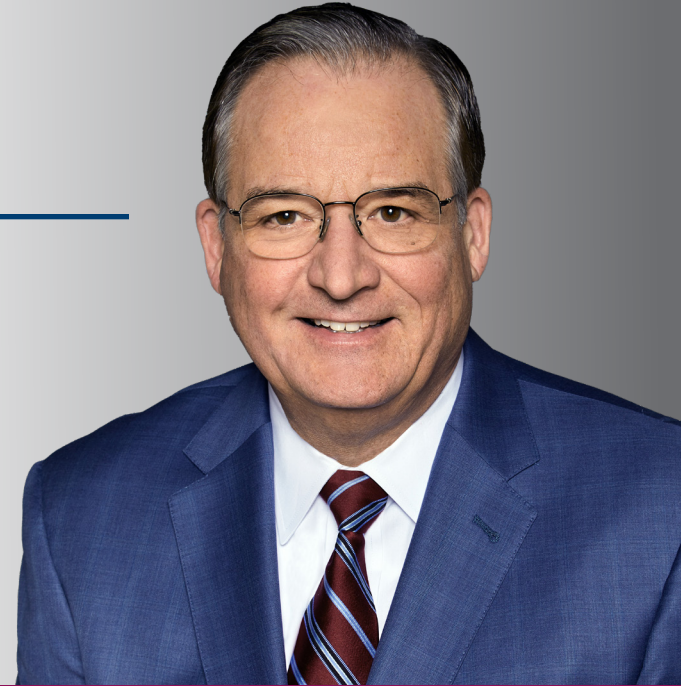
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## David T. Sowa, M.D.

*Specializing in:* Hand and Upper Extremity Surgery  
Microvascular and Orthopaedic Surgery

*Locations:*

Delaware Hand to Shoulder Center  
4051 Ogletown Stanton Road, Suite 103, Newark, DE 19713



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

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

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, completing my undergraduate degree, my medical degree, and an orthopaedic surgery residency. After 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 serve my community. After acquiring the finest medical training at Johns Hopkins and the Curtis National Hand Center, it was my mission to create a world-class orthopaedic and hand surgery facility in Delaware. While I served as Chairman of the Board at First State Orthopaedics, I launched the First State Surgery Center and the Delaware Hand to Shoulder Center to help provide first-class orthopaedic care.

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 thirty years in practice is 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.

### ***Education***

- Medical Degree, Johns Hopkins School of Medicine
- Internship, Surgery, Johns Hopkins Hospital
- Residency, Surgery, Johns Hopkins Hospital
- Residency, Orthopaedic Surgery, Johns Hopkins Hospital
- Fellowship, Hand Surgery/Microsurgery, Raymond Curtis National Hand Center

### ***Affiliations***

- Clinical Adjunct Associate Professor, Department of Physical Therapy, University of Delaware
- Co-Founder and Co-Director, Delaware Hand to Shoulder Center
- Member, American Medical Association
- Member, American Academy of Orthopaedic Surgeons
- Member, American Society for Surgery of the Hand
- Member, Johns Hopkins Medical and Surgical Association
- Member, Johns Hopkins University Alumni Association
- Member, Delaware Society of Orthopaedic Surgeons