

# JOSEPH A. CARDINALE, MD

Pain Management



## Welcome to Orthopaedic Associates of Southern Delaware

I am a native of New Jersey and a graduate of the Robert Wood Johnson Medical School. I moved to New York City for my residency at St Vincent's Hospital, followed by a fellowship at the Mount Sinai Hospital also in Manhattan. I am board certified in Anesthesiology and Pain Management and have been practicing in New York City and Long Island since 2007. Recently, in 2023, I relocated to southern Delaware to join Orthopedic Associates of Southern Delaware (OASD) and I am thrilled to be a full-time member of the community.

My focus is on interventional modalities, which allow patients to effectively manage their chronic pain and return to the activities that are most important to them. Among my interventional modalities are epidurals, medial branch blocks, facet injections, radiofrequency ablation, genicular nerve blocks, botox for chronic migraine, and spinal cord stimulation. These treatments often allow my patients to regain pre-injury levels of functions and avoid the need for surgery.

I remain active in my specialty and am a member of multiple societies in Anesthesia and Pain Management. Being fluent in Spanish, I frequently use it in the care of my Spanish speaking patients. I am looking forward to joining OASD and serving the growing Southern Delaware Community. In my spare time, I enjoy running, traveling, and spending time with family.

Sincerely,

A handwritten signature in black ink that reads "Joseph Cardinale". The signature is written in a cursive style.

Dr. Joseph Cardinale

# JOSEPH A. CARDINALE, MD

Education, Training, and Affiliations

## Education

- Medical School - Rutgers, The State University of New Jersey
- Internship in Internal Medicine - New York Downtown Hospital
- Residency in Anesthesiology - Saint Vincent Catholic Medical Center
- Fellowship in Pain Medicine - Mount Sinai Medical Center

## Certifications and Memberships

- Board Certified - American Board of Anesthesiology
- Board Certified, Pain Medicine - American Board of Anesthesiology
- Member - American Society of Anesthesiologists
- Member - International Spine Intervention Society

## What to Expect:

Thank you for your patience and understanding while filling out our forms. Giving us complete and accurate information will allow us to provide you with the best possible care. We also appreciate your patience to see a physician. In certain cases, our patients require special and/or immediate attention; such as your physician being asked to assess a serious injury. Our goal at Orthopaedic Associates of Southern Delaware is to address your needs as soon as possible and in an individualized manner. We want to make sure you get the care you need and want. If you require immediate attention, please inform our front desk so that we may expedite your request. Thank you.

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