

Gita Pillai, M.D.

Board Certified in Orthopaedic Surgery



Welcome to Orthopaedic Associates of Southern Delaware

As a fellowship trained board certified orthopedic surgeon I specialize in treating conditions of the shoulder and elbow. I treat injuries of all types – ranging from repetitive use, to fractures, to athletic injuries, to degenerative conditions like arthritis. I have a particular interest in shoulder replacement surgery, including standard, reverse and revision shoulder replacement, as well as arthroscopic surgery.

During my orthopaedic surgery residency, I was privileged to train with leading shoulder and sports surgeons at Mount Sinai Hospital in New York City which solidified my interest in treating all conditions of the shoulder both sports related as well as age related. My interest in sports injuries also stems from my time as a softball player at Columbia University during my undergraduate education. As a native of Maryland, I was happy to return to the Mid-Atlantic following fellowship training to join OASD to become the first fellowship trained shoulder and elbow surgeon in southern Delaware.

I have been an instructor at courses in techniques of rotator cuff repair, authored several book chapters and articles, as well as review articles for the Journal of Shoulder and Elbow Surgery.

My goal in treating you as a patient is to provide you with a clear treatment plan that we formulate together to get you back to the quality of life you want.

Sincerely,

A handwritten signature in white ink that reads "Gita Pillai".

Dr. Gita Pillai

Gita Pillai, M.D.

Education, Training, and Affiliations

Education

- Undergraduate - Columbia University, BA biology/sociology
- Medical school - University of Maryland
 - Alpha Omega Alpha, medical honor society
- Residency - Mount Sinai Hospital
 - Chief resident
 - Mount Sinai Recognition Award for Excellent Clinical Care
- Fellowship in shoulder and elbow - Beth Israel Hospital

Societies

- American Shoulder and Elbow Surgeons
- Mid-Atlantic Shoulder and Elbow Society
- Delaware Society of Orthopaedic Surgeons
- American Academy of Orthopaedic Surgeons

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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**ORTHOPAEDIC
ASSOCIATES**
of Southern Delaware, P.A.

A Division of First State Orthopaedics