

PAUL C. KUPCHA, M.D.

Limestone Medical Center
1941 Limestone Road, Suite 101
Wilmington, DE 19808

WORK HISTORY: Delaware Orthopaedic Specialists (1995 - Present)
Orthopaedic Surgeon, specializing in surgery of the foot and ankle

Christiana Care Sports Medicine Fellowship Program Present
Responsibilities include helping educate fellows in the care of acute and chronic orthopaedic conditions. Educating them in the diagnosis, evaluation and treatment of foot and ankle conditions.

EDUCATION: Board Certified Orthopaedic Surgery (1993- Present)
American Board of Orthopaedic Surgery

Keith Wapner and Paul Hecht: (1993)
Foot and Ankle Fellowship

Thomas Jefferson University Hospital (1987-1991)
Orthopaedic Residency

Tripler Army Medical Center (1986-1987)
Internship

Georgetown University Medical School- M.D. (1986)
Cum Laude
Alpha Omega Alpha

University of Pennsylvania- B.A. (1982)
Magna Cum Laude

Certifications: Original Certification: 1993 Expiration Date: December 2023
Delaware

AWARDS AND HONORS:

Top Doctor by Delaware Today: 2007, 2009, 2010, 2011, 2012, 2014, 2016, 2017, 2018

Top Doctor by Philadelphia Magazine: 2016, 2017, 2018

AOA Honor Society

American Institute of Chemists Award
University of Pennsylvania

The Everett J. Gordon Award

*Department of Orthopaedic Surgery,
Thomas Jefferson University*

Excellence in Wound Care, Christiana Wound Care Center

DeWitt Army Community Hospital, Ft. Belvoir, VA	(10/92)
Assistant Chief, Orthopaedic Surgery Dept.	(10/94)
Chief, Orthopaedic Surgery Dept.	(10/94-6/95)
Project Restore Peace- Bosnia- Frankfurt, Germany	(3/93-4/93)
Desert Storm, SWA	(8/92-10/92)
Walson Hospital, Ft. Dixon, NJ	(7/91-10/92)
Tripler Army Hospital, Honolulu, HI	(6/87 -7/89)

PROFESSIONAL SOCIETIES:

Christiana Care – Orthopaedic Division	Present
<i>Chief Foot and Ankle Section</i>	
Techniques in Foot and Ankle Surgery	2015
<i>Editor, December Issue</i>	
AOFAS Health Policy Committee	2010-2011
<i>Member</i>	
Delaware Society of Orthopaedic Surgeons	2007-2010
<i>President</i>	
Delaware Society of Orthopaedic Surgeons	2006-2007
<i>Vice President</i>	
Delaware Society of Orthopaedic Surgeons	2003-2005
<i>Treasurer</i>	
American Board of Orthopaedic Surgery	
<i>Diplomat</i>	
American Academy of Orthopaedic Surgeons	Present
<i>Candidate</i>	
American Medical Association	Present
Jefferson Orthopaedic Society	1992
<i>President</i>	
American Orthopaedic Foot and Ankle Society	Present

HOSPITAL AFFILIATIONS:

Christiana Care Medical Center - Staff Physician
St. Francis Hospital - Staff Physician
A.I. duPont Hospital - Staff Physician

STATE LICENSES:

Delaware - Active
New Jersey - Inactive
Pennsylvania- Inactive

SCIENTIFIC PRESENTATIONS:

- 2017 10th Annual Delaware Orthopaedic Symposium
Annual Meeting
Speaker: Anatomy Dissection: Foot/Ankle
October 28, 2017 – Newark, DE
- 2017 Christiana Care Family Medicine Residency Program
Orthopaedic Lecture
February 16, 2017 – Wilmington, DE
- 2016 9th Annual Delaware Orthopedic Symposium
Annual Meeting
October 29, 2016 – Newark, DE
- 2014 7th Annual Delaware Orthopaedic Symposium
Annual Meeting
Poster Presentation: A Dorsal Transverse Incision Approach to the Tarso-
Metatarsal Joint In Acute Traumatic Injury
October 25, 2014 – Newark, DE
- 2014 American Orthopaedic Foot and Ankle Society
Annual Meeting
Author: A Dorsal Transverse Incision Approach to the Midfoot In Acute
Traumatic Injury.
September 21, 2014 – Chicago, IL
- 2014 Christiana Care Health Services
8th Annual Medical Society Spring Symposium
3rd Place Winner Poster Presentation: A Dorsal Transverse Incision Approach to
the Tarso-Metatarsal Joint in Acute Traumatic Injury.
March 15, 2014 – Newark, DE
- 2014 Delaware Academy of Family Physicians: Sports Medicine Symposium
Lecture: Achilles Tendon Injury.
March 10, 2014 –Wilmington, DE
- 2013 America Orthopaedic Foot and Ankle Society
Annual Meeting
Transverse Dorsal Approach to the Tarsometatarsal Joints in Acute Traumatic
Injury.
July 17-20 - Hollywood, Florida
- 2013 America Orthopaedic Foot and Ankle Society
Annual Meeting

Percutaneous Navicular Open Reduction Internal Fixation: A Novel Technique.
July 17-20 - Hollywood, Florida

- 2012 Delaware Society of Orthopaedic Surgeons/Christiana Care Health Systems
5th Annual Delaware Orthopaedic Symposium
Live Dissection: Foot and Ankle
October 27, 2012 - Newark Delaware
- 2012 Eastern Orthopaedic Association Education Department
43rd Annual Meeting
June 21-23, - The Sagamore in Bolton Landing, New York
- 2012 Christiana Care Family Medicine Residency Program MSK
Orthopedic Lecture
April 25, 2012 – Wilmington, DE.
- 2012 Christiana Care Family Medicine Residency Program MSK
Orthopedic Lecture
January 26, 2012 – Wilmington, DE.
- 2011 Delaware Academy of Family Physicians
Lecture: Foot and Ankle Common Issues
March 17, 2011 – Wilmington, DE.
- 2010 Christiana Care Health Systems
Lecture Series: Celebrating Women's Health
October 26, 2010 – Wilmington, DE
- 2010 Delaware Academy of Family Physicians: Sports Medicine Symposium
Lecture: Sports Injuries of the Foot And Ankle.
February 13, 2010 – Wilmington, DE.
- 2009 Delaware Academy of Family Physicians, Inc.
Fall Lecture: Diagnostic Challenges of Foot and Ankle Conditions.
September 9, 2009. – Wilmington, DE.
- 2009 American Orthopaedic Foot and Ankle Society: Pre-Meeting Course: Deformity
Correction of the Foot and Ankle: Challenges and Treatment Alternatives.
Lecture: External Fixation for Severe Foot Deformity, Non-Cavus.
July 15, 2009 - Vancouver, British Columbia, Canada.
- 2009 Christiana Care - Lecture: Arcadia University's PA Program
April 6, 2009 – Wilmington , DE.
- 2009 Smith and Nephew – Essentials of External Fixation .
Instruction Labs: Overview of foot and ankle indications and Equinus Frames.
January 9-10. Scottsdale, Arizona.

- 2008 1st Annual Delaware Orthopaedic Symposium. Ankle: “When a Sprain Becomes a Pain” with Live Anatomic Dissection. November 1, 2008 – Newark, DE.
- 2008 75th Annual Meeting of the American Academy of Orthopaedic Surgeons. LLRS Specialty Day: Speaker- External Fixation Application To Midfoot and Forefoot. March 5-9, 2008 – San Francisco, CA
- 2008 Comprehension of Circular External Fixation, Taylor Spatial Frame. Speaker: Corticotomy Techniques; The Distal Reference; How to Incorporate the Foot; Overview of Foot and Ankle Indications for Taylor Spatial Frame; Equinus Contractures of the Ankle. LAB: Equinus Contracture (Rings First Distal Reference). Boulder, Colorado. February 29 – March 1.
- 2007 17TH Annual Baltimore Limb Deformity Post Course. “Advanced Course: Deformity Correction with the Taylor Spatial Frame”. Baltimore, MD. September 6-7.
- 2007 Advanced Applications for External Fixation, Taylor Spatial Frame. Speaker: Calcaneal Fractures, External Fixation for Failed Clubfoot, Complex Foot Salvage with “V” and “Y” Osteotomies, Symposia – External Fixation in Charcot, Forefoot and Midfoot Applications, Labs: Ankle or Tibial Calcaneal Fusion +/- Transport. Correction of Rocker Foot Deformity. San Antonio, Texas. June 21-24.
- 2007 Speaker: 10th Anniversary Taylor Spatial Frame and Ilizarov Course. Workshop: Deformity Correction – Foot with Taylor Spatial Frame and Foot Correction with Taylor Spatial Frame. Cadaver Lab. Vienna, Austria. June 6-9.
- 2007 Lecture: Foot and Ankle Fractures and Reduction. Christiana Care. Emergency Department. Newark, DE. March 21.
- 2007 Lecture: Posterior Tibial Tendonitis and Ankle Sprains: Diagnosis and Treatment for the Family Practitioner. Christiana Care. Wilmington, DE. March 15.
- 2007 Lecture: Common Foot and Ankle Conditions. Family Practice. St. Francis Hospital. Wilmington, DE. March 6.
- 2007 Ilizarov: Principles Techniques and Applications. Wilmington Hospital, Wilmington, DE - January 31.
- 2006 Advanced External Fixation – Taylor Spatial Frame – Workshop Instruction For EquinoCavoVarus-Forefoot Correction and Calcaneal Fractures. American College of Foot and Ankle Surgeons, Memphis Tennessee, October 27-29.
- 2006 Reduction of Chronic Subtalar Dislocation with the use of Taylor Spatial

Frame – Limb Lengthening and Reconstruction Society 16th Annual Scientific Meeting, San Diego, CA, July 21-23.

2006 Application of the Ilizarov/Taylor Spatial Frame to Foot and Ankle. Forefoot Deformity, and Foot Deformity Correction with Taylor Spatial Frame Lab, San Diego, California, July 20.

2006 Closed Treatment of Chronic Subtalar Dislocation with Taylor Spatial Frame; Report of 2 Cases, and Dorsal Transverse Midfoot Incision for Midfoot Fractures; Electronic Posters. American Orthopaedic Foot and Ankle Society, 22nd Annual Summer Meeting. LaJolla, CA, July 14-16.

2006 “The Essential Foot and Ankle” Taylor Spatial Frame.
Lecture on Calcaneal Fractures: Philadelphia, PA, May 19-21.

2006 “Incorporating the Foot”; Taylor Spatial Frame (TSF)
Lecture: Midfoot and Forefoot applications of TSF, Charcot Foot Treatment with TSF, Tibio-calcaneal Fuse with TSF, Bone Transport-Distract Osteogenesis, TSF– Mistakes I’ve made and complications I’ve had. Kenilworth, UK, November 6, 2006.

2005 Jumpin’ thru the Hoops. Taylor Spatial Frame Management; Fractures and Deformities. Ground Rounds, Jefferson Hospital, Philadelphia, PA.

Foot Deformity Correction with the Taylor Spatial Frame, 15th Annual Baltimore Limb Deformity Course, Baltimore, MD, September 4-8, 2005.

Application of the Ilizarov/Taylor Spatial Frame to Foot and Ankle, 15th Annual Scientific Meeting, Foot Deformity and Foot Deformity correction with TSF-Lab, New York City, NY, July 28, 2005.

Limb Lengthening and Reconstruction Society: ASAMI – North America 15th Annual Scientific Meeting, Measurement of Olive Displacement After Tensioning, New York City, NY, July 30, 2005.

Taylor Spatial Frame Course, Web Based TSF Software, Computer Exercises of Web Based Software, Complex Deformity Prox. Tibia Blounts, Bethesda, Maryland, May 13-14, 2005.

Foot and Ankle Update, Diagnosis and Management of the Acute Ankle Sprain/High Ankle Sprain, Philadelphia, PA, April 9-10 2005.

2004 CMT Community Support Group Meeting. Wilmington Hospital. Wilmington, DE, October 30, 2004.

Advanced Foot & Ankle Techniques. Institute for Foot and Ankle Reconstruction, Mercy Medical Center. Baltimore, MD, September 22, 2004.

Foot Deformity Correction with the Taylor Spatial Frame, 14th Annual Baltimore Limb Deformity Course, Baltimore, MD, September 3-6, 2004.

Essentials of External Fixation for Foot and Ankle: *Subtalar and Midfoot Arthrodesis for Osteoarthritis and Post Trauma*. Smith & Nephew. Beaver Creek, CO, August 6, 2004.

Essentials of External Fixation for Foot and Ankle: *Trimalleolar Ankle Fractures*. Smith & Nephew. Beaver Creek, CO, August 5, 2004.

Essentials of External Fixation for Foot and Ankle: *Half-Pin and Wire Insertion Technique*. Smith & Nephew. Beaver Creek, CO, August 4, 2004.

Essentials of External Fixation for Foot and Ankle: *Principles of External Fixation*. Smith & Nephew. Beaver Creek, CO, August 4, 2004.

Management of the Diabetic Foot. Family Practice Physicians. St. Francis Hospital. Wilmington, DE, May 27, 2004.

Tibial Shaft Fracture Indications: *Ohio Basic Ilizarov and Taylor Spatial Frame*. Smith and Nephew. Columbus, OH, April 14-16, 2004.

Concepts in External Fixation: My Early Experience with Ilizarov Technique. Surgical Grand Rounds. Christiana Hospital. Newark, DE, March 24, 2004.

2004 Evaluation and Treatment of Injuries to the Foot and Ankle. 35th Annual "Medical Aspects of Sports" Seminar. University of Delaware College of Health and Exercise Sciences. Newark, DE, February 28, 2004.

Common Foot and Ankle Problems. St. Francis Hospital Residency Program. Wilmington, DE, January 29, 2004.

2002 Common Musculoskeletal Injuries of the Foot and Ankle. Delaware Academy of Family Physicians. Wilmington, DE, November 13, 2002.

Essentials of Diabetic Foot Care. St. Francis Hospital Residency Program. Wilmington, DE, August 1, 2002.

Essentials of Diabetic Foot Care. Christiana Care Emergency Room Residency Program. Newark, DE, April, 30, 2002.

Essentials of Diabetic Foot Care. Emergency Room Residency Program. Foulk Road Medical Center of Delaware. Wilmington, DE, April 23, 2002.

2001 The Limping Child. The Medical Center of Delaware. Residents, Wilmington, DE, May 1, 2001.

- 2000 Foot and Ankle Injuries in Athletes. The Medical Center of Delaware Sports Medicine, Wilmington, DE, May 31, 2000.
- Functional Anatomy of the Foot and Ankle. The Medical Center of Delaware, Family Medicine Center, Wilmington, DE, May 2, 2000.
- “Pampering Your Feet”, Diabetic Patient Education Series, American Diabetes Association, Wilmington, DE, February 29, 2000.
- 1999 Foot and Ankle Injuries. The Medical Center of Delaware, Emergency Department Residents, Wilmington, DE, November 16, 1999.
- 1997 Evaluation of Foot Pain. The Medical Center of Delaware, Wilmington, DE, November 25, 1997.
- Care of the Diabetic Foot, “Current Trends in Diabetes Management.” Principal Health Care of Delaware, Inc./Diabetes Treatment Centers of America, Dover, DE, October 9, 1997.
- “When the Shoe Fits” – The Basics of Professional Shoe Fitting.” Sponsored by The American Foot and Ankle Society, Baltimore, MD, April 29, 1997.
- The Basics of Foot Care. Grand Rounds, The Medical Center of Delaware, Family Practice Residents, Wilmington, DE, April 15, 1997.
- Ankle Injuries, Evaluation and Treatment. Presenter, “Medical Aspect of Sports”, Seminar, University of Delaware College of Physical Education, Newark, DE, January 18, 1997.
- 1996 Ankle Sprains. University of Delaware Student Health Services, Newark, DE, December 17, 1996.
- Talus Fractures. Foot and Ankle Regional Review Course, Baltimore, MD, September 28-29, 1996.
- Arthritis of the Foot and Ankle. Arthritis Foundation, Wilmington, DE, March 1996.
- Agony of D-Feet. Arthritis Foundation, Kent General Hospital, Dover, DE April 1996.
- Foot and Ankle Injuries in Athletes. University of Delaware Athletic Trainers, Newark, DE, March 1996.
- 1994 Vice President/Program Chairman. J.O.S. Foot and Ankle Meeting, November 17-18, 1994.
- Fibrin Clot Delivery in Meniscal Repair Surgery. Poster Exhibit, Society of

Military Orthopaedic Surgeons, Hilton Head, SC, November 13-18, 1994

Back Pain: Diagnosis and Treatment Algorithms. DeWitt Army Community Hospital, Ft. Belvoir, VA, June 10, 1994.

Foot and Ankle Injuries in the Athlete. Grand Rounds, Family Practice Department, Ft. Belvoir, VA, May 24, 1994.

Fibrin Clot Delivery in Meniscal Repair Surgery. Poster Exhibit, American Academy of Orthopaedic Surgeons, Orlando, FL, February 19, 1994.

Lumbar Disc Disease. Grand Rounds, Family Practice Department, Ft. Belvoir, VA, February 18, 1994.

1993 Examination and Treatment of Foot and Ankle Injuries. Grand Rounds, Family Practice Department, Ft. Belvoir, VA, November 15, 1993.

1991 Trigger Thumb in Children. AOA Residents Conference, Kansas City, KS, April 1991.

Gunshot Wounds to the Cervical Spine. Specialty Day, FOSA, American Academy of Orthopaedic Surgeons, Annual Meeting, March 10, 1991.

PFT and Sagittal Curve Correction with Cotrel-Dubouset Instrumentation. Poster Exhibit, American Academy of Orthopaedic Surgeons, Annual Meeting, March 1991.

Extensor Tendon Recentralization at the Metacarpophalangeal Joint after Dislocation Annual, Dr. Carroll Fellows Meeting, Jamaica, WI, January 1991.

1990 The Use of a Positioning Jig Does Not Improve the Reducibility of Measurement of Baumann's Angle. Pediatric Orthopaedic Society of North America, 1990.

1990 Trigger Thumb in Children, American Society for Surgery of the Hand, Annual, Canada, September 1990.

Non-unions, Grand Rounds, Department of Orthopaedic Surgery, Thomas Jefferson University Hospital, Philadelphia, PA, August 1990.

Low Velocity Gunshot Wounds to the Cervical Spine. Exhibit, ASIA, Annual Meeting, Orlando, FL, May 1990.

Extensor Tendon Recentralization at the Metacarpophalangeal Joint After Dislocation. AOA Residents, Newport Beach, CA, March 1990.

Gunshot Wounds to the Cervical Spine. AOA Resident Conference, Newport Beach, CA, March 1990.

Phalangeal Fractures: Operative Indications, Grand Rounds, Department of Orthopaedic Surgery, Thomas Jefferson University Hospital, March 1, 1990.

1989 PFT and Sagittal Curve Correction with Cotel-Dubousset Instrumentation. A.I. duPont Institute, Annual Research Meeting, December 20, 1989.

Ultrasonography in the Detection of Femoral Anteversion. A.I. duPont Institute, Annual Research Meeting, December 20, 1989.

Gunshot Wounds to the Cervical Spine. Cervical Spine Research Society, Annual Meeting, New Orleans, LA, December 6, 1989.

PUBLICATIONS:

Kupcha, C. Paul: Techniques in Foot and Ankle Surgery: Advances in Midfoot Surgery. Vol. 14; No 4; Page 158; December, 2015.

Kupcha, C. Paul and Freeland, Erik: Techniques in Foot and Ankle Surgery: Fixation of Navicular Body Fractures With a Cerclage Wire Technique. Vol 14; No. 4; Page 177-180. December 2015.

Kupcha, C. Paul and Gradisek, Brian: Techniques in Foot and Ankle Surgery. Transverse Dorsal Approach to the Midfoot Joints in Acute Traumatic Injury. Vol. 14; No 4; Pages 164-170. December 2015.

Kupcha, C. Paul: VUMEDI presentation:
Jones Fracture Intramedullary Screw “The easy way”
February, 2013

Kupcha, C. Paul: VUMEDI presentation:
Percutaneous Achilles Tendon Repair
July, 2010

Kupcha, C. Paul and Mackenzie, W.G. : The American Journal of Orthopedics. Percutaneous Achilles Tendon Repair Using Ring Forceps: Technique Tip. Vol. 37; No. 11; Page 586. November, 2008.

Kupcha, C. Paul and Pappas, Stacey: Foot and Ankle International. Medial Malleolar Fixation with a Bicortical Screw: Technique Tip. Vol. 29; No. 11; Page 1151; November, 2008.

Ahmed, Thabet M. and Kupcha, Paul C.: Foot and Ankle Clinics: Article in Press: Hind Foot Salvage with External Fixation. January, 2008.

Kupcha, Paul C.: Letter to the Editor. Foot and Ankle International, Vol. 25, No. 9, Pg 688, September 2004.

Kupcha, P.C. and Abboudi, Jack: Technique Tip – Supination Lag As an Indication of Posterior Tibial Tendon Dysfunction. Foot and Ankle International.

Kupcha, P.C. and Shah, S.A.: Posterior Tibial Tendon Dysfunction as a Cause of

Acquired Flatfoot in Adults. Delaware Medical Journal, May 1997, Vol. 69, No. 5, Pgs. 255-257.

Kirschenbaum, I.H., Kupcha, P.C.: Letter to the Editor. Orthopaedics, 16:1212, December 1993.

Kupcha, P.C. and Kupcha, R.: Posada's Fracture. Surgical Rounds Orthopaedic Surgery, 4:40, 1990.

Vaccaro, A., Kupcha, P.C., Salva, J.P.: Accurate Reduction and Splinting for the Common Boxer's Fracture. Ortho. Rev., Vol. XIX:994. 1990.

Kupcha, P., Fitzpatrick, M.: Arthrodesis of the Forefoot and Midfoot, Foot and Ankle International, Vol. 17, No. 12, Pg. 784, December 1996.

Vaccaro, A., Kupcha, P., Schneider, L.H.: The Operative Repair of Chronic Non-traumatic Extensor Tendon Subluxation in the Hand. Hand Clinics, Vol. 11:3; Pgs. 431-440, August 1995.

Miller, F., Merlo, M., Liang, Y., Kupcha, P., Jamison, J., Harcke, T.: Femoral Version and Neck Shaft Angle. Journal of Pediatric Orthopaedics, 13:382-388, 1993.

Kupcha, P.C., Kupcha, R., Stewart: Closed Posterior Elbow Dislocation with Brachial Artery Rupture. The Jefferson Orthopaedic Journal, XX: 88-90.

Kupcha, P.C., Guilee, J.T., Tassanwipas, A., and Brown, J.R.: Polyostotic Fibrous Dysplasia and Acromegaly. J. Ped. Ortho., 11:95, 1991.

Kupcha, P.C., Ger, E. and Ger, D.: The Management of Trigger Thumb in Children. J. Hand Surgery, Vol. 16A5, P. 944, 1991.

Kupcha, P.C., An, H.S. and Cotler, J.M.: Gunshot Wounds to the Cervical Spine. Spine, 10:1058, 1990.

Epstein, A., Zhang, W., Schultz, R., Rosenberg, M. and Kupcha, P.C.: The Failure of Ventricular Sodium to Control Sodium Appetite in the Rat. J. Physiology and Behavior, 32:686.