

Pamela Mehta M.D.

Board Certified Orthopaedic Surgeon

Contact About

2430 Samaritan Drive
San Jose, CA
714.376.4726
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Board Certified Orthopaedic Surgeon practicing over 10 years
Ivy League Trained
Practice Founder & Owner
Over 5 years of leadership in healthcare
Medical Advisor
Social media healthcare influencer

Social Media

Instagram: @dr.pamelamehta
47.4K followers
Tik Tok: @dr.pamelamehta
149.8K followers
Youtube: Pamela Mehta, MD

Experience

Resilience Orthopaedics 3/2016 - Current
Founder & Owner
2430 Samaritan Dr.
San Jose, CA 95125

Key Skills

Surgeon
Practice Owner
Leadership
Advisor
Consultant
Social Media Networking
/Building Community

FIGS 11/2021- Current
Healthcare Advisory Board

The Good Feet Store 5/2021 - Current
Medical Advisor

OS1st 1/2022- Current
Medical Advisor

Medical Licensure

California State license in
Medicine and Surgery: A116839

MDisrupt 3/2020 - 11/2021
Clinical Advisor

New York State license in
Medicine and Surgery: 249472

Surgical Affiliates Management Group 3/2016 - 3/2019
Chief of Orthopedic Surgery
555 Capitol Mall #570
Sacramento, CA 95814

USMLE Step I, II, III: Passed

Northern California Orthopaedic Associates 12/2015 - 12/2017
General Orthopaedics

ABOS Part I and II: Passed

1 Scripps Drive, Suite 101
Sacramento, CA 95825

Kaiser Roseville 8/2012 - 11/2015

General Orthopaedics

1600 Eureka Road

Roseville, CA 95661

Kaiser South Bay Medical Center

6/2011 - 8/2011

General Orthopaedics

25825 South Vermont Ave.

Harbor City, CA 92706

Education

Columbia University/New York

2006 – 2011

Orthopaedic Hospital

- Orthopaedic Surgery Residency

Keck School of Medicine, USC

2002 – 2006

- Doctorate of Medicine
- Order of Arete: Selected as one of ten graduating medical students for excellence in academics, service, and leadership.

University of Southern California

1998 – 2002

- Dual Degree: B.A. in Biology and Religion
- Presidential Scholarship : Rewarded merit based scholarship for undergraduate education.
- Mortar Board National Honor Society
- Order of the Palm and Laureate: Selected as one of eleven graduating seniors at USC for excellence in leadership and service; highest honor given to a graduating senior.

Cambridge International Summer Programme

2001

Irvine High School

1994 – 1998

- Graduated with highest distinction (top 2%)
- Accepted as one of thirty-five students into 8-year continuum program after high school (Baccalaureate/MD program at USC)

Leadership

Surgical Affiliates Management Group: National Director of

Orthopaedic Surgery

- Recruited & Managed over 40 Orthopaedic Surgeons at 4 different programs

- Attended monthly meetings with CEOs and CMOs at our client hospitals as the Orthopaedic medical director and SAMGI representative
- Established practice management guidelines for each program

Pinnacle Conference

- 1st multi-specialty organization empowering women to reach the pinnacle of their personal leadership, negotiation, and life-balancing skills
- Inaugural conference Dec 2019 with 150 participants nationally & 10 internationally recognized speakers
- Co-founder

Association for Healthcare Social Media

- Non-profit
- 1st professional society for healthcare professional social media use
- Founding Board Member

Publications

Mehta P, Schnall SB, Zalavras CG. Septic arthritis of the shoulder, elbow, and wrist. *Clinical Orthopaedics and Related Research*. 2006;451:42-5.

Mehta P, Brafman R, Ahmad CS. Chapter 3: *Evaluation and Management of Discoid Meniscus. Pediatric and Adolescent Sports Injuries Monograph*, February: 2010.

Podium Presentations

Demographics, Diagnostic Features, and Microbiology of Septic Joints of the Wrist, Elbow and Shoulder: An Eleven Year Experience
Musculoskeletal Infection Society Meeting, August 2005;
Aspen, Colorado; Authors: **Mehta P**, Schnall SB, Zalavras CG.

Grand Rounds, Department of Orthopaedic Surgery, Columbia University

Medical Center, NY

Tumor Board: Langerhan's Cell Histiocytosis;
July 2008

Hand Service Rounds: Keinbock's Disease;
February 2008

Pediatric Service Rounds: Leg-Calve Perthes
Disease;

September 2009

Graduation Presentation: How do women really
feel about
their gender specific knee? Early clinical results
and subjective

satisfaction rate; June 2011

Podcast Appearances

Beyond Medicine (Rami Wehbi DO): July 30,
2018: Career and Life
Balance For Women.

Speciality Stories: MedSchoolHQ (Ryan Gray,
MD): April 2019: Private
Practice, General Orthopaedics and more

As a Woman (Natalie Crawford MD): August 18,
2019: Woman in a Man's
World with Dr. Pamela Mehta

Beauty Bytes with Dr. Kay (Kay Durairaj, MD):
December 10, 2019:
Regenerative Medicine, PRP, & Pregnancy During
Residency with Dr.
Pamela Mehta

The Womed (Danielle Maltby): September 7,
2020: Resiliency in the
Orthopedic Field with Dr. Pamela Mehta, MD

It's Good to See You (Rupa Wong, MD):
September 21, 2021: Pregnancy
Discrimination and Proving People Wrong with Dr.
Pam Mehta

Media

1001 cuts, still in production
A film about surgeons who are women

AAMC News, 4/22/2022
Oversized and overlooked: Women surgeons
struggle to find equipment that fits

The Good Feet Store, 4/13/2022

Meet Dr. Pamela Mehta – Good Feet Medical Advisor

Becker's Spine Review, 4/12/2022

6 orthopedic surgeons growing their TikTok audiences

Footwear News, 2/23/2022

10 Best Diabetic Socks to Keep Feet Comfortable and Healthy

Good Feet in Eating Well & Yahoo! Lifestyle, 2/17/2022

The Best Shoes If You Have Diabetes, According to Podiatrists

The Uma Show, 12/21/2021

Rita Kakati-Shah with Pamela Mehta - Life of a Surgeon - Mana TV International

Eat This, Not That!, 11/24/2021

The 5 Best Walking Shoes, According to Podiatrists

Buzzfeed, 10/5/2021

This Woman Was Asked "Do You Plan On Having Children?" During A Job Interview And Here's How It Affected Her Career

PR NewsWire, 8/17/2021

The Good Feet Store Spotlights Five Essential Products to Help Prevent Pain, Orthopedic Surgeon Dr. Pamela Mehta Offers Expert Advice for Maintaining Proper Body Mechanics and an Active Lifestyle

FIGS:

Surgical Green Scrubs Campaign, 8/2021
Women's Equality Day Campaign, 7/2021
Women's History Month, 3/2021

Well and Good, 6/19/2021

6 Pairs of Summer Shoes for Flat Feet That Are Cute and Podiatrist-Approved

Medscape, 3/26/2021

Docs Ignore Sexual Harassment: What Happened to Do No Harm?

Alok S. Patel, MD; Natalie M. Crawford, MD;
Pamela Mehta, MD

Spectrum News 1 with Timothy Parker.
2/24/2021

Expert for Tiger Woods Injuries Segment

All Hearts Scrubs: Real Caregivers. Real Stories. 2018

Pamela Mehta (@dr.pamelamehta), MD

Speaking Engagements

FIGS Fruitful Talk

November 2021

- Talk given to 140 FIGS employees regarding balancing life as a healthcare professional

The Good Feet Store National Convention

November 2021

- Keynote speaker

FemHealth Purpose Summit

January 2021

- Summit features top CEOs and leaders in the healthcare industry who share their path, their successes and failures, and secrets on how they became successful in their field

Pinnacle Membership

2021

- Host weekly discussions and talks geared towards Leadership, Goals, Self-Care and Social Media for 60 participants for one-year long membership

Pinnacle Conference

2019-2022

- Pinnacle Live Conference: Pioneering Practice Ownership, Women in Medicine

- Attended by 150-170, 2-day event

(December 2019)

- Pinnacle Virtual Conference

- Attended by 175, 1 day event (December 2020)

MedCon Events

May 2019

- Invited as a healthcare social media influencer to participate on a panel regarding work life balance as a physician and mother, inaugural conference.