

Jeffrey Shilt, MD, an Orthopedic Surgeon with Texas Children's Hospital The Woodlands

Get to know Orthopedic Surgeon Dr. Jeffrey Shilt, who serves patients in Texas.



New York City, New York Nov 16, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Shilt is an esteemed orthopedic surgeon and serves as Community-in-Chief at Texas Children's Hospital The Woodlands. He also continues to serve as the Medical Director of the Motion Analysis & Human Performance Lab.

Among his other titles, Dr. Shilt is a Professor of Orthopedics and Scoliosis Surgery at Baylor College of

Medicine, the Pediatric Sports Medicine Liaison to the United States Olympic and Paralympic Committee, and the Chairman of the Medical Advisory Board for USA Cycling.

Previously, he served as the Vice Chair-Community Surgery and the Chief Surgical Officer at Texas Children's Hospital The Woodlands.

A Missouri native, Dr. Shilt obtained his medical and undergraduate degrees through the University of Missouri-Kansas City's combined BA-MD program directly out of high school. He completed an internship in general surgery and a residency in orthopedic surgery at the Ochsner Clinic in New Orleans, a year of basic science research at the Pediatric Research Institute at Cardinal Glennon Children's Hospital in St. Louis, and a fellowship in pediatric orthopedic surgery at Vanderbilt University in Nashville. After completing his clinical training, he completed the personalized leadership development program at Wake Forest University Babcock Graduate School of Management's Institute for Executive Education.

As a testament of his continued education, he is board-certified in orthopedic surgery by the American Board of Orthopedic Surgery (ABOS). The ABOS is an organization with the goal of establishing educational and professional standards for orthopedic residents and surgeons as well as evaluating the qualifications and competence of orthopedic surgeons.

Prior to joining Texas Children's Hospital in 2016, Dr. Shilt was a pediatric orthopedic surgeon and Director of the Spasticity Clinic and Motion Analysis Lab at St. Luke's Children's Hospital in Boise, Idaho. Prior to that, he served as the Residency Program Director and Associate Professor of Orthopedic Surgery at Wake Forest University in Winston-Salem, North Carolina, and as Director of Pediatric Orthopedics at Wake Forest Baptist Health's Brenner Children's Hospital.

Having published over 40 articles and authored 7 book chapters, his research interests include the management of spasticity in cerebral palsy, sports performance, and the treatment of endurance sports injuries. He has also presented numerous lectures, both nationally and internationally.

Continuously advancing his efforts, Dr. Shilt is an active member of the American Academy for Cerebral Palsy and Developmental Medicine, the American Academy of Orthopedic Surgeons, the American Association of Cycling Team Doctors, the Pediatric Orthopedic Society of North America, and the Scoliosis Research Society.

Orthopedic surgery is the branch of surgery concerned with conditions involving the musculoskeletal system. Orthopedic surgeons use both surgical and non-surgical means to treat musculoskeletal trauma, sports injuries, degenerative diseases, infections, tumors, and congenital disorders.

A recognized leader in both academics and clinical practices, Dr. Shilt has completed basic science research in the treatment of children with spastic cerebral palsy and sports medicine applications of tissue engineering. He was the team physician for the USA triathlon team at two world championships, as well as for a professional cycling team. He has also served as a medical consultant for multiple world champion athletes, Olympians and gold medalists, and professional Ironman and other endurance athletes.

Among Dr. Shilt's honors and awards, he was recognized by the Pediatric Orthopedic Society of North America with the Angela Kuo Young Investigator Research Award and the Howard Steele Scientific Papers Award.

Happily married to his wife, Erin, the couple has four children - Mackenzie, Delaney, Ryder, and Lawson. Dr. Shilt is an avid outdoorsman enjoying a wide variety of interests.

Learn More about Dr. Jeffrey Shilt:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2271980-Jeffrey-Shilt-Orthopedist>, or through Texas Children's Hospital, <https://www.texaschildrens.org/find-a-doctor/jeffrey-s-shilt-md>

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