Dr. Theodora Dworak is a board-certified orthopaedic foot and ankle surgeon currently serving on active duty in the United States Navy. Dr. Dworak grew up in West Hartford, Connecticut, and earned her undergraduate degree from Smith College. She attended the Uniformed Services University for medical school and graduated in 2012. Dr. Dworak completed her residency in Orthopaedic Surgery through the National Capital Consortium at Walter Reed in Bethesda, Maryland, in 2018.

After residency, Dr. Dworak served as a general orthopaedic surgeon at Naval Hospital Jacksonville in Jacksonville, Florida. She completed a fellowship in Foot and Ankle Surgery at OrthoCarolina in Charlotte, North Carolina, in 2021. After completing her fellowship, she returned to Walter Reed as GME faculty and an assistant professor of surgery at the Uniformed Services University. In 2024, she was selected as the Orthopaedic Residency Program Director at Walter Reed in Bethesda, Maryland.

Dr. Dworak specializes in the treatment of foot and ankle conditions, including simple and complex fractures, foot and ankle arthritis, deformity correction, forefoot reconstruction, sports-related injuries, and cartilage restoration. She has a strong interest in managing foot and ankle conditions as they relate to the readiness of active-duty service members.

Outside of work, Dr. Dworak enjoys spending time with her husband and daughter, playing golf, cooking, and attending Navy football games.