



Jeremy Stanek

Clinical Assistant Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- **Orthopaedic Surgery and Sports Medicine**

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Emeryville, CA 94608

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ACADEMIC CONTACT INFORMATION

- **Academic Administrative Contact**

Elizabeth Medina - Administrative Associate

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Bio

BIO

Dr. Jeremy Stanek is a sports medicine physiatrist who specializes in performing arts medicine, sports medicine, and musculoskeletal medicine. He enjoys treating musicians, dancers, athletes of all abilities, and anyone who wants to become or stay active. He performs diagnostic ultrasound as well as ultrasound-guided and fluoroscopic-guided procedures.

Dr. Stanek grew up on a small farm near the town of Qulin, Missouri. He received degrees in music performance from the University of Missouri and University of New Mexico and had a career as a professional trumpet player until developing focal dystonia (musicians' dystonia). Wanting to utilize his experience and education as a performer, he chose medicine as his next career. He graduated from the University of Missouri School of Medicine then completed his intern year at the Medical College of Wisconsin, followed by advanced residency training in physiatry (physical medicine & rehabilitation) at the University of Missouri. In 2018, Dr. Stanek completed a fellowship in sports medicine at Washington University in St. Louis, where he also was a provider in the Medical Program for Performing Artists, treating members of the St. Louis Ballet and his former colleagues in the St. Louis Symphony and community bands and orchestras. He has also provided coverage for a variety of events such as MMA fights, endurance sports events, and was a team physician for Washington University Athletics.

He conducts research in performing arts medicine and has given numerous conference presentations. Additionally, he enjoys speaking with professional and student musicians/dancers to educate them on arts medicine and avoiding injuries. In his free time, he enjoys working on old cars, baking, and participating in triathlons and other endurance sports.

CLINICAL FOCUS

- Performing Arts Medicine
- Sports Medicine
- Musculoskeletal Medicine
- Sports Injuries
- Ultrasound and Fluoroscopic Injections

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Orthopaedic Surgery
- Member, Wu Tsai Human Performance Alliance

HONORS AND AWARDS

- Jose C. Montero Teaching Award, Stanford University (2021)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Federation of Musicians (1997 - present)
- Member, North American Spine Society (2018 - 2022)
- Member, American Academy of Physical Medicine & Rehabilitation (2011 - present)
- Member, Performing Arts Medicine Association (2005 - present)
- Member, American Medical Society for Sports Medicine (2016 - present)
- Member, International Trumpet Guild (1995 - present)
- Member, Spine Intervention Society (2017 - present)

PROFESSIONAL EDUCATION

- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (2018)
- Board Certification: Sports Medicine, American Board of Physical Medicine and Rehabilitation (2018)
- Medical Education: University of Missouri Columbia School of Medicine (2013) MO
- Fellowship: Washington University Sports Medicine Fellowship (2018) MO
- Residency: University of Missouri Physical Medicine and Rehabilitation Residency (2017) MO
- Internship: Medical College of Wisconsin Internal Medicine Residency (2014) WI

LINKS

- Stanford Performing Arts Medicine Program: <https://pmr.stanford.edu/patients/performing-arts-orthopaedic-health.html>

Teaching

COURSES

2022-23

- Introduction to Performing Arts Medicine: HUMBIO 77SI (Win)

Publications

PUBLICATIONS

- **Behind the Curtain: Consensus Recommendations to Support University-Level Performing Arts Students' Return to the Stage After Concussion.** *Neurology*
Memmini, A. K., Hutchison, O., Savvidou, P., Russell, J. A., Sinnott, A. M., Donahue, C. C., Hentis, M., Dick, R., Stanek, J., Lasner, A. N., Ng, T. K., Jelínková, B., Beck, et al
2026; 106 (6): e214713
- **Perceptions and Prevalence of Anxiolytic Medication Usage for Performance Enhancement Among Musicians.** *Medical problems of performing artists*
Kuwabara, A., Miller Olson, E., Stanek, J. L.
2024; 39 (4): 155-161

- **Sternomanubrial Joint Pain Secondary to Ulcerative Colitis Treated with Ultrasound-Guided Injection.** *PM & R : the journal of injury, function, and rehabilitation*
Nguyen, C., Stanek, J. L.
2023
- **Being the healthy trumpet player, part 1** *International Trumpet Guild Journal*
Stanek, J.
2023; 47 (2)
- **Being the healthy trumpet player, part 2** *International Trumpet Guild Journal*
Stanek, J.
2023; 47 (3)
- **Hyperphosphatemic Familial Tumoral Calcinosis in a Dancer.** *PM & R : the journal of injury, function, and rehabilitation*
Li, W., Stanek, J.
2022
- **Pain and Playing Habits Among University Trumpet Students and Faculty** *International Trumpet Guild Journal*
Stanek, J.
2019; 43 (2): 37-42
- **Playing-Related Pain and Associated Habits Among Students and Faculty at a Major University Music Program: A Study of Prevalence with Recommendations for Teachers** *Music Teachers National Association e-Journal*
Stanek, J., Savvidou, P.
2019; 11 (1): 2-12
- **Traumatic Neuropathy of the Trigeminal Nerve in a College Trumpet Player: A Case Report** *PM&R*
Stanek, J., Komes, K.
2018; 10 (2): 218–21
- **A Cross-Sectional Study of Pain Among US College Music Students and Faculty**
Stanek, J. L., Komes, K. D., Murdock, F. A.
SCIENCE & MEDICINE INC.2017: 20-+
- **Poster 448 Obturator Neuropathy after Lumbar Fusion and Resolution with Ultrasound-Guided Obturator Nerve Block: A Case Report.** *PM & R : the journal of injury, function, and rehabilitation*
Stanek, J. L., Agha, M.
2016; 8 (9S): S307
- **Growth characteristics in cerebral palsy subtypes: a comparative assessment** *DEVELOPMENTAL MEDICINE AND CHILD NEUROLOGY*
Stanek, J. L., Emerson, J. A., Murdock, F. A., Petroski, G. F.
2016; 58 (9): 931–35
- **Obturator Neuropathy after Lumbar Fusion and Resolution with Ultrasound-Guided Obturator Nerve Block: A Case Report** *PM&R*
Stanek, J., Agha, M.
2016; 8 (9): S307
- **Functional Rehabilitation after Total Hip Arthroplasty in a Patient with Bilateral Congenital Upper Limb Difference** *American Journal of Physical Medicine and Rehabilitation*
Nichols, C., Stanek, J., Farid, R.
2016; 95 (3): A90
- **Complete Resolution of Long-term Piriformis Syndrome after Surgical Release: A Case Report** *PM&R*
Stanek, J., Agha, M.
2015; 7 (9): S145
- **Retrospective Assessment of Early Growth Characteristics in Cerebral Palsy Subtypes** *Developmental Medicine & Child Neurology*
Stanek, J., Emerson, J., Petroski, G., Murdock, F.
2011; 53: 12-13

PRESENTATIONS

- Instrumental Physicality - St. Louis Symphony Orchestra Concert (10/2017)
- Pain in Musicians Study Report - University of Michigan Performing Arts Medicine & Rehabilitation Symposium (10/2017)
- Introduction to Performing Arts Medicine - University of Michigan Performing Arts Medicine & Rehabilitation Symposium (10/2017)
- The Secret Pain of Pianists: Quantitative Study Results and Recommendations - National Conference of the Music Teachers National Association (3/2017)
- Pain in College Music Students and Faculty - International Symposium of the Performing Arts Medicine Association (7/2016)
- Retrospective Assessment of Early Growth Characteristics in Cerebral Palsy Subtypes - International Conference of the American Academy of Cerebral Palsy and Developmental Medicine (10/2011)
- Evaluation of Research Limitations in Physiatry Residency Programs - International Conference American Academy of Physical Medicine & Rehabilitation (10/2017)
- Symptom-delayed Disruption of Cervical Ligaments with Anterolisthesis in a Mixed Martial Arts Fighter - International Conference of Association of Academic Physiatrists (2/2017)
- Traumatic Trigeminal Neuropathy Secondary to Excessive Mouthpiece Pressure in a Trumpet Player - International Conference of Association of Academic Physiatrists (2/2017)
- Prevalence of Pain Among College Music Students and Faculty - Univ of Missouri Health Sciences Research Day (11/2016)
- Obturator Neuropathy after Lumbar Fusion and Resolution with Ultrasound-guided Obturator Nerve Block: A Case Report - International Conference of American Academy of Physical Medicine & Rehabilitation (10/2016)
- Functional Rehabilitation after Total Hip Arthroplasty in a Patient with Bilateral Congenital Upper Limb Difference - International Conference of Association of Academic Physiatrists (2/2016)
- Complete Resolution of Long-term Piriformis Syndrome after Surgical Release: A Case Report - International Conference of American Academy of Physical Medicine & Rehabilitation (10/2015)
- Retrospective Assessment of Early Growth Characteristics in Cerebral Palsy Subtypes - Univ of Missouri Health Sciences Research Day (10/2010)