Bio

Dr. Seth L. Sherman is a third-generation team physician and surgeon. He is board certified and fellowship trained in Sports Medicine. Dr. Sherman is proud to serve as Orthopedic Surgeon for Stanford Cardinal Football and as the Sports Medicine fellowship director.

Dr. Sherman specializes in arthroscopic and minimally invasive surgical interventions for the knee and shoulder. He has subspeciality and research interests in knee joint preservation/cartilage restoration and the patellofemoral joint. As a tertiary care provider, Dr. Sherman offers non-surgical and salvage surgical solutions for active patients with complex problems and in cases where other surgeries have failed.

Dr. Sherman completed his residency training at the Hospital for Special Surgery in New York City and was trained by the team physicians for the NY Giants, Mets, and Knicks. During his sports medicine fellowship in Chicago, he served as assistant team physician for the Chicago Bulls and White Sox. Prior to joining the team at Stanford University in July 2019, he served as team physician for the Mizzou Tigers in the NCAA SEC conference.

Dr. Sherman is co-author on more than 100 peer reviewed articles/chapters and actively presents his research at national and international meetings. He is Chairman of the AAOS Sports Medicine/Arthroscopy committee and holds leadership positions in several other organizations (AOSSM, AANA, ISAKOS, ICRS). He is a member of the prestigious international ACL and Patellofemoral Study Groups.

He enjoys spending time with wife Sylvia and daughter Evie. He is an avid fresh and saltwater fly fisherman.

CLINICAL FOCUS

- Orthopaedic Surgery
- Knee Ligament Repair/Reconstruction (ACL, PCL, Posteromedial, Posterolateral, Anterolateral complex, Medial Patellofemoral Ligament)
- Knee Meniscus Repair/Replacement (all-inside repair, inside-out repair, outside-in repair, root repair, meniscus allograft transplantation)
- Knee Cartilage Restoration (osteochondral allograft, MACI procedure, DeNovo NT, OAT autograft, microfracture plus etc.)
• Knee Osteotomy (Tibial Tubercle Osteotomy/Fulkerson, High Tibial Osteotomy, Distal Femoral Osteotomy)

• Surgical Management of the Patellofemoral Joint

• Shoulder arthroscopy (rotator cuff tendonitis, rotator cuff tear, SLAP/biceps complex, AC arthritis/separation, subacromial bursitis, labral tear, shoulder instability)

• Open shoulder surgery (TSA, reverse TSA, open Latarjet, open distal tibial allograft)

• Surgical tendinopathy/tear (distal biceps, distal triceps, patella tendon, quad tendon, Achilles tendon, proximal hamstring, tennis elbow, golfer’s elbow)

**ACADEMIC APPOINTMENTS**

• Clinical Instructor, Orthopaedic Surgery

**PROFESSIONAL EDUCATION**

• Board Certification: Sports Medicine, American Board of Orthopaedic Surgery (2015)

• Board Certification: Orthopaedic Surgery, American Board of Orthopaedic Surgery (2013)

• Fellowship: Rush University Medical Center GME Office (2011) IL

• Residency: Hospital for Special Surgery Orthopaedic Surgery Residency (2010) NY

• Medical Education: Weill Cornell Medical College (2005) NY

**Teaching**

**GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS**

• Sports Medicine (Fellowship Program)

**Publications**

**PUBLICATIONS**

• Optimizing Patellofemoral Cartilage Restoration and Instability With Tibial Tubercle Osteotomy. *Arthroscopy-The Journal of Arthroscopic and Related Surgery*
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• Biomechanical Evaluation of Suture Anchor versus Transosseous Tunnel Patellar Tendon Repair Techniques. *The Journal of Knee Surgery*
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• Articular Cartilage Lesion Characteristic Reporting Is Highly Variable in Clinical Outcomes Studies of the Knee. *Cartilage*
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• Do neoprene sleeves and prophylactic knee braces affect neuromuscular control and cutting agility? *Physical Therapy in Sport: Official Journal of the Association of Chartered Physiotherapists in Sports Medicine*
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- Meniscus Allograft Transplantation. OPERATIVE TECHNIQUES IN SPORTS MEDICINE
  2018; 26 (3): 189–204

- Evaluation of Novel Cartilage Treatment Options for Clinical Use. OPERATIVE TECHNIQUES IN SPORTS MEDICINE
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  2018; 26 (3): 218–226

- Chondral and osteochondral lesions in the patellofemoral joint: when and how to manage. ANNALS OF JOINT
  Sherman, S. L., Thomas, D. M., Farr, J.
  2018; 3 (6)

- Return to Play after Patellar Stabilization. CURRENT REVIEWS IN MUSCULOSKELETAL MEDICINE
  Sherman, S. L., Deasis, D. P., Garrone, A. J., Voss, E. E., Oliver, H. A.
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- Radiologic and Histologic Evaluation of Proximal Bicep Pathology in Patients With Chronic Biceps Tendinopathy Undergoing Open Subpectoral Biceps Tenodesis. ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY
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- Distal Femoral Varus Osteotomy for the Management of Valgus Deformity of the Knee. JOURNAL OF THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS
  Sherman, S. L., Thompson, S. F., Clohisy, J. F.
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• **In Vivo Toxicity of Local Anesthetics and Corticosteroids on Supraspinatus Tenocyte Cell Viability and Metabolism.** *The Iowa orthopaedic journal*
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• **Development and Validation of a Portable and Inexpensive Tool to Measure the Drop Vertical Jump Using the Microsoft Kinect V2** *SPORTS HEALTH: A MULTIDISCIPLINARY APPROACH*
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• **Development of a Micronized Meniscus Extracellular Matrix Scaffold for Potential Augmentation of Meniscal Repair and Regeneration** *TISSUE ENGINEERING PART C-METHODS*
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• Tibial Tuberosity Osteotomy Indications, Techniques, and Outcomes *AMERICAN JOURNAL OF SPORTS MEDICINE*
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