



Seth Lawrence Sherman, MD

Clinical Instructor, Orthopaedic Surgery

CLINICAL OFFICES

- **Stanford Medicine Outpatient Center (Bone health clinic)**

450 Broadway

Pavillion A

Redwood City, CA 94063

Tel (650) 723-5643

Fax (650) 721-3429

ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

Janet Lockshin

Email lockshin@stanford.edu

Bio

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 subspecialty 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*
Sherman, S. L., Humpherys, J., Farr, J.
2019; 35 (8): 2255–56
- **Biomechanical Evaluation of Suture Anchor versus Transosseous Tunnel Patellar Tendon Repair Techniques.** *The journal of knee surgery*
Sherman, S. L., Black, B., Mooberry, M. A., Freeman, K. L., Gulbrandsen, T. R., Milles, J. L., Evans, L., Flood, D., Pfeiffer, F.
2019; 32 (8): 825–32
- **Articular Cartilage Lesion Characteristic Reporting Is Highly Variable in Clinical Outcomes Studies of the Knee** *CARTILAGE*
Jones, K. J., Sheppard, W. L., Arshi, A., Hinckel, B. B., Sherman, S. L.
2019; 10 (3): 299–304
- **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*
Bodendorfer, B. M., Arnold, N. R., Shu, H. T., Leary, E. V., Cook, J. L., Gray, A. D., Guess, T. M., Sherman, S. L.
2019; 39: 23–31
- **Accurate Reporting of Concomitant Procedures Is Highly Variable in Studies Investigating Knee Cartilage Restoration.** *Cartilage*
Sheppard, W. L., Hinckel, B. B., Arshi, A., Sherman, S. L., Jones, K. J.
2019: 1947603519841673
- **Isolated Complete Rupture of the Biceps Femoris Insertion: A Surgical Repair Technique Manuscript** *ARTHROSCOPY TECHNIQUES*
Todd Raines, B., Pomajzl, R. J., Ray, T. E., Bley, J. A., Sherman, S. L.
2019; 8 (4): E407–E411
- **Relationship Between 2-Dimensional Frontal Plane Measures and the Knee Abduction Angle During the Drop Vertical Jump** *JOURNAL OF SPORT REHABILITATION*
Willis, B. W., Hocker, K., Razu, S., Gray, A. D., Skubic, M., Sherman, S. L., Kurkowski, S., Guess, T. M.

2019; 28 (4): 399–402

- **The 50 Most-Cited Articles in Meniscal Allograft Transplantation Research: A Bibliometric Analysis** *CARTILAGE*
Chaudhry, Z. S., Fram, B., Henn, R., Sherman, S. L., Hammoud, S.
2019; 10 (2): 196–204
- **Management of patellofemoral instability in the setting of multiligament knee injury** *ANNALS OF JOINT*
Sherman, S. L., Oladeji, L. O., Welsh, J., DiPaolo, Z. J.
2018; 3 (11)
- **Subchondroplasty for the treatment of post-traumatic bone marrow lesions of the medial femoral condyle in a pre-clinical canine model** *JOURNAL OF ORTHOPAEDIC RESEARCH*
Brimmo, O. A., Bozynski, C. C., Cook, C. R., Kuroki, K., Sherman, S. L., Pfeiffer, F. M., Stoker, A. M., Cook, J. L.
2018; 36 (10): 2709–17
- **Reconstruction of the medial patellotibial ligament results in favorable clinical outcomes: a systematic review** *KNEE SURGERY SPORTS TRAUMATOLOGY ARTHROSCOPY*
Baumann, C. A., Pratte, E. L., Sherman, S. L., Arendt, E. A., Hinckel, B. B.
2018; 26 (10): 2920–33
- **Meniscus Allograft Transplantation** *OPERATIVE TECHNIQUES IN SPORTS MEDICINE*
Sherman, S. L., Thomas, D. M., Gulbrandsen, T. R., Farr, J.
2018; 26 (3): 189–204
- **Evaluation of Novel Cartilage Treatment Options for Clinical Use** *OPERATIVE TECHNIQUES IN SPORTS MEDICINE*
Farr, J., Sherman, S. L.
2018; 26 (3): 218–26
- **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.
2018; 11 (2): 280–84
- **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*
Nuelle, C. W., Stokes, D. C., Kuroki, K., Crim, J. R., Sherman, S. L.
2018; 34 (6): 1790–96
- **Anterior Cruciate Ligament Injuries in Missouri High School Male and Female Soccer Athletes**
Gray, A. D., Miller, S., Sherman, S. L., Leary, E., Willis, B. W.
LIPPINCOTT WILLIAMS & WILKINS.2018: 575
- **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.
2018; 26 (9): 313–24
- **Youth Baseball Pitching Mechanics: A Systematic Review** *SPORTS HEALTH-A MULTIDISCIPLINARY APPROACH*
Thompson, S. F., Guess, T. M., Plackis, A. C., Sherman, S. L., Gray, A. D.
2018; 10 (2): 133–40
- **Patellofemoral Cartilage Restoration: Indications, Techniques, and Outcomes Foreword** *JOURNAL OF KNEE SURGERY*
Sherman, S. L.
2018; 31 (3): 205
- **Overuse of Magnetic Resonance Imaging in the Diagnosis and Treatment of Moderate to Severe Osteoarthritis.** *The Iowa orthopaedic journal*
Sherman, S. L., Gulbrandsen, T. R., Lewis, H. A., Gregory, M. H., Capito, N. M., Gray, A. D., Bal, B. S.
2018; 38: 33–37

- **In Vivo Toxicity of Local Anesthetics and Corticosteroids on Supraspinatus Tenocyte Cell Viability and Metabolism.** *The Iowa orthopaedic journal*
Nuelle, C. W., Cook, C. R., Stoker, A. M., Cook, J. L., Sherman, S. L.
2018; 38: 107–12
- **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*
Gray, A. D., Willis, B. W., Skubic, M., Huo, Z., Razu, S., Sherman, S. L., Guess, T. M.
2017; 9 (6): 537–44
- **Management of Anterior Cruciate Ligament Injury? What's In and What's Out?** *INDIAN JOURNAL OF ORTHOPAEDICS*
Raines, B., Naclerio, E., Sherman, S. L.
2017; 51 (5): 563–75
- **Osteochondral Autologous Transplantation** *CLINICS IN SPORTS MEDICINE*
Sherman, S. L., Thyssen, E., Nuelle, C. W.
2017; 36 (3): 489–+
- **Safety and efficacy of hyperosmolar irrigation solution in shoulder arthroscopy** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
Capito, N. M., Cook, J. L., Yahuaca, B., Capito, M. D., Sherman, S. L., Smith, M. J.
2017; 26 (5): 745–51
- **In vivo bone tunnel evaluation of nanoparticle-grafts using an ACL reconstruction rabbit model** *JOURNAL OF BIOMEDICAL MATERIALS RESEARCH PART A*
Grant, S. A., Smith, S. E., Schmidt, H., Pfeiffer, F., Kuroki, K., Sherman, S., White, R., Grant, D. A.
2017; 105 (4): 1071–82
- **In vitro toxicity of local anaesthetics and corticosteroids on supraspinatus tenocyte viability and metabolism** *JOURNAL OF ORTHOPAEDIC TRANSLATION*
Nuelle, C. W., Cook, C. R., Stoker, A. M., Cook, J. L., Sherman, S. L.
2017; 8: 20–24
- **Development of a Micronized Meniscus Extracellular Matrix Scaffold for Potential Augmentation of Meniscal Repair and Regeneration** *TISSUE ENGINEERING PART C-METHODS*
Monibi, F. A., Bozynski, C. C., Kuroki, K., Stoker, A. M., Pfeiffer, F. M., Sherman, S. L., Cook, J. L.
2016; 22 (12): 1059–70
- **OSTEOCHONDRAL ALLOGRAFTS IN SHOULDER SURGICAL PROCEDURES** *JBJS REVIEWS*
Capito, N. M., Owens, B. D., Sherman, S. L., Smith, M. J.
2016; 4 (11)
- **The 50 Most Cited Articles in Orthopedic Cartilage Surgery** *CARTILAGE*
Arshi, A., Siesener, N. J., McAllister, D. R., Williams, R. J., Sherman, S. L., Jones, K. J.
2016; 7 (3): 238–47
- **Biomechanical Evaluation of Suture Anchor Versus Transosseous Tunnel Quadriceps Tendon Repair Techniques** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Sherman, S. L., Copeland, M. E., Milles, J. L., Flood, D. A., Pfeiffer, F. M.
2016; 32 (6): 1117–24
- **Two-Stage Revision Anterior Cruciate Ligament Reconstruction** *ORTHOPEDICS*
Erickson, B. J., Cvetanovich, G., Waliullah, K., Khair, M., Smith, P., Bach, B., Sherman, S.
2016; 39 (3): E456–E464
- **Development of a Novel Canine Model for Posttraumatic Osteoarthritis of the Knee** *JOURNAL OF KNEE SURGERY*
Brimmo, O. A., Pfeiffer, F., Bozynski, C. C., Kuroki, K., Cook, C., Stoker, A., Sherman, S. L., Monibi, F., Cook, J. L.
2016; 29 (3): 235–41
- **Rethinking the Standard of Care in Treating Professional Athletes** *CLINICS IN SPORTS MEDICINE*
Poma, C., Sherman, S. L., Spence, B., Brenner, L. H., Bal, B.
2016; 35 (2): 269–+

- **Nonligamentous Soft Tissue Pathology About the Knee: A Review** *ORTHOPEDICICS*
Erickson, B. J., Campbell, K., Cvetanovich, G. L., Harris, J. D., Bach, B. R., Sherman, S. L.
2016; 39 (1): 32–42
- **In Vitro Toxicity of Local Anesthetics and Corticosteroids on Chondrocyte and Synoviocyte Viability and Metabolism** *CARTILAGE*
Sherman, S. L., Khazai, R. S., James, C. H., Stoker, A. M., Flood, D. L., Cook, J. L.
2015; 6 (4): 233–40
- **Return to Play Following Anterior Cruciate Ligament Reconstruction** *JOURNAL OF THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS*
Ellman, M. B., Sherman, S. L., Forsythe, B., LaPrade, R. F., Cole, B. J., Bach, B. R.
2015; 23 (5): 283–96
- **In Vivo Toxicity of Local Anesthetics and Corticosteroids on Chondrocyte and Synoviocyte Viability and Metabolism** *CARTILAGE*
Sherman, S. L., James, C., Stoker, A. M., Cook, C. R., Khazai, R. S., Flood, D. L., Cook, J. L.
2015; 6 (2): 106–12
- **Quantifying the Economic Impact of Provider Volume Through Adverse Events The Case of Sports Medicine** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Scott, D. J., Sherman, S., Dhawan, A., Cole, B. J., Bach, B. R., Mather, R. C.
2015; 3 (3): 2325967115574476
- **Anterior Ankle Arthroscopy Indications, Pitfalls, and Complications** *FOOT AND ANKLE CLINICS*
Epstein, D. M., Black, B. S., Sherman, S. L.
2015; 20 (1): 41–57
- **Managing and recognizing complications after treatment of acromioclavicular joint repair or reconstruction** *CURRENT REVIEWS IN MUSCULOSKELETAL MEDICINE*
Ma, R., Smith, P. A., Smith, M. J., Sherman, S. L., Flood, D., Li, X.
2015; 8 (1): 75–82
- **Effects on Exposed Articular Cartilage During Open Surgical Procedures: A Comparison of Various Fluids in an Animal Model** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Farr, J., Mathew, L. M., Stoker, A. M., Sherman, S. L., Cook, J. L.
2015; 31 (1): 113–17
- **Does a Syringe Matter for Return to Play in Contact Sports? A Case Report and Evidence-Based Review of Return-to-Play Criteria After Transient Quadriplegia** *SPORTS HEALTH-A MULTIDISCIPLINARY APPROACH*
Milles, J. L., Gallizzi, M. A., Sherman, S. L., Smith, P. A., Choma, T. J.
2014; 6 (5): 440–45
- **Tibial Tuberosity Osteotomy Indications, Techniques, and Outcomes** *AMERICAN JOURNAL OF SPORTS MEDICINE*
Sherman, S. L., Erickson, B. J., Cvetanovich, G. L., Chalmers, P. N., Farr, J., Bach, B. R., Cole, B. J.
2014; 42 (8): 2006–17
- **Patellofemoral Anatomy and Biomechanics** *CLINICS IN SPORTS MEDICINE*
Sherman, S. L., Plackis, A. C., Nuelle, C. W.
2014; 33 (3): 389–+
- **Evidence-Based Approach of Treatment Options for Postoperative Knee Pain** *PHYSICIAN AND SPORTSMEDICINE*
Farr, J., Jagers, R., Lewis, H., Plackis, A., Sim, S. B., Sherman, S. L.
2014; 42 (2): 58–70
- **Does ACL Reconstruction Alter Natural History? A Systematic Literature Review of Long-Term Outcomes** *JOURNAL OF BONE AND JOINT SURGERY-AMERICAN VOLUME*
Chalmers, P. N., Mall, N. A., Moric, M., Sherman, S. L., Paletta, G. P., Cole, B. J., Bach, B. R.
2014; 96A (4): 292–300
- **Fresh Osteochondral Allograft Transplantation for the Knee: Current Concepts** *JOURNAL OF THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS*
Sherman, S. L., Garrity, J., Bauer, K., Cook, J., Stannard, J., Bugbee, W.

2014; 22 (2): 121–33

- **Evaluation and Management of an Irreducible Posterolateral Knee Dislocation** *JOURNAL OF KNEE SURGERY*
Capito, N., Gregory, M. H., Volgas, D., Sherman, S. L.
2013; 26: S136–S141
- **Return to High-Level Sport After Meniscal Allograft Transplantation** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Chalmers, P. N., Karas, V., Sherman, S. L., Cole, B. J.
2013; 29 (3): 539–44
- **An Evidenced-Based Examination of the Epidemiology and Outcomes of Traumatic Rotator Cuff Tears** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Mall, N. A., Lee, A. S., Chahal, J., Sherman, S. L., Romeo, A. A., Verma, N. N., Cole, B. J.
2013; 29 (2): 366–76
- **Biomechanical Evaluation of Transosseous Rotator Cuff Repair Do Anchors Really Matter?**
Salata, M. J., Sherman, S. L., Lin, E. C., Sershon, R. A., Gupta, A., Shewman, E., Wang, V. M., Cole, B. J., Romeo, A. A., Verma, N. N.
SAGE PUBLICATIONS INC.2013: 283–90
- **Recutting the distal femur to increase maximal knee extension during TKA causes coronal plane laxity in mid-flexion** *KNEE*
Cross, M. B., Nam, D., Plaskos, C., Sherman, S. L., Lyman, S., Pearle, A. D., Mayman, D. J.
2012; 19 (6): 875–79
- **Long-term survivorship of a unicondylar knee replacement - A case report** *KNEE*
Egidy, C. C., Sherman, S. L., Macdessi, S. J., Cross, M. B., Windsor, R. E.
2012; 19 (6): 944–47
- **Graft Tensioning During Knee Ligament Reconstruction: Principles and Practice** *JOURNAL OF THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS*
Sherman, S. L., Chalmers, P. N., Yanke, A. B., Bush-Joseph, C. A., Verma, N. N., Cole, B. J., Bach, B. R.
2012; 20 (10): 633–45
- **Biomechanical Analysis of the Pectoralis Major Tendon and Comparison of Techniques for Tendo-osseous Repair** *AMERICAN JOURNAL OF SPORTS MEDICINE*
Sherman, S. L., Lin, E. C., Verma, N. N., Mather, R. C., Gregory, J. M., Dishkin, J., Harwood, D. P., Wang, V. M., Shewman, E. F., Cole, B. J., Romeo, A. A.
2012; 40 (8): 1887–94
- **A Review of Translational Animal Models for Knee Osteoarthritis** *ARTHRITIS*
Gregory, M. H., Capito, N., Kuroki, K., Stoker, A., Cook, J. L., Sherman, S. L.
2012: 764621