



Anne Elizabeth Goldring, MD

Clinical Assistant Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- **Stanford Orthopedic Surgery at Pleasanton**

5725 W Las Positas Blvd Ste 200

Pleasanton, CA 94588

Tel (925) 272-2860 **Fax** (925) 263-5700

ACADEMIC CONTACT INFORMATION

- **Administrative Contact**

Irma Serrano - Academic Administrative Associate

Email serranoi@stanford.edu

Tel 650-725-0609

Bio

BIO

Dr. Goldring is a board-certified, fellowship-trained physiatrist with Stanford Health Care Orthopaedics and Sports Medicine. She is clinical assistant professor in the Department of Orthopaedic Surgery, Division of Physical Medicine and Rehabilitation, at Stanford University School of Medicine. Dr. Goldring completed a Physical Medicine and Rehabilitation (PM&R) residency at Northwestern University in Chicago, followed by fellowship training in Sports and Spine at the Hospital for Special Surgery in New York.

Dr. Goldring's clinical practice focuses on the non-operative management of musculoskeletal injuries and spine disorders. She specializes in delivering comprehensive care for a range of conditions, including sports-related injuries, osteoarthritis, neck, and back pain. She is focused on optimizing patient function, with the goal of helping patients return to their desired activities and prevent future injury. She believes that movement is medicine and wants to help patients achieve active, healthy lifestyles. She provides guidance throughout a physical rehabilitation course with personalized physical therapy prescriptions and exercise plans. When necessary, she also offers more aggressive interventions like injection therapies or surgical referrals. Her practice includes the use of diagnostic electromyograms (EMGs), ultrasound-guided musculoskeletal injections, shockwave therapy, Ortho biologics, such as platelet rich plasma (PRP), and fluoroscopic-guided lumbosacral spine injections.

Dr. Goldring has published articles in PM&R, Journal of Surgical Research, and The Physician and Sportsmedicine. She has delivered presentations and lectures all over the nation, including in Chicago, New Orleans, and New York. Her research and presentations, have covered topics ranging from women's sports medicine, improving medical education curriculum, ergonomic interventions in the workplace, and the impact of intensive lifestyle medicine programs on musculoskeletal pain.

Dr. Goldring is a member of the American Medical Society for Sports Medicine, American Academy of Physical Medicine and Rehabilitation, Association of Academic Physiatrists, and Spine Intervention Society. She has provided sideline coverage at multiple athletic events, including the Bank of America Chicago Marathon, the Long Island Nets basketball, and United Soccer League (USL) games.

CLINICAL FOCUS

- Sports Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Orthopaedic Surgery

PROFESSIONAL EDUCATION

- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (2023)
- Board Certification: Sports Medicine, American Board of Physical Medicine and Rehabilitation (2023)
- Fellowship: Hospital for Special Surgery Physiatry and Sports Medicine Fellowship (2023) NY
- Residency: Northwestern McGaw (2019) IL
- Medical Education: Drexel University College of Medicine (2018) PA

Publications

PUBLICATIONS

- **Should virtual medical student clerkships in Physical Medicine & Rehabilitation continue?** *PM & R : the journal of injury, function, and rehabilitation*
Farr, E., Goldring, A., Vernacchia, C., Woo, L., Mhatre, P., Rydberg, L.
2023; 15 (5): 674-680
- **Ergonomics Workshop Improves Musculoskeletal Symptoms in General Surgery Residents.** *The Journal of surgical research*
Cerier, E., Hu, A., Goldring, A., Rho, M., Kulkarni, S. A.
2022; 280: 567-574
- **Key components and potential benefits of a comprehensive approach to women's musculoskeletal health.** *The Physician and sportsmedicine*
Goldring, A. E., Ashok, A. P., Casey, E. K., Mulcahey, M. K.
2016; 44 (4): 417-424