

Deborah Saint-Phard, MD

Current Position

Associate Professor, Department of Physical Medicine and Rehabilitation
Associate Professor, Department of Orthopaedic Surgery
University of Colorado Denver School of Medicine
Founder and Director, CU Women's Sports Medicine,
University of Colorado Hospital

Professional Address: University of Colorado Denver School of Medicine,
Department of Physical Medicine and Rehabilitation
12631 East 17th Avenue, Room 2513
Mail Stop F-493, PO Box 6511
Aurora, CO 80045
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Education

September 1983- Princeton University, Princeton, New Jersey
May 1987 Major: Psychology
Degree: Bachelor of Arts

September 1987- Temple University School of Medicine
May 1992* Philadelphia, Pennsylvania
Degree: Doctor of Medicine

*Leave of absence (2/19/88-2/19/89) to train for and compete in the Olympic Games, Seoul, Korea, September 1988

May 22, 1992-June 30, 1992 Traveled around the country; moved to Denver; got an apartment; prepared for Internship

July 1992-June 1993 Saint Joseph Hospital
Department of Internal Medicine,
Intern
Denver, Colorado

July 1993-June 1996 University of Colorado at Denver and Health Sciences Center,
Department of Physical Medicine and Rehabilitation,
Resident
Denver, Colorado

July 1996-June 1997 Mayo Clinic
Rochester, Minnesota
Sports Medicine Center,
Fellow

Academic Appointments

August 1, 1999-
October 31, 2002 **Weill Medical College of Cornell University**
Clinical Instructor of Rehabilitation Medicine

November 11, 2002-June 30, 2007
University of Colorado School of Medicine
Assistant Professor,
Department of Physical Medicine and
Rehabilitation
Department of Orthopaedic Surgery

November 11, 2002-now **Founder and Director,**
CU Women's Sports Medicine Program
Department of Physical Medicine and
Rehabilitation
Department of Orthopaedic Surgery
University of Colorado School of Medicine

July 1, 2007-present **University of Colorado Denver, School of
Medicine**
Associate Professor
Department of Physical Medicine and
Rehabilitation
Department of Orthopaedic Surgery

Hospital and Professional Positions

August 1, 1997-
October 31, 2002 **Hospital for Special Surgery**
Assistant Attending Physiatrist
Department of Rehabilitation Medicine
Women's Sports Medicine Center
535 East 70th Street
New York, New York 10021

August 1, 1997-
January 30, 1999 **New York Cornell Special Surgery**
Sports Medicine Center at Chelsea Piers
Medical Director
525 East 68th Street
New York, New York 10021

Medical Director

July 1, 1998-
June 30, 2002

New York Presbyterian Hospital
Clinical Affiliate, Physiatry
New York, New York 10021-4805

November 11, 2002-
May 2003

University of Colorado Hospital
Medical Director,
Inpatient Rehabilitation Medical Unit

August 1, 2003 to
July 1, 2010

Boulder Community Hospital
Associate Medical Staff Member
311 Mapleton Avenue
Boulder, CO 80301

November 11, 2002-
present

University of Colorado Hospital
Faculty Member,
Department of Physical Medicine and
Rehabilitation
Denver, CO

February 1, 2008
to present

Pinnacol Assurance
Worker's Compensation carrier
Consultant to Case Worker's

Honors and Awards

Larry Ellis Award from Princeton University Friends of Track and Field, Lifetime Achievement award for athletic accomplishment and service in women's sports medicine, June 4, 2017, Princeton, New Jersey

Named *Top Doctors* by 5280 Magazine 2016

Selected Teacher of the Year in the Department of Physical Medicine and Rehabilitation 2009-2010 by residents. Awarded June 11, 2010 as the "**Golden Goniometer Award**"

Named "Top 20 Doctors for Women in the United States" by *Women's Health* magazine; November 2008

Named "Top Doctors" by 5280 Publication in Denver, Colorado, October 2008

Named as one of "**America's Top Doctors^R**" by Castle & Connolly 2008, 2009, 2010

Named “Best Doctors” 2007-2008 and 2008-2009 by **Best Doctors**^R

Excellence in medical student teaching award.
University of Colorado School of Medicine
2003-2004

Professional Memberships

American Medical Society of Sports Medicine, Member, 2011-present

American Academy of Physical Medicine and Rehabilitation, Fellow,
1993-present

Physiatric Association of Spine, Sports, and Occupational Rehabilitation, Fellow,
May 2000-Present

American Association of Neuromuscular and Electrodiagnostic Medicine, Fellow,
May 2000-September 2007

Strategic Health Initiative for Women, Sport, and Physical Activity,
Appointment 1997-2000

Medical Society of The State of New York, Professional Member,
1998-2002

Association of Academic Physiatrists, Diplomate, 1999-2002

American College of Sports Medicine, Professional Member, 1995-2003

North American Spine Society, Fellow 2000-2003

Colorado Medical Society, 2005

Denver Medical Society, 2005

Administrative Duties

Prosthetics and Orthotics Subcommittee, Hospital for Special Surgery, October
1997-2002

Medical Director, New York Cornell Special Surgery Sports Medicine Center,
August 1, 1997-January 30, 1999

Resident Coordinator, Department of Physical Medicine and Rehabilitation, for Weill Medical College of Cornell University at Hospital for Special Surgery, August 1997-August 2000

Women's Integrative Services and Health,
Steering Committee Member
2002-2005
Director, Christina Finlayson, MD
Administrator, Venus Mann

Trauma Committee, University of Colorado Hospital
Representative of Department of Physical Medicine and Rehabilitation
Director, Dr. Robert McIntyre
April 2006-October 2006

Emerging Leaders Program, University of Colorado System
2006-2007
Selected to participate in a leadership development program for University of Colorado

Co-Fellowship Director, University of Colorado, PM&R ACGME accredited Pain Fellowship (March 2003-June 2012)

Founder and Director, CU Women's Sports Medicine Program, University of Colorado School of Medicine in collaboration with University of Colorado Hospital (November 2002-present)

Medical Education Committee Member,
Department of Physical Medicine and Rehabilitation Residency Training Program, (December 2002-present)

Resident Selection Committee
December 2002-present

American Academy of Physical Medicine and Rehabilitation's Women's Health SIG member 1997-present
Annual National meeting with working groups throughout the year on research, policy, advisors to the academy with respect to the administrative agenda as it relates to women's health issues

Joint Commission on Sports Medicine and Science, Representative for American Academy of Physical Medicine and Rehabilitation and PASSOR to the, national meeting, March 7-9, 2008
New Orleans, Louisiana
50 organizations dedicated to the field of sports medicine and science coordinate the present and future initiatives, programs and collaborations.

American Board of Physical Medicine and Rehabilitation
Invited Oral Board Examiner,
Weekend examinations of eligible PM&R Board Certification Candidates
Annually May 2005 through May 2007; May 2009

American Academy of Physical Medicine and Rehabilitation
Musculoskeletal Council
ACGME- accredited Sports Medicine Fellowship Directors Committee Member,
2009-present

Editor for Elsevier Editorial System (EES) for peer review manuscripts
PM&R Journal
Reviewer for manuscript submission (determines appropriateness of article for
publication
June 2010-June 2012

Sports Medicine Resident Director,
Department of Physical Medicine and Rehabilitation Residency Program
University of Colorado School of Medicine
November 23, 2016-present

University of Colorado Denver School of Medicine

Team Physician for University of Colorado Buffaloes
November 2002-present
CU Women's Basketball
CU Cross Country and Track and Field Teams
CU Athletic Teams (Game coverage before during and after home
events)
Training Room Coverage (Treating CU athletes of all types:
Football, Tennis, Track and Field, Skiing, Cross Country, Soccer,
and Volleyball)

Team Physician for University of Denver Pioneers
November 2002-present
DU Women's Basketball (starting 2009)
DU Women's Lacrosse
DU Women's Soccer
DU Athletic teams
200 hours of service to the teams of University of Colorado and University
of Denver per year since November 2002

Faculty Promotions and Tenure Committee, University of Colorado Denver,
School of Medicine September September 2007-June 2010

Admissions Committee, University of Colorado Denver, School of Medicine
November 2007-February 2008

Invited Judge for 22nd Annual Student Research Forum,
University of Colorado Denver, Anschutz Medical Campus
For Graduate School, School of Medicine,
School of Pharmacy, and School of Dentistry
January 16, 2008

Search Committee, Vice Chancellor and Vice Provost for Diversity and
Inclusion, University of Colorado Denver, March 2007-November 2007

National: United States Olympic Committee Task Force
Task force to create proposal to establish UCDHSC as the home site the
USOC
Project Managers: Tom Clark at Metro Denver and Jeff Olson

Team Physician for 2006 Division I Women's Basketball Championship
Denver, Colorado,
First and Second Rounds
March 2006

Licensure

Colorado: issued September 17, 1993 (active)
Minnesota: (expired)
New Jersey: (expired)
New York: (expired)
Maryland: issued December 6, 2005 – September 30, 2011 D0063934

Board Certification:

- American Board of Physical Medicine and Rehabilitation**,
Board Certified July 1, 1997 No. 5501
Recertified February 13, 2006
Expires December 31, 2017
- American Board of Electrodiagnostic Medicine**
Board Certified May 2000 No. 3045
Expired December 31, 2010
- Pain Medicine Subspecialty Certification,**
American Board of Physical Medicine and Rehabilitation
Board Certified September 11, 2004 No. 827

Expired December 31, 2014

**Sports Medicine Subspecialty Certification,
American Board of Physical Medicine and
Rehabilitation**

Board Certified September 1, 2008 No. 80
Expires December 31, 2017

National Board of Medical Examiners
Certificate No. 415680

ACLS/BLS certification expiration: January, 2018

Extramural Lectures

National

American Medical Society for Sports Medicine
Invited Faculty Member
Introduction to MSK US Course
Boulder, CO
July 24, 2014
Attendees: 150 Sports Medicine Fellows

American Medical Society for Sports Medicine
Faculty Member, Hands On Scanning
Advanced Course Musculoskeletal Ultrasound Pre-Conference
April 5, 2014
New Orleans, LA

American Medical Society for Sports Medicine
Faculty Member; Hands-On Scanning
Introduction to Musculoskeletal Ultrasound Pre-Conference
April 4, 2014
New Orleans, Louisiana

Advanced Course Musculoskeletal Ultrasound Pre-Conference
American Medical Society of Sports Medicine
Faculty Member
Saturday, April 21, 2012
Atlanta, Georgia
Audience: 100 Sports Medicine Physicians

Introduction to Musculoskeletal Ultrasound Pre-Conference
American Medical Society of Sports Medicine
Friday, April 20, 2012

Faculty Member
Atlanta, Georgia
Audience: 100 Sports Medicine Physicians

American College of Sports Medicine Annual Meeting
Ultrasound Hands-On Session,
Faculty Instructor
June 4, 2011
Denver, CO
Audience: 40 sports medicine physicians

American College of Sports Medicine Annual Meeting
58th Annual Meeting and 2nd World Congress on Exercise is Medicine
“Groin pain in the distance runner.”
Clinical Case Platform Presentation. Jason Friedrich, Micol Rothman, **DSP**
June 3, 2011
Denver, CO
Audience: 100 sports medicine specialists

American College of Sports Medicine Annual Meeting
Presentation of Clinical Case abstract and presentation
“Anterior Knee Pain: Two Cases of Synovial Cell Sarcoma”
Baltimore, Maryland; Rachel Brakke, MD and Deborah Saint-Phard, MD
Audience: 100 sports medicine specialists
June 3, 2010

Association of Academic Physiatrists, Annual Meeting, Invited Guest Lecturer
Resident Workshop, Nerve Conduction Studies in the Forearm
2-hour didactic and tutorial
Audience: 50 PM&R fellows and residents from across the nation
Colorado Spring, Colorado
February 25, 2009

American Academy of Physical Medicine and Rehabilitation 2008 Annual
Assembly
Abstract and Poster Presentation May 15, 2008
presented at national meeting in San Diego, November 22, 2008
“Compression side femoral neck stress fracture complicated by deep vein
thrombosis (DVT) and complex regional pain syndrome (CRPS): A Case Report.
Alicia Feldman, MD and D. Saint-Phard, MD

American College of Sports Medicine Annual Meeting (54th Meeting)
Bilateral Calf Pain: Soccer
Clinical Case Presentation: Popliteal Artery Entrapment Syndrome
New Orleans, Louisiana
Marla Kaufman, MD and Deborah Saint-Phard, MD

May 30, 2007

American College of Sports Medicine Annual Meeting (53rd Meeting)

Thoracic Outlet Syndrome

Invited Lecturer

Denver Colorado

Audience: 250 attendees

June 2, 2006

Regional

Spine Medicine in Sports

Office Based Sports Medicine for the Primary Care Provider

Invited Lecturer

Aurora, Colorado

Audience: 60 physicians, athletic trainers

May 12, 2012

The Female Endurance Athlete

CU Marquette Challenge Fundraiser for Foundation for Physical Therapy

Audience: Physical Therapist, students, physicians, athletic trainers

Aurora, Colorado

100 participants

October 29, 2011

Office Based Sports Medicine for the Primary Care Provider

Science of bisphosphonates and putative cause of lateral femoral cortical fractures

Invited lecturer

Aurora, Colorado

Audience: MD's, Residents, Fellows, ATC's, Nurses

May 8, 2010

2nd Annual Musculoskeletal Research Symposium

Competitive Research Presentation

“Biomechanical comparison of lower limb unloading between common modalities of ankle foot orthoses”

Aurora, Colorado

Audience: 100 PT's, MD's, PhD's, DPT's, students, fellows, residents

April 10, 2010

7th Annual Colorado Women's Cardiovascular Health Symposium

“Practical Fitness for Women on the Go”

Invited Lecturer

Aurora, Colorado

Audience: 60 attendees (RN, MDs)

September 11, 2009

Office-Based Sports Medicine for the Primary Care Provider
“Diagnosis and Management of Low Back Pain”
Invited Lecturer, Aurora Colorado
Audience: 60 attendees
May 2, 2009

“The Relevance of Women’s Sports Medicine Today”
Sports Executives in the Front Range
Invited by Chiara DelMonaco, University of Colorado Hospital WISH director
And Abbie Krause, UCH Marketing
Audience: 20 attendees
April 27, 2009

Anthem Blue Cross/Blue Shield Healthy Women Event
“Fitting Fitness into Life”
Invited Lecturer
Denver, Colorado
Audience: 60 attendees
October 16, 2008

Sports Medicine for the School Age Athlete: On the Field & Office Based
Management, (CME course)
“Dermatologic Infections in the Locker Room: MRSA”
Invited speaker
Audience: 100 physicians, athletic trainers, housestaff, and medical students
August 7, 2008

Office-Based Sports Medicine for the Primary Care Provider (CME course)
“Health Concerns in Women’s Sports Medicine”
Invited speaker
Audience: 80 physicians, residents, medical students, athletic trainers, physical
therapists, and lay people
May 3, 2008

CU Women Succeeding Symposium Panel
Moderator, Deborah Saint-Phard, MD
Panel Members: Nancy Zahniser, PHD,
Kristen McKinney, MD, and Carol Rumack, MD
Balance, Barriers, and Solution
(Political Landscape, Balancing Careers and Life)
King Center, UCD Downtown Campus
February 29, 2008
Audience: 25 academicians and clinicians

Pathways to Wellness and Wisdom Class

University College at University of Denver
Sponsored by Dr. Sheila Wright
Invited Guest Speaker: Wisdom, Wellness, Happiness, and a Meaningful Life
February 25, 2008
Audience: 15 people (physicians to lay people)

Hot Topics in Women's Health
Sponsored by: State Senator Suzanne Williams and
State Representative Nancy Todd
Invited Panelist
Discussed: Increased incidence of ACL Tear in girls compared to boys,
importance of obtaining normal bone density in one's youth, importance of
resistance training for maintaining strength and lean body mass over age 50
October 8, 2007
Audience: 90 Women Business Professionals in Greater Aurora and Denver
Shore Family Forum
Anschutz Medical Campus

University of Colorado Sports Medicine Fall Symposium
Invited Lecturer: Athletic Groin Injuries: Diagnosis and Treatment
CU Stadium Club
Boulder, CO
Audience: 200 (orthopedic surgeons, radiologists, athletic trainers, physical
therapists, fellows, residents, medical students)
September 14, 2007

Rocky Mountain Rehabilitation Society Meeting
Invited Lecturer: "The Female Athlete Triad"
Rocky Mountain Region, Denver, CO
November 12, 2003

Children's Medical Center,
Practice Limited to Infants, Children, and Young Adults
Invited Lecturer: "Active Women's Health, A CU Sports Medicine Program"
February 22, 2005
Audience: Pediatricians and their staff
Number: 8 Pediatricians and 12 staff members

Medically-Based Fitness
Menopause Milestone Symposium
Invited Lecturer: Exercise and Menopause
April 16, 2005
Audience: Lay persons, staff, physical therapists, OB/GYN physicians, and
Internal Medicine physicians
Number: 75

Office-Based Sports Medicine for the Primary Care Physician
Regional Conference

Saturday, May 7, 2005

Invited Lecturer: Health Concerns in Women's Sports Medicine

Audience: physical therapists, athletic trainers, family practice physicians,
internal medicine physicians, medical students, and residents

Number: 120

Rocky Mountain Half Marathon and Luna Women's 8K

Invited Lecturer: "Strength Training for Faster Times"

June 12, 2005

Audience: women recreational and elite runners

Number: 50

Office-Based Sports Medicine for the Primary Care Physician, Aurora, Colorado
May 6, 2006

Invited Lecturer: Health Concerns in Women's Sports Medicine

Audience: Orthopaedic Surgery, Physical Medicine and Rehabilitation Medicine,
and Family Medicine Faculty along with Primary Care physicians, athletic
trainers, and physical therapists

Number: 120

Family Medicine Review Course (Regional)

Invited Lecturer: Athletic Low Back Injuries and Women's Sports Medicine

Wednesday, June 28, 2006

Audience: Family Practice Medicine Faculty, Regional area physicians,

Number: 350

Rocky Mountain Academic Spine Research Symposium

Invited Presenter: Underlying Osteopenia: Does it matter?

Friday, October 6, 2006

Audience: Regional authorities on spine research including University faculty in
PM&R, Orthopaedic Surgery, and Neurosurgery, fellows, residents, and medical
students

Number: 70

Orthopaedic Surgery Musculoskeletal Research Conference

Invited Presenter: "Underlying Osteopenia: Does it Matter?"

Saturday, October 28, 2006

Audience: Regional authorities on musculoskeletal disorders and research
including regional physicians, doctorates of philosophy (PhD's), research
assistants, fellows, residents, and medical students

Colorado Volleyball Association

Coordinator and Invited speaker of

Women's Sports Medicine Educational Seminar

Friday, February 4, 2010
Audience: coaches, parents, trainers, athletes from Colorado
Number: 250

Speaker at Girls Athletic Leadership School Luncheon and Inaugural Fundraiser
“From Political Refugee to Now”
Grand Hyatt, Pinnacle Room
April 28, 2011
Audience: Business Women, Legislators and Executives in the Denver/Boulder region. Parents and Girls enrolled in the GALs school
Number: 250

Speaker at CU Office Based Sports Medicine Symposium
“Stress Injuries in Runners and Update on Female Athlete Triad”
May 17, 2014
Audience: Physicians, PT, ATCs in Colorado
Number: 100

Local

Rehabilitation Education Forum
January 23, 2003
“The Female Athlete Triad”
Audience: Physical Therapists and Occupational Therapists
Number: 45

Girls Inc.
Mentorship Day
Invited Lecturer: Workshop: “Turning your failures into successes”
March 19, 2005
Audience: parents, Girls Inc supporters, board members, and teenage girls
Number: 50

Colorado School of Mines, Society of Women Engineers
Invited Lecturer: “Fitting Fitness Into Life”
Date: November 16, 2005
Audience: engineering students
Number: 275

University of Denver, Women’s College
Dr. Sheila Wright course director
Invited Lecturer: “Women’s Wellness and My Life”
March 1, 2006
Audience: Enrolled women at the University of Denver’s Women’s College
Number: 45

Rally Sport Health and Fitness Club

Invited Lecturer: "Health Concerns in Sports Medicine"

April 10, 2006

Audience: Parents, athletes, athletic trainers, personal trainers, and physical therapists

Number: 30

Boulder Running Company

Invited Lecturer: "How to Prevent Running Injuries"

Littleton, Colorado

May, 10, 2006

Audience: Lay people, athletes, professional staff

Number 25

Department of Internal Medicine Grand Rounds

Invited Lecturer: "The Role of Electrodiagnostic Evaluations"

September 12, 2006

Audience: Internal Medicine Department faculty, Local Internal Medicine Physicians,

residents, and medical students

Number: 15

The Spine Center Lecture Series

Invited Lecturer: "Orthopaedic Manifestations of the Female Athlete Triad"

October 17, 2006

Audience: Regional physicians in medicine and surgery

Number: 20

Colorado Spirit Volleyball Club

Invited Lecturer: "The Female Athlete Triad"

February 6, 2007

Audience: coaches and players

Number: 175

Colorado School of Mines, Society of Women Engineers

Invited Lecturer: Active Women's Health Concerns

Date: November 28, 2007

Audience: engineering students

Number: 175

"Celebrating Healthy Living" Walk Kick-off Talk

April 19, 2008

Invited presenter: The Links Incorporated, Denver Chapter

For Suzanne Arkle Wilson, Chair, Walk Committee

Audience: people from community

Number: 40

Colorado School of Mines, Pre-Med Society
Invited Presenter: “Successful Strategies for becoming a Physician”
Date: February 17, 2008
Audience: Engineering students
Number: 12

Co-Chair of Inaugural Fundraising Event for the Girls Athletic Leadership School
(GALS)
April 28, 2011

WISH Mother/Daughter Let’s Talk
“10 minute dynamic stretching and core exercise”
Invited CU Women’s Sports Medicine at UCH
Invited Presenter with Maria Borg, PT and Holly Radin, PT
Date: March 2, 2013 2-5pm
Audience: Mothers/daughters from community
Number: 200

Girl Scouts of Lowry Elementary School
“Practice with Purpose”
Invited Guest Speaker
Date: March 15, 2013
Audience: girls and mothers of girl scout troop
Number: 50

Importance of Multi-Plane Exercises for Running
Invited Presenter, CU Sports PT Clinic
Date: January 8, 2014
Audience: Recreational and Elite Runner
Number:15

Mom Time at Montview Blvd Presbyterian Church
“Lessons from the Olympics on Staying in Shape while a working Mom”
Date: January 17, 2014
Audience: Executive Mom Group
Number: 35

“Let’s Talk About...Preserving the Active Life You Love Throughout Your
Lifetime”
Invited Lecturer and Moderator for panel discussion
Date: August 26, 2015
Audience: professionals, lay people, administrators
Number: 270

Leadership: Starting and Elevating Your Life
“Confidence and Competence”

Invited Lecturer

Date: February 6, 2016

Audience: students, professional women

Shorter Community AME Church

Denver, CO

Number: 15

“Preserving the active life you love throughout your lifetime”

UHealth

Master of Ceremony and Lecturer

Date: April 20, 2016

Audience: professionals, lay people

Aurora, CO

Number: 300

Teaching Record

University of Colorado Denver School of Medicine

Medical Students:

Medical Student-Led PM&R Interest Group

12 students

Invited faculty member to teach musculoskeletal ultrasound

May 19, 2015 6-8pm

IDPT 6614: Introduction to Ultrasound

Leader of small group session

2 hour session

Audience: MS1 5 students

January 14, 2015

Invited Lecturer for Integrative Health Track

Fitting Fitness into Life

Videotaped for future use

Audience medical students

Number: 5

January 7, 2009

Invited Lecturer for Women’s Health Track

The Female Athlete Triad

Audience: 2nd Year medical students at University of Colorado Denver

Number: 20

December 10, 2007

Foundations of Doctoring Curriculum
Leader of small group session for Musculoskeletal Examination
Taught physical exam skills to the shoulder and knee
Audience: 3rd year Medical students
Number: 60
Described as a “very gifted teacher” by a student
Musculoskeletal Examination
March 2004 and 2005

Supervise during clinical rotations at University Sports Medicine Center:
musculoskeletal conditions affecting the spine and peripheral joints and muscles,
Electrodiagnostic procedures, peripheral joint injections, trigger point injections
24 hours per week
November 11, 2002 -2003
2003-2004
2004-2005
2005-2006
2006-2007
2007-2008
2008-2009
2009-2010
2010-2011
Daily clinic schedule
Medical students: One student on an occasional basis

House Officers:

Supervised house officers diagnosis, treatment, management of a busy
orthopaedic sports medicine clinic of acute, traumatic injuries to the head, neck,
back, shoulder, hip, knees, ankles, feet, and hands, Electrodiagnostic medicine,
peripheral joint injections, trigger point injections
24 hours per week
November 11, 2002-2003
2003-2004
2004-2005
2005-2006
2006-2007
2007-2008
2008-2009
2009-2010
2010-2011
Residents: one
Fellow: one

Supervise house officers during inpatient medical rounds of patients with spinal cord injury, strokes, traumatic brain injuries, s/p total hip and knee arthroplasties, and managed anticoagulation and Deep Venous Thromboses prophylaxis
November 11, 2002-May 1, 2003 32 hours per week
May 1- October 1, 2006; 12 hours per week

Supervise and bedside teaching to residents during call coverage 5 times per year
2002-2012
Resident: one

Supervise and bedside teaching to residents during call coverage 2 times per year
2012-present
Resident: one

Supervise house officers during inpatient consult rounds of patients with spinal cord injury, strokes, traumatic brain injuries, s/p total hip and knee arthroplasties, and managed anticoagulation and Deep Venous Thromboses prophylaxis
May 1-October 1, 2006
8 hours per week
Resident: one

Supervise residents and fellows in collegiate sports team coverage and training room coverage for University of Colorado Buffaloes (200 hours per year) 2002-present

Department of Physical Medicine and Rehabilitation
Resident Didactic Curriculum, Grand Rounds, Resident Seminars, and Journal Clubs
Regularly attended and supervised during academic years:
Beginning November 11, 2002 through to the present 2006-2007 academic year
5PM-7PM weekly during the academic year

Department of Orthopaedic Surgery,
Sports Medicine Conference, Didactic Curriculum
“Stress Fracture: Diagnosis, Treatment, and Management”
January 19, 2005
Audience: Orthopaedic Surgery faculty, fellow, residents, medical students
Number: 45

Department of Orthopaedic Surgery
Hand Conference, Didactic Curriculum
“Electromyography for Hand Surgeons”
January 28, 2005
Audience: Orthopaedic Surgery Hand Faculty, Plastic Surgery Hand faculty, fellows, residents, and medical students
Number: 21

Department of Physical Medicine and Rehabilitation
Didactic Curriculum for residents
Invited Lecturer: “Fundamentals of History and Physical Exam of the Knee”
April 27, 2005
Audience: PM&R faculty, PM&R and Orthopaedic residents, and medical students
Number: 20

Family Practice Residency Didactic Curriculum
Invited Lecturer: “Orthopaedic Manifestations of the Female Athlete Triad”
May 27, 2005
Audience: Family Practice Residents, medical students, and attending staff
Number: 15

Occupational Therapists Monthly In-Service
Invited Lecturer: “Electrodiagnostic Evaluations for OT’s and PT’s”
June 16, 2005
Audience: Occupational Therapists and Physical Therapists
Number: 15

Department of Orthopaedic Surgery, Didactic Curriculum
Sports Medicine
Invited Lecturer: “The Use of EMG and Evaluation of Neurological Injuries in Sports”
September 21, 2005
Audience: Orthopaedic faculty, fellows, residents, and medical students
Number: 30

Department of Physical Medicine and Rehabilitation
Didactic Curriculum
Invited Lecturer: “Strength/Power Training”
September 22, 2005
Audience: Physiatry attendings and residents
Number: 15

Department of Orthopaedic Surgery, Didactic Curriculum
Invited Lecturer: “Electrodiagnostic Medicine for the Hand Surgeon”
November 11, 2005
Audience: Orthopaedic faculty, fellows, residents, occupational therapists, medical students, and interns
Number: 40

Department of Physical Medicine and Rehabilitation
Didactic Curriculum
Invited Lecturer: “Thoracic Outlet Syndrome: Is it a Myth or Reality?”
Pre and Post test given with feedback to the residents

May 17, 2006

Audience: PM&R faculty, residents, and medical students and PM&R Pain
Medicine Fellow

Number: 20

Course Director, Core Curriculum

Physical Medicine and Rehabilitation

Orthopaedic Surgery and Rheumatology Module

January 18-February 8, 2007 (4 weekly-2hour sessions)

Audience: Physical Medicine and Rehabilitation Residents, medical students, and
faculty

Department of Orthopaedic Surgery

Hand Conference, Didactic Curriculum

“Electromyography for Hand Surgeons”

February 9, 2007

Audience: Orthopaedic Surgery Hand Faculty, Plastic Surgery Hand faculty,
fellows, residents, and medical students

Number: 6

Department of Orthopaedic Surgery

Hand Conference, Didactic Curriculum

“Electromyography for Hand Surgeons”

October 19, 2007

Audience: Orthopaedic Surgery Hand Faculty, Plastic Surgery Hand faculty,
fellows, residents, and medical students

Number: 6

Didactic Lecture, Musculoskeletal Curriculum

Department of Physical Medicine and Rehabilitation

“Upper Extremity Focal Neuropathies”

January 9, 2008

Audience: Physical Medicine and Rehabilitation Residents, Faculty, Fellows,
medical students

Number: 15

Course Director, Core Curriculum

Physical Medicine and Rehabilitation

Orthopaedic Surgery and Rheumatology Module

May 14- June 4, 2008 (4 weekly-2hour sessions)

Audience: Physical Medicine and Rehabilitation Residents, medical students, and
faculty

Number: 15

Didactic Lecture, Muscle Module, Didactic Curriculum

“Strength and Power Conditioning”

Department of Physical Medicine and Rehabilitation
October 1, 2008
Audience: Faculty, Housestaff, students
Number: 20

Department of Endocrinology Grand Rounds
“Orthopaedic Manifestations of the Female Athlete Triad”
October 8, 2008
Audience: Faculty, Scientists, Housestaff, students
Number: 60

Department of Orthopaedic Surgery
Hand Conference, Didactic Curriculum
“Electromyography for Hand Surgeons”
January 16, 2009
Audience: Orthopaedic Surgery Hand Faculty, Plastic Surgery Hand faculty,
fellows, residents, and medical students
Number: 10 (Invited by Dr. Jennifer Wolf)

**Course Director, for Musculoskeletal Curriculum for Shoulder
Department of Physical Medicine and Rehabilitation**
February 2009
Coordinated lecture series for faculty, fellows, residents, and medical students

Clinical Aspects of Stress Fractures
Sports Medicine Conference
Didactic Curriculum for Department of Orthopaedic Surgery
Invited by Dr. Eric McCarty
Audience: 30 Orthopaedic residents, fellows, medical students and faculty
April 22, 2009

“Electromyography for Hand Surgeons”
Didactic Curriculum for Department of Orthopaedic Surgery
Invited by Dr. Jennifer Wolf
January 15, 2010
Audience: Orthopaedic faculty, residents, fellows, students
Number: 10

**Course Director, for Musculoskeletal Curriculum for Shoulder
Department of Physical Medicine and Rehabilitation**
November 2010
Coordinated lecture series for faculty, fellows, residents, and medical students

Electrodiagnostic Evaluations for the Primary Care Doctor
May 16, 2011
Audience: Family Practice Residents

Invited by Mortazee Khodae, MD
Number: 8

Course Director, Musculoskeletal Ultrasound Workshop Part I Upper Limb

September 14, 2011

4 hour workshop with hands on scanning time and presentations on Ultrasound physics, US techniques for the upper limb

Audience: Physical Medicine and Rehabilitation Residents, medical students, Family Practice Fellows, PM&R Fellow

Number: 17

(Every evaluation was a 10/10)

Physical Examination of the Shoulder Lecture

Physical Medicine and Rehabilitation Didactic Curriculum

Audience: Physical Medicine Residents, Fellows, and Medical Students

Number: 18

Course Director, Musculoskeletal Ultrasound Workshop Part II Lower Limb

March 14, 2012

4 hour workshop with hands on Ultrasound scanning time and presentations

Audience: Physical Medicine and Rehabilitation Residents

Number: 12

Course Director, Musculoskeletal Ultrasound Workshop Part I Wrist and Hand

September 26, 2012

4 hour workshop with hands on Ultrasound scanning time and presentations

Visiting Prof: Dr. Jonathan Finnoff

Audience: PM&R residents, fellows, medical students, visiting residents

Number: 24

Course Director, Musculoskeletal Ultrasound Workshop Shoulder and Hip

March 13, 2013

3 hour workshop with hands on Ultrasound scanning time and presentations

Audience: PM&R residents, fellows, medical students, visiting residents

Number: 10

Course Director, Musculoskeletal Ultrasound Workshop Shoulder and Knee

September 25, 2013

4 hour workshop with hands on Ultrasound scanning time, lecture presentations

Audience: PM&R residents, fellows, and medical students

Number: 24

Foot and Ankle Pathology Lecture

December 11, 2013

One hour lecture

Audience: PM&R residents, fellows, and medical students
Number: 18

Course Director, Musculoskeletal Ultrasound Workshop Shoulder and Knee

February 26, 2014

4 hour workshop with hands on Ultrasound scanning time, lecture presentations

Audience: PM&R residents, fellows, and medical students

Number: 24

Physical Examination of Foot, Ankle and Low Back Pain lecture

One hour lecture

March 19, 2014

Audience: PM&R residents, fellows and medical students

Number 15

Physical Examination of Foot and Ankle

One hour lecture

August 20, 2014

Audience: PM&R residents, fellow and medical students

Number 15

Course Director, Musculoskeletal Ultrasound Workshop: Upper Limb

4-hour workshop

October 29, 2014

Audience: PM&R residents, fellows, and medical students

Number:15

Course Director, Musculoskeletal Ultrasound Workshop: Lower Limb

4-hour workshop

April 22, 2015

Audience: PM&R residents, fellows, and medical students

Number: 15

Speaker and Workshop Leader

Ultrasound Physics

Musculoskeletal Ultrasound Workshop: Upper Limb

4-hour workshop

November 18, 2015

Audience: PM&R residents, fellows and medical students

Number: 15

Speaker and Workshop Leader

Ultrasound Physics

Musculoskeletal Ultrasound Workshop: Lower Limb

4-hour workshop

February 24, 2016

Audience: PM&R residents, fellows and medical students
Number: 15

Invited Lecturer
40year perspective on Title IX and Women's Sports Medicine
CU Sports Medicine Symposium
Boulder, CO
September 30, 2016
Audience: Faculty, Residents, Students
Number: 300

Invited Lecturer
Physician Heal Thyself: The Importance of Nurturing Physician Resilience
Grand Rounds, Department of Physical Medicine and Rehabilitation
Boulder, CO
October 5, 2016
Audience: Faculty, Community physicians, Residents, Fellows, students
Number: 100

Grant Support

Stress Fractures Related to Underlying Bone Health, Phase II
Grant Funded: \$13,000.00 by Institute for Sports Medicine Research New York,
New York
Principal Investigator with 20% effort **Saint-Phard, D**, Sherman P, Callahan L,
Hannafin J
This a prospective study to follow-up results of poster at AAOS findings that
demonstrate *osteopenia can be predicted based on the site of stress fracture*.
Abstract presented as a Podium presentation at the American
Academy of Orthopaedic Surgery Annual Meeting, February 27,
2009, Las Vegas, Nevada

Bibliography

Peer Reviewed Publications

- 1) **Saint-Phard, M.D., D.**; Van Dorsten, B., PhD; Marx, R., M.D., M.Sc., York, KA, Self-Perception in Elite Collegiate Female Gymnasts, Cross Country Runners, and Track and Field Athletes. *Mayo Clinic Proceedings*. 74: 770-774, 1999 Aug.
- 2) Marx, Robert G., MD, MSC, **Saint-Phard, D., M.D.**, Callahan, L.R., M.D.,

Chu, J., and Hannafin, J., M.D., Ph.D. Stress Fracture Sites Related to Underlying Bone Health in Athletic Females. *Clinical Journal of Sport Medicine*.11(2):73-6, 2001 Apr.

3) **Saint-Phard, Deborah, MD**, Van Dorsten, Brent, PhD. Mercury Toxicity: Clinical Presentations in Musculoskeletal Medicine (CME article). *Orthopedics*. 27(4):394-7; CME quiz: 398-9, 2004.

4) Laker S, **Saint-Phard D**. Espiritu CE, Irwin R. Scaphoid injuries. www.eMedicine.com, May 2006.

5) Laker, SR, **Saint-Phard, D**, Tyburski M, Van Dorsten B. Stress Fractures in Elite Cross-Country Athletes. *Orthopedics*. 30(4): 313-315. April 2007

6) Pepper M and **Saint-Phard D**. Bone Health Concerns in Active and Athletic Women and Girls (CME article). *Orthopedics*. 30(4):281-287. CME quiz: 288-289. April 2007

7) Feldman A and **Saint-Phard D**. Femoral Neck Stress Fracture Complicated by Deep Venous Thrombosis and Complex Regional Pain Syndrome: A Case Report. Accepted for publication February 2009 by *PM&R*

8) Kaufman M, Akuthota V, Sherman A, **Saint-Phard, D**, Double Trouble: A Case Report of Concomitant Popliteal Artery Entrapment Syndrome and Neurogenic Thoracic Outlet Syndrome”, Accepted for publication in *Clinical Journal of Sports Medicine* March 9, 2009

9) Laker S, Putukian M, **Saint-Phard D**, “Track and Field” in *Netter’s Sports Medicine* Eds: Madden, Putukian, Young, and McCarty pp: 552-564, Chapter 65. 2010.

10) Sigmon Carter H., MD, MHA, Nancy Pudwill, RD, Micol S. Rothman, MD, Kelly Santo, MS, Xiang Yin, PhD, **Deborah Saint-Phard, MD**. *Is There Evidence of Disordered Eating in High-endurance male Collegiate Athletes*. *PM&R Journal (Supplement)* Vol. 3, Iss. 1091, 2011, S236. Poster 191

11) Shoemaker Eric M., DO; Cory Christiansen, PhD, Bradley Davidson, PhD, **Deborah Saint-Phard, MD**, *Biomechanical Assessment of Unloading Capacity in ankle-Foot Orthoses.*, *PM&R Journal (Supplement)* Vol. 3, S 235-236, 2011 Poster 189.

11) Sherman, P, Hannafin, J, Callahan, L, **Saint-Phard, D**, Rogers, J, Karl, T, *Atypical Stress Fracture Sites Predict Bone Health in Active Women*, *Journal of Bone and Joint Surgery*, submitted March 8, 2012.

- 12) Wanamaker AB, Davidson BS, Christinasen CL, Saint-Phard D. “Kinematic asymmetries while using a common ankle foot orthosis” Biomedical
- 13) Engineering Society 2012 Annual Meeting, Atlanta, GA, Oct 24-27, 2012
Wanamaker AB, Davidson BS, Christiansen CL, **Saint-Phard D.**
“Comparison of Load Reduction Abilities of Camwalker and Corset-Style Ankle Foot Orthoses, American Society of Biomechanics Annual Meeting 2013, Omaha, Nebraska, September 4-7, 2013
- 14) Mercury toxicity: clinical presentations in musculoskeletal medicine., **Saint-Phard D**, Van Dorsten B PMID: 15101483
- 15) Title: Netter’s Sports Medicine, 2nd Edition
Editors: Christopher C. Madden, Margot Putukian, Craig C. Young, and Eric C. McCarty; Chapter: 93, Track and Field; Authors: Scott R. Laker, Margot Putukian, Deborah Saint-Phard, and Adele J. Meron
Published, May 2017.
Publisher: Elsevier
- 16) Meron A, Saint-Phard D. Track and Field Throwing Sports: Injuries and Prevention. *Curr Sports Med Rep.* 2017 Nov/Dec; 16(6):391-396. PMID: 29135636.

Consultative review article

- 1) Arendt, Elizabeth A., M.D.; **Saint-Phard, Deborah, M.D.**; Shangold, Mona M., M.D.; *The Active Woman: Special health concerns.* Patient Care 1999; 32: 184-195.

Competitive Poster Presentations

- 1) American Academy of Physical Medicine and Rehabilitation Annual Meeting 2004, Phoenix, Arizona
Unsuspected Mercury Toxicity in a Sports Medicine Practice by **Saint-Phard D**, Sherman P, Gonzalez P
- 2) Colorado Research Symposium on the Health of Women and Girls
April 22, 2005,
Unsuspected Mercury Toxicity in a Sports Medicine Practice by **Saint-Phard D**, Sherman P, Gonzalez P
- 3) Tyburski M, **Saint-Phard D**, Laker S, Van Dorsten B. *Femoral stress fractures in a team of elite cross-country runners: a retrospective study of related factors* presented at the June 2006 American College of Sports Medicine Annual Assembly, Denver, CO

- 4) Feldman A, **Saint-Phard D**. *Compression side femoral neck stress fracture complicated by deep vein thrombosis (DVT) and complex regional pain syndrome (CRPS): A Case Report*. Presented as a poster presentation at annual national meeting for AAPM&R, San Diego, CA, November 22, 2008
- 5) Sherman P, **Saint-Phard D**, Callahan L, Karl T, Rogers-Stevane J, Hannafin J. *Atypical stress fractures predict bone health in athletic females*. Podium Presentation #525 at the American Academy of Orthopaedic Surgeons 2009 Annual Meeting, Las Vegas, Nevada February 27, 2009
- 6) Shoemaker Eric M., DO; Cory Christiansen, PhD, Bradley Davidson, PhD, **Deborah Saint-Phard, MD**, *Biomechanical Assessment of Unloading Capacity in ankle-Foot Orthoses.*, PM&R Journal (Supplement) Vol. 3, S 235-236, 2011 Poster 189.
- 7) Sigmon Carter H., MD, MHA, Nancy Pudwill, RD, Micol S. Rothman, MD, Kelly Santo, MS, Xiang Yin, PhD, **Deborah Saint-Phard, MD**. *Is There Evidence of Disordered Eating in High-endurance male Collegiate Athletes*. PM&R Journal (Supplement) Vol. 3, Iss. 1091, 2011, S236. Poster 191
- 8) Wanamaker AB, Davidson BS, Christiansen CL, **Saint-Phard D**. “Kinematic asymmetries while using a common ankle foot orthosis” Biomedical Engineering Society 2012 Annual Meeting, Atlanta, GA, Oct 24-27, 2012
- 9) Wanamaker AB, Davidson, BS, Christiansen, CL, Saint-Phard, D. “*Comparison of Load Reduction Abilities of Camwalker and Corset-Style Ankle Foot Orthoses*” 35th Annual Meeting of the American Society of Biomechanics, Omaha, Nebraska, September 4-7, 2013
- 10) Wanamaker AB, Davidson, BS, Christiansen, CL, Saint-Phard, D. “*Comparison of Load Reduction Abilities of Camwalker and Corset-Style Ankle Foot Orthoses*” World Congress of Orthotics and Prosthetics, Orlando, Florida September 20-22, 2013

Competitive Scientific Abstracts

- 1) Unsuspected Mercury Toxicity in a Sports Medicine Practice, **Saint-Phard D**, Gonzalez P and Sherman P, *Arch Phys Med Rehabil*.2004 Sep;85(9):E25
- 2) Tyburski M, **Saint-Phard D**, Laker S, Van Dorsten B Femoral Stress Fractures in a Team of Elite Cross-Country Runners: A Retrospective Study of Related Factors, *Muscle & Science in Sports and Exercise* 2006;38 (5): supplement,
- 3) Feldman, A, **Saint-Phard D**, *Compression side femoral neck stress fracture complicated by deep vein thrombosis (DVT) and complex regional pain syndrome*

- (CRPS): *A Case Report*. (presentation at AAPM&R annual assembly, San Diego, CA November 22, 2008).
- 4) Sherman P, **Saint-Phard D**, Callahan L, Karl T, Rogers-Stevane J, Hannafin J. *Atypical stress fractures predict bone health in athletic females*. Presented as a podium presentation for the American Academy of Orthopaedic Surgeons 2009 Annual Meeting, Las Vegas, Nevada February 27, 2009

 - 5) Davidson B., Christiansen C, Solomonow M., **Saint-Phard D**, *Biomechanical comparison of lower limb unloading between common modalities of ankle foot orthoses*. Presented at 2nd Annual Musculoskeletal Research Symposium, Anschutz Medical Campus, Saturday, Aurora, Colorado, April 10, 2010

 - 6) Brakke R and **Saint-Phard D**, *Anterior Knee Pain: Two Cases of Synovial Cell Sarcoma*, American College of Sports Medicine Annual Meeting, Baltimore, Maryland June 3, 2010

 - 7) Friedrich JM, Rothman M, Saint-Phard D. *Groin pain in the distance runner: clinical case abstract*. *Medicine and Science in Sports and Exercise*, 2011; 43:5 Supplement.

 - 8) Shoemaker Eric M., DO; Cory Christiansen, PhD, Bradley Davidson, PhD, **Deborah Saint-Phard, MD**, *Biomechanical Assessment of Unloading Capacity in ankle-Foot Orthoses.*, *PM&R Journal (Supplement) Vol. 3, S 235-236*, 2011 Poster 189.

 - 9) Sigmon Carter H., MD, MHA, Nancy Pudwill, RD, Micol S. Rothman, MD, Kelly Santo, MS, Xiang Yin, PhD, **Deborah Saint-Phard, MD**. *Is There Evidence of Disordered Eating in High-endurance male Collegiate Athletes*. *PM&R Journal (Supplement) Vol. 3, Iss. 1091, 2011, S236*. Poster 191

 - 10) Wanamaker AB, Davidson BS, Christiansen CL, **Saint-Phard D**. “Kinematic asymmetries while using a common ankle foot orthosis” *Biomedical Engineering Society 2012 Annual Meeting, Atlanta, GA, Oct 27-27, 2012*

 - 11) Wanamaker AB, Davidson, BS, Christiansen, CL, **Saint-Phard, D**. “*Comparison of Load Reduction Abilities of Camwalker and Corset-Style Ankle Foot Orthoses*” 35th Annual Meeting of the American Society of Biomechanics, Omaha, Nebraska, September 4-7, 2013

 - 11) Wanamaker AB, Davidson, BS, Christiansen, CL, **Saint-Phard, D**.
 - 12) “*Comparison of Load Reduction Abilities of Camwalker and Corset-Style Ankle Foot Orthoses*” World Congress of Orthotics and Prosthetics, Orlando, Florida September 20-22, 2013

Media Articles

- 1) “Why You Need a Butt...” Mile High Magazine November 2006
- 2) “Exercise and Women: An Unbeatable Combination. Stapleton Community newsletter. October 2005
- 3) “Taking the *Stress* Out Of Your Workout”, CU Buffs News. October 2004
- 4) “Common Injuries occurring in Health Clubs” Rocky Mountain News October 2007

Avocational Interests

Competed in the 1988 Olympic Games in the shot put, Seoul Korea for Haiti.

Competed in the 1988 World Championships, Rome, Italy for Haiti.

Competed in the 1987 Pan American Games, Indianapolis, Indiana, USA for Haiti.

All-American Honors in Track and Field for 3rd place finish for Princeton University at the NCAA Track and Field Championships 1987, Baton Rouge, Louisiana

Co-Captain, Women’s Track and Field Team, Princeton, New Jersey 1986-7

Tigressions a capella women’s singing group, Princeton, New Jersey 1983-7

Piano

Rollerblading

Road Biking