



JAMES C. STERLING, M.D.

SPECIALTIES



SPINE



PHYSICAL
MED/REHAB

BIOGRAPHY

A board certified sports medicine, sports medicine concussion and conservative spine specialist, Dr. James C. Sterling uses a holistic approach to alleviate musculoskeletal problems and return patients to daily routines and recreational activities.

Dr. Sterling was the Head Physician for the 2006 Winter Olympic Games in Torino, Italy, charged with overseeing medical personnel and athletic trainers who supported the U.S. Olympic athletes. Previously, Dr. Sterling was the Head Physician for the 2000 U.S. Paralympic Team in Sydney, Australia; physician for the 1998 U.S. Winter Olympic team in Japan; and 1996 Paralympics team in Atlanta.

A sports enthusiast and avid fan, Dr. Sterling can empathize with the aches, pains and problems common to the active individual whether amateur or world-class.



CURRICULUM VITAE

CERTIFICATION

American Board of Physical Medicine
and Rehabilitation; 1999; recertified 2009
American Board of Preventive Medicine / Public Health; 1994
Certified Impact Concussion Physician

HONORS

United States Olympic Festival, Colorado Springs, CO; 1995
US Team Physician, 1996 Paralympics, Atlanta, Georgia
US Team Physician, 1998 Winter Olympics, Nagano, Japan
Head Physician – 2000 Paralympics, Sydney, Australia
Fellow, American College of Sports Medicine
Fellow, American Academy of PM&R

TRAINING

Undergraduate

Houston Baptist University, Houston, TX; 1975-1978
Degree – Bachelor of Science, Chemistry/Biology

Graduate

Texas A&M University; 1986-1987
Degree – Master of Science, Physical Education
Exercise Science/Physiology

Medical School

University of Texas Medical School at San Antonio,
San Antonio, TX; 1978-1982
Degree – Doctor of Medicine

Internship – General Surgery

University of Texas Teaching Hospitals,
San Antonio, TX; 1982-1983
General Surgery

Residency

Parkland Memorial Hospital, UT Southwestern
Medical School, Dallas, TX; 1995 – 1997
Physical Medicine and Rehabilitation