

SHERRIE BALLANTINE-TALMADGE, D.O.

University of Colorado School of Medicine

CU Sports Medicine & Performance Center
2150 Stadium Drive, 2nd floor
Boulder, CO 80030

ACADEMIC APPOINTMENTS

Assistant Professor Department of Orthopedics
University of Colorado School of Medicine

EDUCATION AND TRAINING

1995-1999 North Central College, Naperville, IL Major: Biology
Minor: Chemistry B.A. Sept 1995 June 1999

2001-2005 Chicago College of Osteopathic Medicine of Midwestern
University, Downers Grove, IL D.O.

2005-2008 Resurrection Family Practice, Resurrection Medical Center,
Chicago, IL Residency

2008-2009 The Toledo Hospital Primary Care Sports Medicine
Fellowship C.A.Q.

FACULTY POSITIONS

2015-Present Assistant Professor
University of Colorado School of Medicine
Department of Orthopedics, Sports Medicine

Director of Outreach
CU Sports Medicine and Performance Center

HONORS, SPECIAL RECOGNITION AND AWARDS

Department of Orthopedics Professional Award 2021
American College of Sports Medicine Fellow
American Board Family Medicine Diplomat
Double Gold Medalist Figure Skater
(highest level of achievement in amateur figure skating)

MEMBERSHIPS

American College of Sports Medicine
American Medical Society for Sports Medicine
American Osteopathic Association
American College of Osteopathic Family Physicians
Performing Arts Medical Association
US Figure Skating

PROFESSIONAL EXPERIENCE

2013 – 2015 Boulder Sports Medicine Center
 Boulder Community Hospital Physician

2009 – 2013 Northwestern University
 Team Physician
 Sideline coverage for football, women’s and men’s soccer, field
 hockey, women’s and men’s basketball as well as athletic training
 rooms for all other university varsity athletes; providing full
 continuity of care with both sports medicine and primary care needs
 for all student athletes in all sports at Northwestern

Student Health Physician
 Developed and built musculoskeletal and sports medicine clinic at
 student health, which includes full spectrum sports medicine care,
 non-surgical orthopedic care and osteopathic manipulative
 treatments

TEACHING ACTIVITIES

- Annual clinical teaching rotations with students: high school, medical students and residents.

Students come from local high schools, CU Boulder undergrad programs, University of Colorado School of Medicine (medical students and residents), Rocky Vista University College of Osteopathic Medicine, Des Moines University College of Osteopathic Medicine for week to month rotations. This a clinical rotation to learn how to practice primary care sports medicine. There is also an emphasis on osteopathic principles with full integration in daily clinical practice in an outpatient setting. The majority of the teaching of medical students is focused on those interested in pursuing sports medicine. We also have had the opportunity to have a fellow in the Psychiatry Department who was also interested not only in Sports Medicine but Sports Psychiatry.

- Outreach Coordinator for ATC didactic education/curriculum as part of the Director of Outreach position held in the Center.
- Coordination and implementation of Center education for clinical staff.

CLINICAL ACTIVITIES

- Full scope primary care sports medicine outpatient clinical practice at the CU Sports Medicine & Performance Center. This includes full care of concussion patients, both acute and uncomplicated all the way through those clinically symptomatic after years of struggle. In addition, this is full care for all ages, treating pediatric patients all the way through to geriatric patients. This is sports medicine focused and mainly is related to musculoskeletal issues. However, other focuses are psychological support/needs for the athlete, including eating disorders; sports performance issues; bone health, complete medical care for the athlete. Additionally, practice in the management and treatment of acute pediatric injuries from our community school and student athletes. More specific clinical focus on Women in Sports Medicine & Performing Arts Medicine
- Practicing four times per week with full day clinical practice

RESEARCH AND SCHOLARSHIP

- Areas of focus on research: concussion and integration of concussion policy in the local school district, Performing Arts Medicine, Women in Sports Medicine.
- Our major victory is and has been the continued implementation and maintenance of our district wide concussion policy which covers all students, athlete or not, from elementary age to high school age students.
- Our Women in Sports Medicine program partners with local and community providers to provide complete care for the female who enters our practice.

MAJOR COMMITTEE AND SERVICE RESPONSIBILITIES

CU Sports Medicine & Performance Center

- Director of Outreach – oversee and manage all outreach contracts, oversee and manage all outreach athletic trainers, maintain educational and quality standards for outreach athletic trainers; providing medical oversight for outreach athletic training services for Boulder Valley School District, CU Club Sports and Cheer Central.
- Leadership Team for the Center
- Safety Committee for the Center
- Marketing Committee for the Center

Boulder Valley School District –

- Varsity Sports Medical Director

Sherrie Ballantine-Talmadge, DO
Curriculum Vitae

- Brain Injury Resource Committee Medical Advisor
- Team Physician Broomfield High School

American College of Sports Medicine

- ACSM Committee: Olympic and Paralympic Sports Medicine Issues Committee 2009 – 2020
- ACSM Committee: Consumer Information Committee 2009- 2015
- Winter Sports Interest Group 2009 – 2012

US Figure Skating: Sports Sciences and Medicine Committee

- US Figure Skating Sports Sciences and Medicine Committee
- Vice-Chair, Research & Education 2019 – present
- Team USA Traveling Team Physician 2009 – present
- Pairs High Performance Camp – Westminster, Colorado June 2018/2019
- Champs Camp – Colorado Springs, CO, August 2018
- World Team Physician, Saitama, Japan, March 2019
- Junior World Team Physician, Talin, Estonia, March 2020
- US Figure Skating Sports Medicine and Sports Science Focus Group

HOPE Coalition of Boulder Lecturer

Boulder Half Marathon

- Medical Director 2014

Chicago Marathon

- Medical tent Co-director October 2009, 2010, 2011

Shamrock Shuffle Course

- Medical Tent Director March 2010, 2011

Glass City Marathon, Toledo, OH April 2009

- Medical Coordinator

US Adult National Figure Skating Championships, Bensenville, IL April 2007

- Co-Medical Director

The Toledo Hospital, Toledo, OH July 2008- June 2009

- Graduate Medical Education Committee

Licensure and board certification:

Colorado medical license 2013 – present

American Board of Family Medicine – 2008 -present, with re-certification in 2018

Sports Medicine CAQ – 2009 – 2019

INVITED EXTRAMURAL LECTURES, PRESENTATIONS AND VISITING PROFESSORSHIPS:

1. **Ballantine-Talmadge, Sherrie D.O.**, Cherise Russo, D.O., Carrie Jaworski, MD “New-Onset Seizure in an Adult Female Boxer.” Clinical Case, American College of Sports Medicine Annual Meeting, Denver, CO, May/June 2008
2. American College of Osteopathic Family Physicians – National Conference 2008
3. **Ballantine-Talmadge, Sherrie D.O.** “Hip Pain in an Elite Figure Skater” American College of Sports Medicine Annual Meeting, Seattle, WA May 2009
4. Dugan, Shelia, MD, **Sherrie Ballantine-Talmadge, DO**, Jeffrey Kutcher “Neurologic Issues.” Clinical Case Discussant, American College of Sports Medicine Annual Meeting, Baltimore, MD June 2010
5. **Ballantine-Talmadge, Sherrie D.O.** “OMT” Clinical Hands on Demonstration American College of Sports Medicine Annual Meeting and 3rd World Congress on Exercise is Medicine May/June 2012 San Francisco, CA
6. Taggart, Kari, ATC, **Sherrie Ballantine-Talmadge, DO** “Infectious Disease in a Collegiate Swimmer.” Clinical Poster, Honored at Clinician’s Reception at American College of Sports Medicine Annual Meeting and 3rd World Congress on Exercise is Medicine May/June 2012 San Francisco, CA **Ballantine-Talmadge, Sherrie DO** “Meet the Expert” American College of Sports Medicine Annual Meeting and 4th World Congress on Exercise is Medicine, May/June Indianapolis, IN 2013 **Ballantine-Talmadge, Sherrie D.O.** and Bill Moreau, DC,
7. DACBSP “Manual Medicine 101: Manual Medicine Approach to the Sports Medicine Patient.” Clinical Lecture, 60th American College of Sports Medicine Annual Meeting and World Congress on Exercise is Medicine, Indianapolis, IN May 2013
8. **Ballantine-Talmadge, Sherrie D.O.** and Bill Moreau, DC, DACBSP “Manual Technique for the Lumbar Spine and SI Joint” Clinical Hands-On Workshop, 60th American College of Sports Medicine Annual Meeting and World Congress on Exercise is Medicine, Indianapolis, IN May 2013
9. **Ballantine-Talmadge, Sherrie D.O.** and Bill Moreau, DC, DACBSP “Manual Medicine 101: Manual Medicine Approach to The Sports Medicine Patient.” Clinical Lecture, American College of Sports Medicine Annual meeting, Orlando, FL May/June 2014
10. **Ballantine-Talmadge, Sherrie DO** “Lumps & Bumps” Clinical Case Discussant, American College of Sports Medicine Annual Meeting, Orlando, FL, May/June 2014
11. **Ballantine-Talmadge, Sherrie D.O.** “Concussion 101” Grand Rounds for BCH Hospital Trauma Rounds, February 2015
12. **Ballantine-Talmadge, Sherrie D.O.** and Ann McNamara PT “Concussion 101: Concussion Education for Parents.” Boulder Youth Fair, March 2015

13. Geminiani, Ellen, M.D., Jen Burke, M.D., **Sherrie Ballantine-Talmadge, D.O.**, Ed Reisman, MD. "Essential Sports Medicine for Event Referees 2015-2016.
14. Annual National Lecture series for US Figure Skating Referees, September 17, 2015.
15. **Ballantine-Talmadge, Sherrie D.O.** "Increasing Performance Through Medicine and Science: Dr Sherrie Ballantine-Talmadge." Over the Top Cycling Pod Cast, December 2015
16. **Ballantine-Talmadge, Sherrie D.O.**, Ellen Geminiani, M.D. and Peter Zapalo "Movement on 4mm: The Art and Science of Figure Skating." Clinical Lecture, American College of Sports Medicine Annual Meeting, Boston, MA, May 2016
17. **Ballantine-Talmadge, Sherrie DO** "Medical Issues I" Clinical Case Discussant, American College of Sports Medicine Annual Meeting and World Congress on Exercise is Medicine Boston, MA May/June 2016
18. **Ballantine-Talmadge, Sherrie D.O.** "Concussion 101 for Parents" Boulder Community Hospital Youth Fair January 2017
19. **Ballantine-Talmadge, Sherrie DO** "Lumbosacral Spine II" Clinical Case Slide CHAIR, American College of Sports Medicine Annual Meeting, World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise and the Brain Denver, Colorado May 30-June 3 2017
20. **Ballantine-Talmadge, Sherrie D.O.**, Omer Mei-dan, MD "Hip Pathology in Dancers and Performing Artists: Do they ALL have it?" Clinical Lecture, Performing Arts Medicine Association International Symposium, Snowmass, Colorado, July 2017
21. **Ballantine-Talmadge, Sherrie D.O.** "Concussion 101: Active Model for Rehab" United States Olympic Training Center, US Figure Skating Sports Medicine and Science focus meeting, August 2017
22. **Ballantine-Talmadge, Sherrie D.O.** "Competition Jitters? When is it Anxiety?" Parenting Engagement Network 2nd Annual Stress and Anxiety Symposium, Boulder CO January 27, 2018
23. **Ballantine-Talmadge, Sherrie D.O.** Women in Sports Medicine: Dancing Through the Ages, Course Director, February 24, 2018
24. **Ballantine-Talmadge, Sherrie D.O.** "Elite Athlete Exercise in Pregnancy" Clinical lecture
25. **Ballantine, Talmadge, Sherrie D.O.** "Women and Health Care" Clinical lecture
26. **Ballantine-Talmadge, Sherrie D.O.**, Ann McNamara PT, MPT, Kate Dean, LMT, BCST "Osteopathic Approach to Concussion." Clinical Hands on Workshop, American College of Sports Medicine Annual Meeting, Denver, Colorado, May/June 2018

27. **Ballantine-Talmadge, Sherrie D.O.** “Sideline Preparedness from the Team Physician Point of View.” Annual Review for CU Sports Medicine & Performance Center Outreach Athlete Trainers, Boulder, CO, July 26, 2018
28. **Ballantine-Talmadge, Sherrie D.O.** “Concussion 101.” Clinical Lecture, US Figure Skating Sports Medicine and Sports Science camp, Colorado Springs, CO, September 2018
29. Abbott, Kristin, Geminiani, Ellen, M.D., Mahlon Bradley, MD, **Ballantine-Talmadge, Sherrie D.O.**, Peter Zapalo “Essential Sports Medicine for Event Referees 2017.” Annual national lecture series for US Figure Skating Referees, September 26, 2018
30. **Ballantine-Talmadge, D.O., Sherie** “Concussion 101: Guide for Parents, Coaches and Students.” Erie Community Center – outreach event November 2018
31. Zapalo, Peter, Kristin Abbot, MD, **Sherrie Ballantine-Talmadge, DO**, Mahlon Bradley, MD, Caroline Sibly, PhD, Jen Burke, MD, Ellen Geminiani, MD, Justin Dillon, Mitch Moyer, Heidi Thiebert. “Improving communication between coaches and practitioners for prevention and return to play.” US Figure High Performance, Sports Medicine & Science Committee webinar, Professional Skaters Association, December 7, 2018
32. **Ballantine-Talmadge, DO, Sherrie** “Concussion 101: Guide for Parents, Coaches, and Students” Monarch High school outreach lecture, Louisville, CO January 2019
33. USFS Governing Counsel, Sports Medicine and Sports Science committee representative in Athlete Services Group, Colorado Springs, CO, May 2019
34. **Ballantine-Talmadge, Sherrie DO** “Spine I” Clinical Case Slide CHAIR, American College of Sports Medicine Annual Meeting, World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep, Orlando, Florida May 28-June 1, 2019
35. Fatica, Kate, R.N. and **Sherrie Ballantine-Talmadge, D.O.** “Implementing Best Practice Care for Students with Concussion in the School Setting.” National Association of School Nurses: 51st Annual Conference, Denver, CO, June 28, 2019
36. **Ballantine-Talmadge, Sherrie D.O.**, “Walk with the Doc: Exercise is Medicine” Walk with the Doc: Boulder Community Health, Boulder, CO, July 2019
37. Abbott, Kristin, MD, Geminiani, Ellen, M.D., Brian Fitzgerald, ATC, **Ballantine-Talmadge, Sherrie D.O.**, Ed Reisman, MD. “Essential Sports Medicine for Referees.” Annual national lecture series for US Figure Skating Referees, August 2019

Teaching record

1. Athletes and Mental Health: A Community Approach conference – Course Director – March 2017

2. Women in Sports Medicine: Dancing Through the Ages conference - Course Director – February 2018
3. CU Sports Medicine & Performance Center Athletic Training Curriculum Developer – 2015 to present

PUBLICATIONS [12]

1. Jaworski CA, **Ballantine-Talmadge S**. On thin ice: preparing and caring for the ice skater during competition. *Curr Sports Med Rep*. 2008 May-Jun;7(3):133-7. doi: 10.1097/01.CSMR.0000319710.25675.1e. PMID: 18477869.
2. **Ballantine-Talmadge, Sherrie D.O.**, Cherise Russo, D.O., Carrie Jaworski, MD “New-Onset Seizure in an Adult Female Boxer:1094.” *Clinical Case, Medicine and Science in Sports and Exercise - MED SCI SPORT EXERCISE*, Vol 40, 2008/05/01 DO - 10.1249/01.mss.0000322029.68694.2e
3. **Ballantine-Talmadge, Sherrie D.O.** “Hip Pain In An Elite Figure Skater” Clinical Case, American College of Sports Medicine Annual Meeting, Seattle, WA May 2009
4. Kruger, Shannon, PT, **Sherrie Ballantine-Talmadge, DO** “Shoulder Pain in a Previous High School and Collegiate Swimmer.” Clinical Case, American College of Sports Medicine Annual Meeting, Denver, CO, June 2011
5. Hameed, Farha MD, Ellen Casey, MD, **Sherrie Ballantine-Talmadge, DO**, Carrie Jaworski, MD “Buttock Pain in Female Runner.” Clinical Case, American College of Sports Medicine Annual Meeting and 3rd World Congress on Exercise is Medicine, San Francisco, CA, May/June 2012
6. Lin, Cindy MD, Monica Rho, MD, **Sherrie Ballantine-Talmadge DO**, Carrie Jaworski, MD “Low Back Pain – Football Player.” Clinical Case, American College of Sports Medicine Annual Meeting and 3rd World Congress on Exercise is Medicine, San Francisco, CA May/June 2012
7. Taggart, Kari, ATC, **Sherrie Ballantine-Talmadge, DO** “Infectious Disease in a Collegiate Swimmer.” Clinical Case, American College of Sports Medicine Annual Meeting and 3rd World Congress on Exercise is Medicine, San Francisco, CA May/June 2012
8. **Ballantine-Talmadge, Sherrie, DO** “Dealing with Injury” Professional Skater’s Association March/April issue 2017, p 10
9. Latta, Susan L ***Bold Women of Medicine: 21 Stories of Astounding Discoveries, Daring Surgeries, and Healing Breakthroughs***_September 1, 2017 – featured in Hardcover Children’s book
10. **Ballantine-Talmadge, Sherrie D.O.** July 12, 2018 Denver 7 News “Walking As Medicine.”
11. **Ballantine-Talmadge, D.O. Sherrie** “ 5 Tips for a successful Tele-Health Visit by Dr B.” <https://www.youtube.com/watch?v=pi2lkiMdkZM>, April 8, 2020

12. **Ballantine-Talmadge, D.O. Sherrie** “5 things you can do at home if you have COVID-19.” https://www.youtube.com/watch?v=MXw7gYe_yR4 April 13, 2020

CLINICAL REVIEWER

1. Dean M. Brewer, DO, Richard P. Eide III, MD, Michelle E. Szczepanik, MD “Water Polo Injuries” Chapter 109 ***ACSM’s Sports Medicine” A Comprehensive Review***, Clinical Reviewer 2012
2. DeLuigi, Arthur Jason DO, Kevin F Fitzpatrick, MD, Paul F Pasquina, MD Chapter 111 “Wheelchair Sports” ***ACSM’s Sports Medicine” A Comprehensive Review***, Clinical Reviewer 2012
3. Kailus, Julie. “Elite Competition, specialization and injuries are hurting youth sports.” Boulder Magazine Summer 2016 – lay press article
4. Pasquale, Cynthia. “Getting to the heart of women’s health. Sports medicine conference to explore “Dancing Through the Ages.” January 25, 2018 – CU Connections – lay press article
5. Sorensen, Andrew. “Expert Tip Sheet: 2018 Winter Olympics, international issues, CU Boulder athletes and coaches.” CU Boulder Today – lay press article
6. Barber, Randy “BVSD concussion protocol aims to speed recovery, return students to school.” Boulder Valley School District, January 25, 2019 – lay press article
7. Meyer, John. “Pandemic recovery: How to start exercising after a year living through a pandemic.” Denver Post, April 26, 2021 – lay press article