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A passion for patient success

Sherman completed fellowship with top doctor to famous athletes

By **Abbey McDonald**

Coast River Business Journal

Dr. Benjamin Sherman can't disclose exactly who he's had under his scalpel, but it's clear some fantasy football rosters have depended on his surgical skills.

Sherman joined Columbia Memorial Hospital's OHSU Health Orthopedic Clinic in August, following a year working with one of the most famous orthopedic surgeons in the world.

He moved to Astoria following his fellowship with Dr. James Andrews at the Andrews Institute in Florida. Andrews is best known for his work with famous athletes, including basketball star Michael Jordan.

"I don't think I've seen anyone treat patients the same way he does. It's just a whole new level of really getting involved in their life: their agents, their coaches, their athletic trainers. He's talking to them all day," Sherman said. "(He) really helps to take care of someone from all angles. So it's great to see how he does it, and trying to bring that philosophy to the way I treat my patients is really my goal."

Sherman first became interested in sports medicine by getting various personal injuries in high school while playing soccer, wrestling, track and field and baseball. A college course at UCLA on diet exercise compelled him to major in physiology.

Following graduation, he worked as a personal trainer helping people recover from injuries. He said that work solidified his interest in medicine.

He then attended medical school at Western University of Health Sciences, where he studied orthopedics. He said in this specialty, he can do a knee replacement surgery and watch someone improve within weeks.

"It's unique within medicine to be able to have a dramatic impact on someone's quality of life and to be able to do it relatively quickly," Sherman said. "And so that's always something that I've always liked as well. Working to get someone better as quick as you can so they can really enjoy their life instead of living in pain."

After his fellowship, family ties to the area brought him to Oregon where he accepted the job at Columbia Memorial.

"Instead of the hospital worrying about money and that kind of thing, it's more focused on patient care and doing the best thing for them. And, as a doctor, that's really important to me," Sherman said. "They're not gonna say, 'you can't do that because it costs too much.' They'll say, 'is it going to help the patient? Yes, you can do it.'"

While working at Columbia Memorial, Sher-



Dr. Benjamin Sherman

man has continued to publish research. His recent work includes looking into the best place — either the humerus or pelvis — to harvest stem cells to heal a rotator cuff injury.

"What gets me interested in research is just the ability to really be involved in the bigger conversation in medicine, of 'how are we going to treat certain conditions or injuries and what's the best treatment for it,' and that's something that does

change constantly in medicine and as we get more knowledge on things, we change the way we treat something," Sherman said.

He said he looks forward to continuing to get to know his patients and hopes the pandemic stressors on staff and resources will lessen in the future.

"It's been a really great place to work," he said.