

Stanley L. James, MD
1931-

Stanley L. James, a native of Iowa, graduated from University of Iowa Medical School in 1962. Directly after completing his undergraduate studies at Iowa, Stan James went on active duty as an army aviator. Once returning to Iowa for medical school James continued as an Iowa National Guard Aviator until his medical school graduation.

While completing his residency in orthopaedic surgery at Iowa, James collaborated with Exercise Physiologist, Charles Tipton PhD. They studied the influence of exercise on ligament healing, finding that exercise actually enhanced ligament healing as opposed to immobilization, which was the standard of treatment at that time. Published in *The American Journal of Physiology* in 1970, this study was several years before early motion became a standard of treatment post ligament surgery in orthopaedics. During residency, James also enjoyed his involvement on staff with the Iowa Athletic Department.

After completion of residency in 1967, he moved to Oregon to join Dr. Donald Slocum, one of the Fathers of Sports Medicine. James focused on Sports Medicine, with an emphasis on the knee and runners' injuries.

In the early 1970's, Stan James collaborated with the legendary University of Oregon track coach, Bill Bowerman, also co-founder of Nike. James was a member of Bowerman's select think-tank for shoe design. Keeping a close connection with research, Stan James was involved with biomechanical studies at University of Oregon on the design and effect of shoes/orthotics on running gait.

In collaboration, James with Phds. Barry Bates, and Louis Osternig, authored the article, "Injuries to Runners", published in an early edition of *The American Journal of Sports Medicine*, in 1976. It has become a noted reference for runners' injuries. James has authored 57 publications both in peer-reviewed journals and requested contributions in books.

Stan James is a founding member of the American Orthopaedic Society for Sports medicine. He was honored as a Godfather for the Herodicus Society. James was a member of the first AOSSM Research committee with Drs. Jim Nicholas, Jack Kennedy and Bill Allen. James has been a faculty member and chairman for numerous national and international Sports Medicine meetings.

James served as a member of the AAOS Committee for the Knee of the AAOS, '85 to '88. He became an honorary faculty member for the Department of Orthopedics at the University of Iowa in 2004.

He was the Medical Director for the US Olympic Trials in '76, '80, and '2008. Current treating elite runners preparing for the 2012 Olympics, James is also on the orthopedic staff for the 2012 Track and Field Trials.

After 26 years as an orthopedic surgeon, James maintains his practice as a non-surgical orthopedist at Slocum Center for Orthopedics and Sports Medicine. He also serves as orthopedic consultant for the University of Oregon Athletic Department and is a Courtesy Professor at the Motion Analysis Laboratory in the Department of Human Physiology, at Oregon. He is participating in collaboration with the staff on current research in the biomechanics of running. (Longitudinal studies focusing on lower extremity kinetics and kinematics for evaluation of injury prevention, diagnosis and rehabilitation are being pursued.)

James has been honored by receiving the “Distinguished Alumnus Award for Achievement” from the Carver College of Medicine, University of Iowa in 2006; he was selected as a member of the “University of Oregon Track and Field Hall of Fame” in 2010 (for medical service). He was honored with a “Distinguished Alumnus Award for Achievement” from the University of Iowa Alumni Association in 2012 for contributions in Sports Medicine.

Stan James emphasizes that awards may be given to an individual, but leading to those are the significant contributions by family, friends, teachers, mentors and colleagues without which the awards would not exist.

James is developing an educational medical app., along with other educational based projects. James continues to focus on Sports Medicine research and the care of athletes. This commitment to continue with education and research was encouraged by his friend and mentor, Dr. Ignacio Ponseti, and by his University of Iowa, Oregon and Slocum Center Colleagues. Stan feels fortunate to enjoys an active life with his wife, Julie, three children, and four grandchildren.