

Dr. J. Richard Steadman was born in Sherman, Texas. He received his undergraduate degree from Texas A&M University where he played varsity football under Coach Paul “Bear” Bryant. He received his medical degree from the University of Texas Southwestern Medical School in Dallas, Texas. Following internship at Charity Hospital in New Orleans, Dr. Steadman served two years in the US Army in Germany then returned to Charity Hospital where he completed his orthopaedic residency in 1970.

Richard Steadman began his sports medicine career in Lake Tahoe, Nevada, in 1970. He became active with the US Ski Team soon thereafter, and he donated his services at what became the first ever US Olympic Training Center in Squaw Valley, California. He was the head US Alpine Ski Team Physician from 1976 to 2012 and developed the US Ski Team Sports Medicine Committee. He continues today as the Chairman of the Medical Group of the US Ski Team. He has been inducted into the United States and the Colorado Ski Halls of Fame, and he was awarded the ATT Skiing Award which is given to someone whose excellence and dedication to skiing has profoundly enriched the sport.

He moved his practice to Vail, Colorado, in 1990 and became the founding and managing partner of the Steadman Clinic. Two years prior to his move to Vail, he founded the entity now known as the Steadman Philippon Research Institute, and it has flourished for more than twenty-five years in Vail. He continues as the Institute’s co-chairman. Prior to his retirement from clinical practice in 2014, Dr. Steadman served as a consultant to several professional sport teams in the US and Europe. In addition, he has trained about 200 fellows, and many are now or have been team physicians for upper division collegiate or professional teams.

Dr. Steadman was a proponent of early motion and physiologic loadbearing after ACL reconstruction. By 1979 he was publishing his work in the American Journal of Sports Medicine, and that continues now 36 years later. Dr. Steadman developed the microfracture technique, which today is the most common treatment for chondral defects of the knee. He has developed several other surgical techniques in an effort to keep all athletes, from recreational to the most elite, active throughout their careers and their lives.

He joined AOSSM in its infancy and served as a member and then Chairman of the Program Committee. He also served on the Nominating Committee. He has presented at numerous Annual Meetings and Specialty Days. He also served as President of Herodicus Society. The AOSSM has honored him with the Mr. Sports Medicine Award for his significant contributions to the world of sports medicine, the Cabaud Award, and the Air Cast Clinical Research Award. He has also received the AANA Richard O'Connor Award, the ICRS Lifetime Achievement Award, the ISAKOS Albert Trillat Award, the ISB Clinical Biomechanics Award, and the GOTS-Beiersdorf (German) Research Award. He has over 225 publications and has made nearly 700 presentations.

Dr. Steadman's demonstrated leadership, goodwill, passion and desire and efforts to improve the community are also well documented. He received the Vail Valley Citizen of the Year Award, and later received the Spirit of Betty Ford Award which recognizes the one individual in the Vail Valley whose spirit, character, and community dedication exemplify that of the former First Lady of the United States, the late Betty Ford. Furthermore, he has been selected as the 2015 Distinguished Alumnus of Texas A&M University for his long years of devotion and the exceptional notoriety he has brought to his alma mater.

Dr. Steadman continues a very active life with his wife, Gay, their two children Lyon and Liddy, six grandchildren, and one great grandchild.