



captured 30/14

## Orthopedics

### Heidi Prather, DO

#### Current Position

Professor, Orthopedic Surgery  
Associate Professor, Neurology

#### Specialty Areas

Orthopedic Medicine - Performing Artists  
Musculoskeletal Injuries  
Orthopedic Surgery  
Physical Medicine & Rehabilitation

#### Additional Features and Interviews with Dr. Prather:

[Ask the Expert - Ladue News: Reducing Neck & Shoulder Pain](#)

[Preserving Damaged or Dysfunctional Hips in Young Adults](#)

[Visit Dr. Prather's page on the Orthopedic Surgery website](#)

[Your Health Update: D Stands for Deficiency in Female Soccer Players](#)

#### Patients Seen At

Center for Advanced Medicine  
Orthopedic Surgery Center  
4921 Parkview Place, B, 6  
St. Louis, MO 63110  
314-514-3500

Fax: 314-747-2597

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#### Center for Advanced Medicine

Cervical Spine Institute & Center for Shoulder and Elbow Surgery  
4921 Parkview Place, A, 12  
St. Louis, MO 63110  
314-514-3500

Fax: 314-747-2597

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#### Washington University Orthopedics

14532 S. Outer 40 Drive  
Chesterfield, MO 63017  
314-514-3500

Fax: 314-747-2597

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**Mailing Address**

Washington University School of Medicine  
Department of Orthopedic Surgery  
660 South Euclid Avenue, Campus Box 8233  
St. Louis, MO 63110

**Academic Office**

Department of Orthopedic Surgery  
One Barnes-Jewish Hospital Plaza, 11300 West Pavilion  
St. Louis, MO 63110

**Areas of Clinical Interest**

Non-operative management of spine, sports and general musculoskeletal injuries, spine, pelvis and joint problems related to pregnancy, women's sports injuries, incontinence and pain, pelvic floor dysfunction, dance injuries, performing arts medicine

**Board Certification**

Physical Medicine and Rehabilitation -- Certified

**Medical Education**

B.A., Bio / Chem: Drury College, Springfield, Missouri, 1987

Medical Degree: University of Health Sciences College of Osteopathic Medicine, Kansas City, Missouri, 1991

Residency: Rehabilitation Institute of Chicago, Northwestern University Medical School, Chicago, IL, 1995

**Hospital Affiliations**

Barnes-Jewish Hospital  
Barnes-Jewish West County Hospital

**Honors and Awards**

Listed in *Best Doctors in America*, 2003-2013 (Best Doctors, Inc.)

**Selected or Recent Journal Articles**

Nepple JJ, Byrd JW, Siebenrock KA, Prather H, Clohisy JC. Overview of treatment options, clinical results, and controversies in the management of femoroacetabular impingement. *J Am Acad Orthop Surg.* 2013;21 Suppl 1:S53-8.

Nepple JJ, Prather H, Trousdale RT, Clohisy JC, Beaulé PE, Glyn-Jones S, Rakhra K, Kim YJ. Diagnostic imaging of femoroacetabular impingement. *J Am Acad Orthop Surg.* 2013;21 Suppl 1:S20-6.

Nepple JJ, Prather H, Trousdale RT, Clohisy JC, Beaulé PE, Glyn-Jones S, Kim YJ. Clinical diagnosis of femoroacetabular impingement. *J Am Acad Orthop Surg.* 2013;21 Suppl 1:S16-9.

Prather H, Hunt D, Rho M, Yemm T, Fong K, Brophy RH. Abnormal hip physical examination findings in asymptomatic female soccer athletes. *Knee Surg Sports Traumatol Arthrosc.* 2013 Oct 23. [Epub ahead of print]

Chimenti RL, Van Dillen LR, Prather H, Hunt D, Chimenti PC, Khoo-Summers L. Underutilization of worker's compensation insurance among professional orchestral musicians. *Med Probl Perform Art.* 2013 Mar;28(1):54-60.

Prather H, Spitznagle T, Hunt D. Benefits of exercise during pregnancy. PM R. 2012 Nov;4(11):845-50; quiz 850.

Harris-Hayes M, Steger-May K, Pashos G, Clohisy JC, Prather H. "Stride activity level in young and middle-aged adults with hip disorders." Physiother Theory Pract. 2012 Jul;28(5):333-43.

Prather H. "Physiatry serves an important role in the acute care of patients: disability prevention!" PM R. 2012 Jul;4(7):469-72.

Hunt D, Prather H, Harris Hayes M, Clohisy JC. "Clinical Outcomes Analysis of Conservative and Surgical Treatment of Patients With Clinical Indications of Prearthritic, Intra-articular Hip Disorders." PM R. 2012 Jul;4(7):479-87.

Prather H, Van Dillen LR, Kymes SM, Armbrecht MA, Stwalley D, Clohisy JC. "Impact of coexistent lumbar spine disorders on clinical outcomes and physician charges associated with total hip arthroplasty." Spine J. 2012 May;12(5):363-9.

Prather H, Kortebein P. "Ask the authors." PM R. 2012 Apr;4(4):256.

Khoo-Summers LC, Prather H, Hunt DM, Van Dillen LR. "Predictors of First Position Turnout in Collegiate Dancers: The Role of Tibiofemoral External Rotation and Hip External Rotation." Am J Phys Med Rehabil. 2012 Jan 26.

Carlisle JC, Zebala LP, Shia DS, Hunt D, Morgan PM, Prather H, Wright RW, Steger-May K, Clohisy JC. "Reliability of various observers in determining common radiographic parameters of adult hip structural anatomy." Iowa Orthop J. 2011;31:52-8.

Nunley RM, Prather H, Hunt D, Schoenecker PL, Clohisy JC. "Clinical presentation of symptomatic acetabular dysplasia in skeletally mature patients." J Bone Joint Surg Am. 2011 May;93 Suppl 2:17-21.

Prather H, Harris-Hayes M, Hunt DM, Steger-May K, Mathew V, Clohisy JC. "Reliability and agreement of hip range of motion and provocative physical examination tests in asymptomatic volunteers." PM R. 2010 Oct;2(10):888-95. Erratum in: PM R. 2011 Mar;3(3):286.

For more articles and abstracts, take this off-site link to the National Library of Medicine [Pub Med page for Dr. Heidi Prather.](#)