

It is a privilege to present the 2025 ACSM Honor Award to Dr. Stan Herring. Dr. Herring is a clinical professor in the Departments of Rehabilitation Medicine, Orthopedics and Sports Medicine, and Neurological Surgery at the University of Washington; senior medical advisor and co-founder of the Sports Institute at UW Medicine; and holds the Zackery Lystedt Sports Concussion Endowed Chair. He had a long tenure as one of the team physicians for the Seattle Seahawks and the Seattle Mariners, and he has served as a consultant to many other professional and collegiate teams. After completing his undergraduate studies at the University of Texas (UT) Austin and obtaining his medical degree from UT Dallas Southwestern, Dr. Herring completed postgraduate training in physical medicine and rehabilitation (PM&R) at the UW in Seattle, Washington.

Dr. Herring has a medical career highlighted by academic accomplishments, clinical excellence and policy development combined with a commitment to education of health care providers and the public. More than 120 refereed publications, 55 book chapters, 9 edited books, 6 videos, 488 “select” presentations, editorial responsibilities for medical journals, and his commitment to clinical care and policy development have contributed to Dr. Herring’s national and international reputation as a leader in sports medicine. Dr. Herring is a founding member for the International Spine Intervention Society; the Physiiatric Association for Sports, Spine and Occupational Rehabilitation; the American Medical Society for Sports Medicine; and a charter member of the North American Spine Society. He was honored by the American Academy of Physical Medicine and Rehabilitation with their highest award, the Frank Krusen Lifetime Achievement Award. He has served on health and safety committees for organizations including the NFL Head, Neck & Spine Committee; the USOPC; USA Football; the NCAA; and the CDC.

Dr. Herring has facilitated the Team Physician Consensus Conference (TPCC) since its inception, and the TPCC publications provide education to team physicians at all levels of care. Dr. Herring has driven public policy as it relates to spine injury, rehabilitation and recognizing and managing brain injury. He was a principle in passing the Zackery Lystedt Law legislation in Washington state and subsequently worked with others to help shape youth concussion laws in all 50 states and the District of Columbia. This concept of “recognize and remove” has been modeled internationally. He has participated in several International Concussion in Sport Consensus Conferences, organization position statements, systematic reviews and national/international guidelines.

Dr. Herring’s efforts for the American College of Sports Medicine® (ACSM) have been tireless: chairing the Clinical Sports Medicine Leadership Task Force/Committee and serving on several other committees and the board of trustees. He has given >150 ACSM presentations, including a Sutton Lecture, a President’s Lecture and the D.B. Dill Historical Lecture. His lectures are “can’t miss”; he critically reviews complex topics and delivers evidence-based, practical information that is easy to understand, with humility and typically deadpan humor. His role as a mentor/educator to leaders of ACSM and countless other colleagues and students is unmatched. Dr. Herring’s contributions to medicine through his clinical care, education and public policy are impressive, but what makes him exceptional are his qualities as a person: integrity, humility and compassion. This combination of professional accomplishments along with his personal characteristics of caring and kindness are what make him a most deserving recipient of the ACSM Honor Award.

