
Former Stillwater athlete now keeps competitors in top shape

Dr. Andrea Saterbak named a Stillwater High School Distinguished Alumni

This is the first in a series of two articles about Stillwater Area High School's Distinguished Alumni of 2009. Thomas A. Keller III and Dr. Andrea Saterbak will be honored at a ceremony and program on Saturday, June 6 at the high school.

By LORI POWELL GORDON
Special to the Gazette

Without the words enthusiasm, energy and drive, it might be impossible to describe 2009 Stillwater High

School Distinguished Alumni winner Dr. Andrea Saterbak.

She was born in St. Paul, and her family moved to Stillwater in 1967, where she attended Lily Lake Elementary, Stillwater Junior High School and became a 1982 graduate of Stillwater High School. Her enthusiasm for the school system is contagious as Saterbak describes, "the history of excellence in Stillwater" and remembers teachers like George Regis, who made the music and fine arts programs thrive.

A two-time high school state champion downhill ski racer, Saterbak was cautioned by a high school counselor that if she didn't start college right after high school she might not go. An independent-minded Saterbak promptly took a year off to race.

Still, the advice stuck. She enrolled with a scholarship in ski racing at the University of Wyoming. Her undeclared major changed to education

See Saterbak, page 10

Saterbak

(Continued from page 1)

and finally to biochemistry, and she graduated with honors. It was biochemistry that opened the doors to health care and the same kind of challenge and drive she had found in ski racing.

With the help of a Lakeview Auxiliary Scholarship, Saterbak received her medical degree from Creighton University in 1992. She did her residency in orthopaedic surgery at the University of Iowa, and had a fellowship in sports medicine at Steadman-Hawkins Clinic in Vail, Colorado, emphasizing arthroscopic surgical techniques in the shoulder and knee, as well as cartilage regeneration techniques used in sports medicine. She is now board certified by the American Board of Orthopaedic Surgery, holds a subspecialty certification in sports medicine and has ongoing research studying the ACL reconstruction of the knee.

When asked about orthopaedic surgery training, a field dominated by men, Saterbak described it as positive experience with the right mind set for her. She loves what she describes as the "mental athletics" of making a good decision on limited information, often in emergency situations and finds the profession fits her.

In keeping with her personal and professional interest in sports, Saterbak volunteers for Stillwater Area High School sports teams as well as teams from the University of Wisconsin-River Falls and the St.

Distinguished Alumni to be honored June 6

Saterbak and Thomas A. Keller III will be honored on June 6 as Stillwater Area High School's 2009 Distinguished Alumni at a private reception at the high school followed by an award presentation at the graduation ceremony that evening.

The SAHS Distinguished Alumni Award is sponsored by the Partnership Plan for Stillwater Schools. Nominees must have been out of high school for at least 20 years, reached a distinguished level of achievement in their profession, made significant contributions to community, society and/or humanity, and demonstrated that education is a lifelong experience.

Look for a story on Keller soon in the Stillwater Gazette.

Paul Saints baseball team, evaluating injuries and working with coaches, trainers and parents for appropriate follow through care. She also serves as the United States Ski Team's consulting physician and traveled with the team to Marobor, Slovenia, to provide medical care for the team's athletes.



Saterbak

Saterbak describes her greatest accomplishment as building a successful sports medicine practice with the trust and encouragement of Paul Meisterling, whom she joined at St. Croix

Orthopaedics in 1998 and where she continues to practice today.

"It takes lots of energy," said Saterbak. "What you do in medical training doesn't show; what happens in practice does."

Saterbak has published outcomes research in the use of knee braces in sports, revision ACO reconstruction, and knee ligament injuries in world-class alpine ski racers. She currently has ongoing research studying ACL reconstruction in the knee. Saterbak advises high school students not to worry if they don't have a plan for

their post high school education and that they don't need to make a career choice right after high school. Rather, she suggests a student find a strong mentor, "and don't be afraid to approach someone you think would be a good mentor." They should search for an area of interest, "and don't be nervous that it will be a barrier to future goals."

Her initial study of education has proven helpful as she now uses those skills to teach sports medicine fellows at the Hennepin County Medical Center.

When asked about the future, Dr. Saterbak expressed wishes to stay healthy and have a productive practice. She is excited about watching her daughter grow and progress, knowing the opportunities she will have in District 834 with particular teachers and coaches.

Changes in medicine provide additional challenges and require harder work, but once again the word "energy" comes into play. Saterbak doesn't let those problems diminish her energy, rather she is working on how to deliver health care that allows for change.