



Stephanie N. Aldret, DO, CAQSM, is a southside Oklahoma City native and a graduate of Oklahoma State University Center for Health Sciences in Tulsa, OK. She completed an Internship and Residency in Family Medicine at Oklahoma State University as well as a Fellowship in Sports Medicine at Edward Via College of Osteopathic Medicine (VCOM) in Blacksburg, VA, where she served as one of the team physicians for Virginia Tech and Radford University. She is board certified in Family Medicine, Osteopathic Manipulative Medicine, and Sports Medicine by the AOBFP. She is the Co-Chair and Associate Professor for Family Medicine, Osteopathic Manipulative Medicine, and Sports Medicine at VCOM-Louisiana. She serves as one of the team physicians for the University of Louisiana at Monroe, Grambling State University, and USA Gymnastics-Trampoline and Tumbling and is part of the volunteer medical pool for USA Wrestling and USA Figure Skating. She has also provided medical care for the 2018 Winter Paralympic Games, 2019 Para-Pan American Games, 2020 Summer Paralympic Games, 2022 Winter Paralympic Games, Paralympic Qualifying events, Oklahoma Special Olympics, University of Louisiana at Lafayette, roller derby, rodeo, hockey (professional and junior hockey), and professional baseball. Dr Aldret currently serves on the EPIC Advisory Committee, the ACOFP Family Medicine Chairs Committee, the ACOFP OM Teaching Task Force, is a Past-President of the Louisiana Osteopathic Medical

Association, a Louisiana delegate to the American Osteopathic Association House of Delegates, and a member of the Rules Committee for the United Federation of Osteopathic Societies. As busy as she is, she always makes time for her family and friends. Their greatest time together is watching Stephanie perform with her Xanadu Krewe during Mardi Gras. You are not seeing double; her little sister is Audrey Hendricks of the OOA. When she finally has time to sit on the couch and watch her shows, she enjoys doing so with her husband of 20 years and her two little rugrats – their shar-pei J.J. and corgi Finn.