



Sabrina L. Schrader, DO, is a family physician and the Director of Osteopathic Education at the SSM Health Family Medicine Residency in Oklahoma City. She graduated from the Oklahoma State University College of Osteopathic Medicine in Tulsa in 1992, where Dr. Pope was one of her OMT clinical instructors. She completed her Family Practice Residency at Ochsner Medical Foundation in New Orleans, Louisiana, in 1995. She is board certified by the ABOFP, as well as the ABFM. She has been utilizing OMT in her everyday practice since medical school in many settings, including her time

as a resident at a non-DO institution, as well as in a PM&R practice in New Orleans, the VA hospitals in both Biloxi, Mississippi, and Oklahoma City, and now working with residents at the Osteopathic recognition residency program, where she is designing the curriculum. She has been active in the Oklahoma Osteopathic Study Group with Dr. Ross Pope since 2016; meetings occur on the second Sunday of the month at the Family Medicine Residency in Midtown, OKC. The study group has fostered her love of osteopathic medicine and treatment and expanded her osteopathic horizons.

She also manages a small cattle ranch west of El Reno, Oklahoma, with her husband, a DO, when not involved in medicine.