



Sabrina L. Schrader, DO is currently a full time faculty, as well as the Director of Osteopathic Education, at the SSM Health St. Anthony Hospital Family Medicine Residency, where she has been teaching residents since 2011. She teaches OMT to the residents and students and manages the Osteopathic curriculum. Prior to working at St. Anthony, she worked with the Veterans Administration as a primary care physician for 11 years, both in Biloxi, Mississippi and Oklahoma City. She has been doing OMT with her patients on a daily basis since graduating from Oklahoma State University College of Osteopathic Medicine in 1992. Dr. Schrader did her family practice residency at Ochsner Hospital and Foundation in New Orleans, Louisiana.

As an Osteopathic family physician, Dr. Schrader's current clinical practice is focused on health and wellness counseling as well as OMT, especially for patients with headaches, neck pain, and rheumatoid arthritis but also in preventive encounters such as well child checks, well adult and well woman exams. She does not wait until the truck is broke down before doing the tune up! And wants all of her colleagues in the osteopathic community to have the same notion of the benefits of OMT and the osteopathic outlook on prevention of disease in our patients, and our population.