



Sterling Carter, DPT, MS, CSCS, CST
Health and Wellness Committee Chairman
100 Black Men Metropolitan Houston

Dr. Sterling Carter is a leader in his field and strives to promote innovation in the healthcare community. He has over twenty five years of experience working as a professional physical therapist and is a decorated U.S. Army veteran who served his country for over two and a half decades, being awarded the rank of Lieutenant Colonel before retiring. He is a philanthropist at heart and spends a vast amount of his time giving back and mentoring within his community. Dr. Carter currently serves as the Health and Wellness committee chairman for the 100 Black Men of Metropolitan Houston.

Dr. Carter has extensive education, training, and experience in the healthcare arena. He earned his Bachelor of Science in biology from Langston University and went on to complete his Master of Science in physical therapy with a focus in orthopedics at Texas Woman's University. He now holds a Doctorate of Physical Therapy from Simmons College. In addition to his higher education, Dr. Carter is a graduate of the esteemed Fort Bend Leadership Forum, a Certified Strength and Conditioning Specialist (CSCS), a Certified Stretch Therapist, and a graduate of the US Army Command and General Staff College.

A successful serial entrepreneur, Dr. Carter has held countless leadership positions throughout his career. He is currently the President and CEO of Sterling Physical Therapy & Wellness, founding partner and COO at Sterling Staffing Solutions, Co-Founder of Carter Brothers Consulting, Co-Founder of Home Health Pro, and CEO of Sterling Diagnostic Testing Services.