



David D. Cosca, M.D.

Philosophy of Care

I focused on sports medicine due to a strong professional interest in the management of musculoskeletal injuries, as well as an interest in the management of exercise-related medical conditions. My approach includes a thorough evaluation of the circumstances leading to the injury, a careful diagnostic exam, and then a detailed explanation of the problem, along with the available treatment options. I use an open, interpersonal style with a goal to educate, answer questions and achieve a partnership with my patients in the treatment plan. I enjoy consulting with athletes and habitual exercisers who develop medical problems as a result of their activities, and I have a special interest in working with endurance athletes in need of exercise testing to address sports performance issues. I have also become proficient in musculoskeletal ultrasound, a technology that can be very helpful as both a diagnostic tool, and as a means to guide therapeutic injections. I am team physician for the Sacramento Kings and am head team physician for UC Davis Intercollegiate Athletics.

Clinical Interests

David D. Cosca has focused his practice on sports medicine and primary care orthopaedics. He is skilled in the nonsurgical management of musculoskeletal injuries and common fractures. His clinical interests also include exercise stress testing and management of medical problems that arise from physical activity, such as exercise-induced asthma. He is a consultant with the UC Davis Adult Fitness and Cardiac Rehabilitation Program, and team physician for the Sacramento Kings, Sacramento Monarchs and UC Davis.

Title Associate Physician

Specialty Sports Medicine

Department UC Davis Medical Group

Division UC Davis Medical Group, Sacramento - J Street

Clinic UC Davis Medical Group, J Street

Center/Program Affiliation [Sports Medicine Program](#)
[UC Davis Medical Group](#)

Address/Phone UC Davis Medical Group - Sacramento (J Street), Sports Medicine, 2805 J St. Suite 300
Sacramento, CA 95816
Phone: 916-734-6805

Additional Phone



David D. Cosca, M.D.

Physician Referrals: 800-4-UCDAVIS (800-482-3284)

Education M.D., UC Davis School of Medicine, Sacramento, California, 1987
B.S., Stanford University, Palo Alto, California, 1980

Internships University of California, Davis Medical Center, Sacramento, California, 1987-91

Residency University of California, Davis, Medical Center, Sacramento, California, 1987-91

Fellowships University of California, Davis, Medical Center, Sacramento, California, 1991-92

Board Certifications American Board of Family Medicine, 1991
American Board of Family Medicine, 1997
American Board of Family Medicine, 2005
American Board of Family Medicine, Sports Medicine, 1993
American Board of Family Medicine, Sports Medicine, 2003

Professional Memberships Alpha Omega Alpha Honor Medical Society
American Medical Society for Sports Medicine

Select Recent Publications Herring SA, Kibler WB, Putukian M, *et al.* Selected issues for the master athlete and the team physician: a consensus statement. *Med Sci Sports Exerc.* 2010 Apr;42(4):820-33.
Cosca DD, Callahan W. "Cross Country Skiing." In *Netter's Sports Medicine*. Madden CC, Putakian M, Young CC, McCarty EC, eds. Philadelphia, PA: Saunders/Elsevier, 2009:604-8
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Cosca DD. Physical inactivity: the neglected coronary artery disease risk factor. *The University of California/Health Net Wellness Notebook* 1992
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