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 atheletes 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

UC DAVIS HEALTH SYSTEM

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

Cosca DD, Navazio F. Common problems in endurance athletes. *Am Fam Physician.* 2007 Jul 15; 76(2):237-44. Review

Cosca DD. Physical inactivity: the neglected coronary artery disease risk factor. *The University of California/Health Net Wellness Notebook* 1992

Cosca DD, White RH, Fye KH. (Abst.) Interpretation of the Fluorescent Antinuclear Antibody in Rheumatologic Practice. *Arthritis Rheum*, Suppl 1989;1:24

Haynes DC, Gershwin ME, Robbins DL, Miller JJ, Cosca D. Autoantibody profiles in juvenile arthritis. *Journal of Rheumatology* 1986;13:358-363

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