



## Brandee Waite, M.D.

### Clinical Interests

Dr. Waite's clinical focus is sports medicine and physical rehabilitation medicine, where she has served and treated wide range of elite athletes participating in professional leagues, national teams and extreme-endurance competitions. She also cares for "weekend warrior" level athletes and non-athletes with joint, muscle and nerve issues that prevent them from reaching daily activity goals.

Dr. Waite has served as a team physician for the U.S. national track and field program and for Sacramento's professional men's and women's basketball teams, and is currently a consulting physician for the Sacramento Ballet and a team doctor for UC Davis collegiate sports. She has directed multiple ultra-marathons and serves as a medical director and event physician for Racing The Planet, an organization that sponsors adventure races in Antarctica, the Sahara desert, the Himalayas and other extreme-weather locations worldwide.

Dr. Waite currently serves as an official team physician for the Sacramento Republic FC professional men's soccer team.

### Research/Academic Interests

Dr. Waite's research focuses on musculoskeletal medicine and on physiologic changes, injuries and injury prevention in extreme-endurance athletes, especially ultramarathoners. Specific topic areas include knee osteoarthritis, anti-inflammatory treatments and prophylaxis, electrolyte levels and body composition changes. She has published book chapters and journal articles on a wide range of topics and presented for organizations such as the American College of Sports Medicine and the American Medical Society for Sports Medicine.

Dr. Waite co-directs the sports medicine fellowship program in UC Davis Health System's Department of Physical Medicine and Rehabilitation.

**Title** Assistant Clinical Professor

**Specialty** Physical Medicine and Rehabilitation, Sports Medicine - Physical Medicine & Rehabilitation, Sports Medicine

**Department** Physical Medicine and Rehabilitation

**Division** Physical Medicine and Rehabilitation

**Clinic** UC Davis Medical Group, Folsom  
UC Davis Medical Group, Rocklin

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



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| <b>Address/Phone</b>            | UC Davis Medical Group - Sacramento (J Street), Sports Medicine, 2805 J St. Suite 300<br>Sacramento, CA 95816<br><b>Phone:</b> 916-734-6805                                                                                                                    |
|                                 | Lawrence J. Ellison Ambulatory Care Center, Physical Medicine & Rehabilitation, 4860 Y St. Suite<br>1700 Sacramento, CA 95817<br><b>Phone:</b> 916-734-7041                                                                                                    |
|                                 | UC Davis Medical Group - Folsom, 251 Turn Pike Dr. Folsom, CA 95630<br><b>Phone:</b> 916-985-9300                                                                                                                                                              |
|                                 | UC Davis Medical Group - Rocklin, 550 West Ranch View Dr. Suite 2005 Rocklin, CA 95765<br><b>Phone:</b> 916-295-5700                                                                                                                                           |
| <b>Additional Phone</b>         | Physician Referrals: 800-4-UCDAVIS (800-482-3284)                                                                                                                                                                                                              |
| <b>Languages</b>                | French, Spanish                                                                                                                                                                                                                                                |
| <b>Education</b>                | M.D., UC San Francisco School of Medicine, San Francisco, California, 2000<br>B.A., Stanford University, Stanford, California, 1995                                                                                                                            |
| <b>Internships</b>              | Arrowhead Medical Center, Colton, California, 2000-2001                                                                                                                                                                                                        |
| <b>Residency</b>                | Stanford University Medical Center, Stanford, California, 2001-2004                                                                                                                                                                                            |
| <b>Fellowships</b>              | Johns Hopkins Hospital, Baltimore, Maryland, 2004-2005                                                                                                                                                                                                         |
| <b>Board Certifications</b>     | American Board of Physical Medicine and Rehabilitation, 2005<br>American Board of Physical Medicine and Rehabilitation, Sports Medicine, 2008                                                                                                                  |
| <b>Professional Memberships</b> | American Academy of Physical Medicine and Rehabilitation<br>American College of Sports Medicine<br>American Medical Society for Sports Medicine                                                                                                                |
| <b>Honors and Awards</b>        | Invited Keynote Speaker – Lincoln Memorial Obesity Awareness March (requested to fill in for<br>former U.S. Surgeon General David Satcher), 2005<br>Robert Taylor Resident Research Award, California Society of Physical Medicine and Rehabilitation,<br>2004 |



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### Select Recent Publications

- Krabak B, Waite B, Lipman G, "Injury and Illness Prevention for Ultramarathoners." *Curr Sports Med Rep.* 2013 May-Jun;12(3):183-9
- Lipman G, Grimm E, Waite B, Ellis M, Lissoway J, Chan G, Krabak B, A "Prospective Randomized Prevention Trial Assessing Paper-tape in Endurance Distances (Pre-TAPED)". *Academic Emergency Medicine.* May, 2013; (20)s
- D. Mandeville, G. Casazza, A. Alvarez, J. Sheremet, B. Waite and B. Davis, "Associations between Hormonal and Mechanical Factors of Knee Osteoarthritis in Women—A Preliminary Study," *Open Journal of Rheumatology and Autoimmune Diseases*, Vol. 3 No. 2, 2013, pp. 79-85. doi: 10.4236/ojra.2013.32012.
- Krabak B, Waite B, Schiff M: "Study of Injury and Illness Rates in Multiday Ultramarathon Runners." *Medicine & Science in Sports & Exercise.* 43(12):2314-2320, December 2011.
- Townes D, Waite B: *Wilderness and Endurance Events.* In *Wilderness Medicine.* Auerbach P (Ed). Elsevier. December 2011
- Waite, B: *Cartilage and Joint Injuries and Conditions.* In *SPORTS MEDICINE: Study Guide and Review for Boards.* Harrast M and Finoff J (Eds). Springer/Demos Medical Publishing. New York Nov 2011
- Fredericson M, Ho C, Waite B, Jennings F, Peterson J, Williams C, Matheson G: "Magnetic Resonance Imaging Abnormalities in the Shoulder and Wrist Joints of Asymptomatic Elite Athletes" *PM&R.* 2009 Feb;1:107-16
- Waite, B, Krabak, B: "Examination and Treatment of Pediatric Injuries of the Hip and Pelvis" *Phys Med Rehabil Clin N Am.* 2008 May;19(2):305-18
- Krabak BJ, Waite B: *The Traveling Sports Physician.* In *Clinical Sports Medicine.* Fronterra WR, Herring SA, Micheli L and Silver JK (Eds). London: Elsevier Science. (Invited contributor)

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