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.

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

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Languages French, Spanish

Education M.D., UC San Francisco School of Medicine, San Francisco, California, 2000
B.A., Stanford University, Stanford, California, 1995

Internships Arrowhead Medical Center, Colton, California, 2000-2001

Residency Stanford University Medical Center, Stanford, California, 2001-2004

Fellowships Johns Hopkins Hospital, Baltimore, Maryland, 2004-2005

Board Certifications American Board of Physical Medicine and Rehabilitation, 2005
American Board of Physical Medicine and Rehabilitation, Sports Medicine, 2008

Professional Memberships American Academy of Physical Medicine and Rehabilitation
American College of Sports Medicine
American Medical Society for Sports Medicine

Honors and Awards Invited Keynote Speaker – Lincoln Memorial Obesity Awareness March (requested to fill in for former U.S. Surgeon General David Satcher), 2005
Robert Taylor Resident Research Award, California Society of Physical Medicine and Rehabilitation, 2004

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

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Brandee Waite, M.D.

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.

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Townes D, Waite B: Wilderness and Endurance Events. In Wilderness Medicine. Auerbach P (Ed). Elsevier. December 2011

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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

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