



## Brian A. Davis, M.D., F.A.B.P.M.R., F.A.C.S.M., F.A.B.N.E.M., F.A.B.R.M

### Clinical Interests

Dr. Davis specializes in the nonsurgical treatment of sports and musculoskeletal disorders. He has published and lectured extensively on sports medicine topics and has provided medical care to all levels of athletes. He served as the U.S. Team Physician for the 2004 Paralympic Team in Athens, Greece. He has also served as the Team Physician for USA Swimming, USA Track and Field, and the Sacramento River Cats Baseball Team (Triple A). He is currently the Co-Head Team Physician for the Sacramento Republic FC Soccer Team (MLS Div III) and Team Physician for the California State University, Sacramento (Sac State) athletic programs. Dr. Davis also has provided medical sporting event coverage at the 2012 Olympics, 2010 Paralympics, the 2002 Olympic and Paralympic Games, the USA Track and Field Olympic Trials and National Championships, and the USA Boxing National Championships.

Dr. Davis employs the philosophy that exercise truly is medicine. He is a strong advocate for the use of exercise as a healing tool and to re-train athletes to return to their sport of enjoyment, whether it is at the professional or recreational level. He recommends Yoga, Pilates, Cross-Fit, physical therapy and many other training modalities to assist with athlete recovery. He may recommend injections for improved health and is a leader in the area of the use of ultrasound for the evaluation of injuries and the guidance of injections where needed. He is one of several UC Davis Sports Medicine physicians that are using one's own blood via injection to attempt to stimulate healing without surgery.

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

### Research/Academic Interests

Dr. Davis' research interests include:

1. The Hormonal and Mechanical Factors of Knee Osteoarthritis Progression for Women.
2. Effect of Prolain on Exercise Performance, Metabolism and Post-Exercise Recovery in Healthy Subjects.
3. Effect of elevATP on Energy Levels, Metabolism and Exercise Performance in Healthy Athletes.
4. Effect of Sustained and Continuous Cooling on Physiology, Perceived Effort and Performance, While Riding in Hot Conditions.

**Title** Clinical Professor

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



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<b>Department</b>	<a href="#">Physical Medicine and Rehabilitation</a>
<b>Division</b>	Physical Medicine and Rehabilitation
<b>Clinic</b>	UC Davis Medical Group, Elk Grove
<b>Center/Program Affiliation</b>	<a href="#">Sports Medicine Program</a>
<b>Address/Phone</b>	Lawrence J. Ellison Ambulatory Care Center, 4860 Y St. Suite 3850 Sacramento, CA 95817  UC Davis Medical Group - Elk Grove, 9390 Bighorn Blvd. Elk Grove, CA 95758 <b>Phone:</b> 916-683-3955
<b>Additional Phone</b>	Clinic Phone: 916-734-2923 Clinic Phone: 916-734-5291 Clinic Fax: 916-734-7838 Physician Referrals: 800-4-UCDAVIS (800-482-3284)
<b>Languages</b>	Spanish
<b>Education</b>	M.D., Meharry Medical College, Nashville, Tennessee, 1992 B.S., Northern Illinois University, DeKalb, Illinois, 1986
<b>Internships</b>	Transitional Medicine, Hospital of the University of Pennsylvania/Presbyterian Medical Center, Pittsburgh, Pennsylvania, 1992-1993
<b>Residency</b>	Physical Medicine and Rehabilitation, University of Medicine and Dentistry of New Jersey-New Jersey Medical School, Newark, New Jersey, 1993-1996
<b>Fellowships</b>	Sports and Musculoskeletal Medicine, University of Medicine and Dentistry of New Jersey-New Jersey Medical School, Newark, New Jersey, 1996-1997
<b>Board Certifications</b>	ADD Sports Medicine American Board of Electrodiagnostic Medicine, 2008 American Board of Physical Medicine and Rehabilitation, 2005
<b>Professional Memberships</b>	American Academy of Physical Medicine and Rehabilitation American Association of Electrodiagnostic Medicine American Association of Professional Ringside Physicians American College of Sports Medicine



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American Medical Society for Sports Medicine

### Honors and Awards

Top M.D., 2012

Rutgers New Jersey Medical School (Formerly UMDNJ-NJMS), Department of Physical Medicine and Rehabilitation, Newark, NJ, Alumnus Award, 2011

super Doctors Sacramento, 2011

America's Top Physicians,, 2006

Dr. Ray Wesson Physician of the Year, 2005

Metropolitan Who's Who, 2005

### Select Recent Publications

Mandeville D, Casazza G, Alvarez A, Sheremet J, Waite B, Davis B. Associations between Hormonal and Mechanical Factors of Knee Osteoarthritis in Women – A Preliminary Study. *Open Journal of Rheumatology and Autoimmune Diseases* 2013; 3(2); 79-85. Doi: 10.4236/ojra.2013.32012.

Too BW, Cicai S, Hockett Kali R, Applegate Elizabeth A, Davis BA and Casazza Gretchen A. Natural versus Commercial Carbohydrate Supplementation and Endurance Running Performance. *J Int Soc Sports Nutr* 2012; 9:27

Ong JC, Davis BA and Hunter JC. Large thigh mass in a recreational athlete: A case report. *Clin Jnl PMR* March 2009

ACSM's Sports Medicine: A Comprehensive Review. O'Connor F, Sallis R, Wilder R, St. Pierre P and Davis B (eds.), Williams Wilkins Publishers, Philadelphia, PA, 2012.

Three minute musculoskeletal and peripheral nerve exam. Miller A, Hecht K and Davis BA (eds.), Demos Vermande Publishers, New York 2008.

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