



Brian A. Davis, MD, FABPMR, FACSM, FABNEM, FABRM

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 is the Sports Medicine Fellowship Director, alongside Dr. Brandee Waite. This program was one of the first in the nation to receive accreditation in Physical Medicine and Rehabilitation, and has been providing training since 2008. Dr. Davis has published and lectured extensively in areas related to Sports and Musculoskeletal medicine for over 20 years.

Research/Academic Interests

Dr. Davis' academic areas of interest are related primarily to teaching physical examination skills, ultrasound examination and interventional techniques for students, residents and other faculty. He has mentored students and residents from all over the country to provide the foundations of Sports and Musculoskeletal Medicine to all levels of learners.

Dr. Davis' research areas of interest include:

1. Anterior Cruciate Ligament injury prevention in female athletes



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2. The hormonal and mechanical factors of knee arthritis in women
3. How Prolain effects exercise performance, metabolism and post-exercise recovery in athletes
4. The effect of elevATP on energy levels, metabolism and exercise performance in athletes

Title	Clinical Professor
Specialty	Sports Medicine, Musculoskeletal Disorders
Department	Physical Medicine and Rehabilitation
Division	Physical Medicine and Rehabilitation
Clinic	UC Davis Medical Group, Elk Grove
Center/Program Affiliation	Sports Medicine Program UC Davis Medical Group
Address/Phone	Cannery Building, Sports Medicine, 3301 C St Suite 1600 Sacramento, CA 95816 Phone: 916-734-6805
	UC Davis Medical Group - Elk Grove, 9390 Bighorn Blvd. Elk Grove, CA 95758 Phone: 916-683-3955
Additional Phone	Physician Referrals: 800-4-UCDAVIS (800-482-3284)
Languages	Spanish
Education	M.D., Meharry Medical College, Nashville TN 1992 B.S., Northern Illinois University, DeKalb IL 1986
Internships	Transitional Medicine, Hospital of the University of Pennsylvania/Presbyterian Medical Center, Pittsburgh PA 1992-1993
Residency	Physical Medicine and Rehabilitation, Rutgers New Jersey, Newark NJ 1993-1996
Fellowships	Sports Medicine, Rutgers New Jersey, Newark NJ 1996-1997
Board Certifications	ADD Sports Medicine American Board of Electrodiagnostic Medicine, 2008



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American Board of Physical Medicine and Rehabilitation, 2005

Professional Memberships

American Academy of Physical Medicine and Rehabilitation
American Association of Electrodiagnostic Medicine
American Association of Professional Ringside Physicians
American College of Sports Medicine
American Medical Society for Sports Medicine

Honors and Awards

Top Doctor, Castle Connolly, New York, NY, 2017
Volunteer of the Year, Sacramento Running Association, Sacramento, CA, 2016
Best Physical Medicine and Rehabilitation Doctors, Sacramento Magazine November 2015, 2016
University of California, Davis Medical Center, Sacramento, CA, Department of PM&R, Teacher of the Year, 2015

Select Recent Publications

Montenegro CF, Kwong DA, Minow ZA, Davis BA, Lozada CF and Casazza GA. Betalain-Rich Concentrate Supplementation Improves Exercise Performance and Recovery in Competitive Triathletes. *Appl Physiol Nutr Metab.* 2017;42(2):166-172, 10.1139/apnm-2016-0452.

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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