



Brian Adam Davis, M.D., F.A.B.P.M.R.

Philosophy of Care

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, Acupuncture, 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.

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 the former Co-Head Team Physician for the Sacramento Republic FC Soccer Team (MLS in 2021) and Auxiliary 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 is an academic clinician with over 25 years of clinical and teaching experience in Sports Medicine. He has provided care to athletes of all levels, and "couch potatoes" to improve health and well-being. He returns to UC Davis as a clinical educator to continue his mission of providing health care education to the University.

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. The effect of training programs on reduction of ACL injuries in women.
2. Impact of intermittent fasting on endurance athletes.
3. How Prolain effects exercise performance, metabolism and post-exercise recovery in athletes.
4. Evaluation of frozen shoulder treatment protocols (retrospective and prospective studies ongoing).
5. Softball pitching mechanics and development of fibular stress fractures.

Title Volunteer Clinical Professor



Brian Adam Davis, M.D., F.A.B.P.M.R.

Specialty	Physical Medicine and Rehabilitation
Department	Physical Medicine and Rehabilitation
Division	Physical Medicine and Rehabilitation
Center/Program Affiliation	Sports Medicine Program
Address/Phone	Cannery Building, Sports Medicine, 3301 C St Suite 1600 Sacramento, CA 95816 Phone: 916-734-6805
Additional Phone	Clinic Phone: 916-734-6805 Clinic Fax: 916-734-6806 Physician Referrals: 800-4-UCDAVIS (800-482-3284)
Education	M.D., Meharry Medical College, Nashville TN 1992 Med Tech, National Louis University, Evanston IL 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 Medical School, Newark NJ 1993-1996
Fellowships	Sports Medicine/ Physical Medicine & Rehabilitation, Rutgers New Jersey Medical School, Newark NJ 1996-1997
Board Certifications	American Board of Physical Medicine and Rehabilitation, 2017 American Board of Physical Medicine and Rehabilitation, Sports Medicine
Professional Memberships	American College of Sports Medicine
Honors and Awards	Best Physical Medicine and Rehabilitation Doctors, Sacramento Magazine November 2015, 2016, 2017, 2018, 2019 Top Doctor, Castle Connolly, New York NY, 2017 Volunteer of the Year, Sacramento Running Association, Sacramento CA, 2016 Teacher of the Year, UC Davis Medical Center, Department of PM&R, Sacramento CA, 2001, 2015 Top MD, Consumers Checkbook, 2012 Alumnus Award, Rutgers New Jersey Medical School (Formerly UMDNJ-NJMS), Department of Physical Medicine and Rehabilitation, Newark NJ, 2011 SuperDoctors Sacramento, 2011



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America's Top Physicians, Consumers' Research Council of America, Washington DC, 2006
Dr. Ray Wesson Physician of the Year, USA Boxing, Colorado Springs CO, 1999, 2004, 2005
Metropolitan Who's Who, Deer Park, NY, Metropolitan Professional Honor Society (Sacramento Representative), 2005
1000 Great Americans, International Biographical Centre, Oxford, England, 2004
Certificate of Recognition (for National Championship Event Coverage), USA Boxing, Colorado Springs CO, 2000, 2004
Physical Medicine and Rehabilitation - Education and Research Foundation (PM&R-ERF) New Investigator Award, American Academy of Physical Medicine and Rehabilitation, Chicago IL, 2001
Research Enrichment Program for Physiatrists Scholarship, Missouri Arthritis Rehabilitation Research and Training Center/ University of Missouri-Columbia, Columbia MO, 2000, 2001
National Registry of Who's Who inducted, 2000
Physical Medicine & Rehabilitation - Education and Research Foundation (PM&R-ERF) Best Scientific Research Paper Award, American Academy of Physical Medicine and Rehabilitation, Chicago IL, 1999
Plaque of Recognition, City Center Boxing Club, Salt Lake City UT, 1999
American Medical Association (Chicago, IL)/ Glaxo Wellcome Leadership Award, 1997
Best Research/Presentation, New Jersey Society of PM&R Annual Research Award - March 23, 1996
Best Research/Presentation, University of Medicine and Dentistry New Jersey Medical School, Newark, NJ, Department of PM&R Resident Research Award - June 14, 1995
Department of Infectious Disease Certificate of Recognition, Presbyterian Medical Center, Philadelphia PA (for contributions to the Department of Infectious Disease), 1992, 1993
Honors Graduate, Meharry Medical College, 1992
Cap and Gown Award (academic achievement as a graduating medical student), Meharry Medical College, 1992
Merck Manual Award (academic achievement as a graduating medical student), Meharry Medical College, 1992
Dean's List - all semesters, Meharry Medical College
AT&T Scholarship, Meharry Medical College, 1988, 1989, 1990, 1991, 1992
Certificate of Recognition (for coordination and leadership of Hypertension and Nutrition Screening for the Poor and Medically Underserved), Phi Delta Kappa, Nashville TN, 1990, 1991, 1992
Junior Inductee, Alpha Omega Alpha Medical Honor Society, Meharry Medical Center, 1991
High Achievement Award in Pharmacology (academic achievement), Meharry Medical College,



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1990

Scholarship Award (academic achievement and leadership among medical students nationwide), Michael Dalton, San Antonio TX, 1990

Guernsey D. Holloway Prize in Clinical Pathology (academic achievement), Meharry Medical College, 1990

Philip A. Nicholas Scholarship Award (academic achievement), Meharry Medical College, 1989

Plaque of Recognition (for contributions to Circadian Neurology Research Program), School of Aerospace Medicine/United States Air Force, San Antonio TX, 1989

Magna Cum Laude, Northern Illinois University

Dean's List - Six of Seven semesters, Northern Illinois University

Golden Key National Honor Society, Northern Illinois University, 1986

Jimmy Hammerstein Scholarship Award (academic achievement and leadership in Sigma Alpha Mu Fraternity, Gamma Lambda chapter), 1986

Highest G.P.A. Award, Sigma Alpha Mu, Gamma Lambda chapter, Northern Illinois University, 1985, 1986

Northern Illinois University Greek Council Alpha Award (superior academic achievement), Fall 1985, Spring 1986, Fall, 1986

Warner and Laura Kayes Pomerene Scholarship (academic achievement), Northern Illinois University, 1984, 1985, 1986

Select Recent Publications

Davis BA. In: Heckert K, Ankam N, Miller A, Speciale A, Davis B (eds.), Three minute musculoskeletal and peripheral nerve exam, 2nd edition. Demos Vermande Publishers, New York 2021.

Cullen MFL, Casazza GA, Davis BA. Passive recovery strategies to enhance and sustain athletic performance: a literature review of the current evidence. Curr Sports Med Rep. Accepted for Publication.

Warrick A, Davis BA. Neurogenic thoracic outlet syndrome in athletes: non-surgical treatment options. Curr Sports Med Rep. Accepted for Publication.

Neph A, Davis BA. Capsular Distention/HVUG! For Frozen Shoulder. Williams et al (eds.). Interventional Orthopedics, Elsevier Publishers. Accepted for Publication.



Brian Adam Davis, M.D., F.A.B.P.M.R.

DeMesa C, Davis BA, Humphries M. Shoulder Pain. DeMesa C et al (eds). Primary Care Pain Management, Lippincott Wolters Kluwer. 2020:110-125.

Zaremski JL, Diamond MC, Aagesen A, Casey E, Davis B, Ellen M, Mautner K, McInnis K, Nichols J, Rao A, Krabak B. Musculoskeletal and Sports Medicine Physical Medicine and Rehabilitation Curriculum Guidelines. PM R. 2017 Dec;9(12):1244-1267. doi:10.1016/j.pmrj.2017.07.006. PMID:29274677.

Montenegro CF, Kwong DA, Minow ZA, Davis BA, Lozada CF, Casazza GA. Betalain-rich concentrate supplementation improves exercise performance and recovery in competitive triathletes. Appl Physiol Nutr Metab. 2017 Feb;42(2):166-172. doi:10.1139/apnm-2016-0452. Epub 2016 Oct 14. PMID:28121183.

Too BW, Cicai S, Hockett KR, Applegate E, Davis BA, Casazza GA. Natural versus commercial carbohydrate supplementation and endurance running performance. J Int Soc Sports Nutr. 2012 Jun 15;9(1):27. doi:10.1186/1550-2783-9-27. PMID:22704463.

Ong JC, Davis BA, Hunter JC. Large thigh mass in a recreational athlete: a case report. PM R. 2009 Feb;1(2):189-93. doi:10.1016/j.pmrj.2008.10.015. PMID:19627893.

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

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