



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

Philosophy of Care

Dr. Davis no longer provides direct clinical care at UC Davis, but remains a Medical Director for the California International Marathon. Dr. Davis is now focused on teaching and mentoring for students, residents, fellows and faculty in Sports Medicine at several distinguished programs in Nevada and California.

Clinical Interests

Dr. Davis is a Volunteer Clinic Professor in the Department of Physical Medicine and Rehabilitation since 2021. Dr. Davis began working for the University of California, Davis in 1999. From 1999-2021, Dr. Davis provided medical care and teaching for the Department. Dr. Davis' medical focus was on 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 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.



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Title	Volunteer Clinical Professor
Specialty	Physical Medicine and Rehabilitation
Department	Physical Medicine and Rehabilitation
Division	Physical Medicine and Rehabilitation
Center/Program Affiliation	Sports Medicine Program
Address/Phone	UC Davis Medical Center, 2315 Stockton Blvd. Sacramento, CA 95817 Phone: 800-2-UCDAVIS (800-282-3284)
Education	M.D., Meharry Medical College, Nashville TN 1992 Med Tech, National Louis University, Evanston IL B.S., Biology, Northern Illinois University, DeKalb IL 1986
Internships	Transitional Medicine, Hospital of the University of Pennsylvania/Presbyterian Medical Center, Philadelphia PA 1992-1993
Residency	Physical Medicine and Rehabilitation, Rutgers New Jersey Medical School, Newark NJ 1993-1996
Fellowships	Sports Medicine/Physical Medicine and 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	Top Doctor, Castle Connolly, New York NY, 2017, 2020, 2021, 2022 Best Physical Medicine and Rehabilitation Doctors, Sacramento Magazine November 2015, 2016, 2017, 2018, 2019 Volunteer of the Year, Sacramento Running Association, Sacramento CA, 2016 Teacher of the Year, UC Davis Medical Center, Department of Physical Medicine and Rehabilitation, Sacramento CA, 2001, 2015 Top MD, Consumers Checkbook, 2012
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 NY. 2022.



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Cullen ML, Casazza GA, Davis BA. Passive Recovery Strategies after Exercise: A Narrative Literature Review of the Current Evidence. *Curr Sports Med Rep*. 2021 Jul 1;20(7):351-358. doi:10.1249/JSR.0000000000000859. PMID:34234090.

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