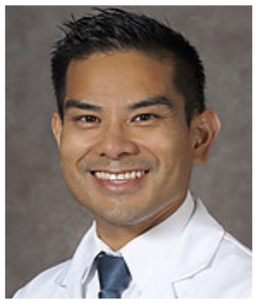


Charles De Mesa, D.O., M.P.H.

Philosophy of Care	Dr. De Mesa believes in a holistic approach to treating patients with an emphasis on wellness recognizing the musculoskeletal system as a key element of health.
Clinical Interests	Dr. De Mesa's clinical interests include: Holistic Approach, Musculoskeletal Pain Medicine, Regenerative and Restorative Medicine, Interventional spine techniques, Ultrasound-guided pain interventions, Manual Therapy and Neuromodulation.
Research/Academic Interests	Dr. De Mesa's research interests include: Cellular therapies in Pain Medicine, dynamic neuromusculoskeletal ultrasound and compressive neuropathies and Academic education.
Title	Director of Pain Medicine Fellowship Director of Musculoskeletal Pain Medicine Associate Professor
Specialty	Pain Medicine
Department	Anesthesiology and Pain Medicine
Division	Pain Medicine
Center/Program Affiliation	Spine Center
Address/Phone	Patient Support Services Building, 4150 V St. Suite 1200 Sacramento, CA 95817 **Phone:** 916-734-5031
Additional Phone	Clinic Fax: 916-734-7980 Physician Referrals: 800-4-UCDAVIS (800-482-3284)
Education	D.O., A.T. Still University – Kirksville College of Osteopathic Medicine, Kirksville MO 2010 M.P.H., Environmental and Occupational Health, University of Hawaii at Manoa, Honolulu HI 1999 B.S., Boston College, Chestnut Hill MA 1997
Internships	Rotating Internship, Maimonides Medical Center, Brooklyn NY 2010-2011
Residency	Physical Medicine and Rehabilitation, Baylor College of Medicine, Houston TX 2011-2014 Chief Academic Resident- Physical Medicine and Rehabilitation, Baylor College of Medicine, Houston TX 2013-2014
Fellowships	Anesthesia and Pain Medicine, UC Davis Medical Center, Sacramento CA 2014-2015
Board Certifications	American Board of Physical Medicine and Rehabilitation

UCDAVIS HEALTH



Charles De Mesa, D.O., M.P.H.

American Board of Physical Medicine and Rehabilitation, Pain Medicine
Fluoroscopy: X-Ray Supervisor and Operator
Osteopathic Physician and Surgeon

Professional Memberships

American Academy of Pain Medicine
American Association of Physical Medicine and Rehabilitation
American Medical Association
American Osteopathic Association
California Society of Anesthesiologists
North American Neuromodulation Society
North American Spine Society (NASS)

Honors and Awards

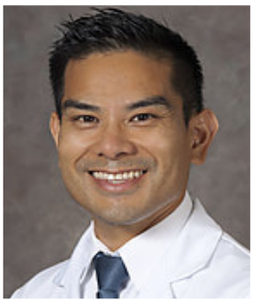
Faculty Teacher of the Year, UC Davis Division of Pain Medicine, 2017, 2018, 2019, 2020, 2021
Outstanding Teaching Award- Chronic Pain UC Davis Department of Anesthesiology, 2018, 2019
Top Doctor in Sacramento CA, 2018
Lifesaver Campaign Recognition from "a grateful patient", 2017
American Academy of Pain Medicine Recipient of the AAPM Pain Medicine Fellowship Excellence Award, 2016
Vice Chancellor Recognition for Patient Care, UC Davis Health, 2016
Patient Experience and Performance Excellence - Recognition of Excellent Care, UC Davis Health, 2016
UC Davis Division of Pain Medicine Gary Collins, M.D. Memorial Fellow Teacher of the Year Award, 2015
Oliver R. Smith, M.D. Award for Outstanding Resident, 2014
Carlos Vallbona, M.D. Professionalism Award, 2014
Baylor College of Medicine / University of Texas PMR Alliance Resident Teacher of the Year Award, 2014
Drs Isabelle and Josephine Morelock Osteopathic Scholarship Award ATSU-KCOM, 2008
Excellence Award, ATSU-KCOM Area Health Education Preventive Medicine and Community Service, 2007

Select Recent Publications

Singh N, DeMesa C, Pritzlaff S, Jung M, Green C. Implementation of Virtual Multiple Mini-Interviews for Fellowship Recruitment. Pain Med. 2021 Aug 6;22(8):1717-1721. doi:10.1093/pm/pnab141. PMID:33871655.

Escalon MX, De Mesa C, Valdez G, Silver JK, Kirksey KM, Verduzco-Gutierrez M. Beyond a

UC DAVIS HEALTH



Charles De Mesa, D.O., M.P.H.

Hashtag: Strategies to Move Toward a More Inclusive Physiatry Workforce. Am J Phys Med Rehabil. 2021 Jul 1;100(7):712-717. doi:10.1097/PHM.0000000000001623. PMID:33065579.

Ramezani A, Roberto LK, Andrade Jr AL, DeMesa C, Carver R, Raheel, A. Khan RA, Aria L, Rockers D, Barry L, Rasmussen, C., Malekafzali S, Aurora MA, Cohen C, Rogers CG, Lloyd S. Taking on a Community Solutions Process (Co-Solve) to the Pain and Opioid Epidemic: A Multi-disciplinary and Multi-institute Pain Panel and Community Response in Sacramento, California. CA J Health Promotion. 2018;16(2):66-73.

Singh N, DeMesa C, Sheth S. Psychological Preparation for Neuromodulation: A Systematic Review. 2018 NANS Annual Meeting, Caesars Palace, LV. 2018 Jan 11-14.

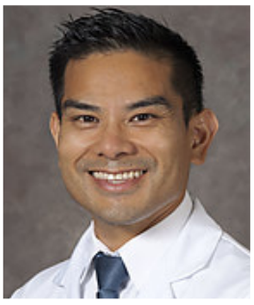
Manoukian MAC, Migdal CW, Tembhekar AR, Harris JA, DeMesa C. Topical Administration of Ibuprofen for Injured Athletes: Considerations, Formulations, and Comparison to Oral Delivery. Sports Med Open. 2017 Oct 5;3(1):36. doi:10.1186/s40798-017-0103-2. PMID:28983850.

Gelfand AA, Johnson H, Lenaerts ME, Litwin JR, De Mesa C, Bogduk N, Goadsby PJ. Neck-Tongue syndrome: A systematic review. Cephalalgia. 2018 Feb;38(2):374-382. doi:10.1177 /0333102416681570. Epub 2017 Jan 18. PMID:28100071.

Singh N, De Mesa C. Unusual Hypersensitivity Reaction to Iohexol During Epidural Steroid Injection Resulting in Lipoma Development: A Case Presentation. PM R. 2016 Dec;8(12):1218-1221. doi:10.1016/j.pmrj.2016.06.005. Epub 2016 Jun 9. PMID:27292434.

De Mesa C, Chu I, Furukawa K, Sheth S. Use of Continuous Femoral and Sciatic Nerve Catheters to Facilitate a Multidisciplinary Inpatient-Based Rehabilitation Plan in a Child with Lower Extremity Type 1 Complex Regional Pain Syndrome. Am J Phys Med Rehabil. 2015 Nov;94(11): e114-5. doi:10.1097/PHM.0000000000000348. PMID:26098930.

UCDAVIS HEALTH



Charles De Mesa, D.O., M.P.H.

Humphries M, Salhan N, De Mesa C. Ultrasound-guided pectoralis minor muscle block to aid diagnosis of neurovascular pectoralis minor syndrome. Society for Vascular Surg. 2016. doi: 10.1016/j.jvs.2016.03.115.

Humphries M, De Mesa C, Sheth S. Salhan N, Freischlag J. Ultrasound-guided Anesthetic or Botulinum Toxin Injection of the Anterior and Middle Scalene muscles to assist with diagnosis and treatment of neurogenic Thoracic Outlet Syndrome. Society for Vascular Surgery. 2016. doi: 10.1016/j.jvs.2016.03.365.

© 2024 UC Regents

UCDAVIS HEALTH