

CURRICULUM VITAE

BRANDEE L. WAITE, M.D.

M.R.K. Medical Consultants

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EMPLOYMENT

- 2010-pres **WellFit, PMC**
Sacramento, California
President/CEO
- 2006-pres **University Of California Davis, Medical Center**
Sacramento, California
Assistant Professor: Physical Medicine and Rehabilitation/Sports Medicine
Co-Director: PM&R Sports Medicine Fellowship 2008-pres
- 2005-pres **RacingThePlanet**
Hong Kong
Assistant Medical Director

POST GRADUATE TRAINING

- 2004-2005 **Johns Hopkins Hospital**
Baltimore, Maryland
Fellow/Faculty: Sports Medicine
- 2001-2004 **Stanford University Medical Center**
Stanford, California
Resident Physician: Physical Medicine and Rehabilitation
Senior Chief Resident
- 2000-2001 **Arrowhead Medical Center**
Colton, California
Transitional Intern: internal medicine, pediatrics, general surgery, OB/Gyn,
psychiatry, radiology and emergency medicine

EDUCATION

- 1996-2000 **University Of California San Francisco, School Of Medicine**
San Francisco, California
Doctorate of Medicine
- 1991-1995 **Stanford University**
Stanford, California
Bachelor of Arts- Human Biology, with Honors
Honors Thesis: The Effects of Exercise and Nutrition on Pregnancy and Post
Partum Period

BOARD CERTIFICATION

- 2005 **Board Certified:** American Board of Physical Medicine and Rehabilitation
- 2008 **Board Certified:** American Board of PM&R Sports Medicine

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PROFESSIONAL/EDUCATIONAL APPOINTMENTS

AAPMR Musculoskeletal Medicine Practicing Curriculum Work Group: 2010
AAPMR Musculoskeletal Council: Educational Committee Publication Liaison 2009-2010
UC Davis School Of Medicine: Applicant Interviewer 2009, 2010
UC Davis Office of Graduate Studies: Thesis Committee Advisor, Master Degree Program, Exercise Science 2009
UC Davis PM&R Sports Medicine Fellowship: Co-Director 2007-present
UC Davis Office of Diversity Advisory Council: Invited Member 2007-2008
US Track & Field ADA Accommodations Committee: Medical Advisor 2005-2008
Stanford PM&R Academic Committee: Member 2003-2004
Stanford University Department of Human Biology: Honors Thesis Advisor 2002-2004

LICENSURE

California State Medical License
US DEA

PROFESSIONAL AFFILIATIONS/

Association of Academic Physiatry: Member since 2010
American Academy of PM&R: Member since 2004,
American College of Sports Medicine: Member since 2004
Racing The Planet: Assistant Medical Director (International endurance racing company)
Endurance Trust: Advisory Board (Non-profit charity organization of endurance athletes) since 2009

SPORTS MEDICINE EXPERIENCE

2011-pres **Sacramento Kings:** NBA Team Physician
2009-pres **UC Davis Inter-Collegiate Athletics:** Team Physician
2007-2009 **Sacramento Monarchs WNBA:** Team Physician
2007 **Amateur Athletics Union Games:** Event Physician
2006 **US Track and Field: World Cup Event, Athens, Greece:** Team Physician
2006 & 2009 **Cowtown Marathon:** Event Physician
2006-2009 **Sacramento Sirens Professional Women's Football:** Team Physician
2006-pres **RacingThePlanet Medical Director-**, Sahara Race 2006, 2009, Atacama Crossing 2007, 2008, Namibia 2009
2005-pres **RacingThePlanet, Assistant Medical Director/Event Physician-** Gobi March 2005, 2006, 2007; Sahara Race 2005; Atacama Crossing 2006
2005 **Hagerstown Suns, NY Mets Div A Farm Team:** Physician
2004-2005 **Jonhs Hopkins University Sports Teams:** Physician
2004 **Pre-participation physicals-** Hopkins University & local high schools: Physician
2003 **NCAA Track and Field Western Regionals:** Event Physician
2002, 2003 **USA Track and Field Championships:** Event Physician
2001-2003 **Pre-participation physicals- Stanford University:** Physician
1999-2002 **Stanford Invitational Cross Country Meet:** Event Physician

RESEARCH

- 2009-2011 Waite, B., Casazza, G., Mandeville, D., Davis, B., "Hormonal and Mechanical Factors Associated with Knee Osteoarthritis in Women"
- 2008-2011 **Waite, B.**, Mariani, M., Tanji, J., Cosca, D., Yamazaki, M.K., "Autologous blood patch for recalcitrant lateral epicondylitis."
- 2007-2010 **Waite, B.**, Krabak, B., "RACER study- Research on Anti-inflammatory Cream in Endurance Runners."
- 2007-pres **Waite, B.**, Krabak, B., Lipman, G., "Serum electrolyte evaluation in ultra-endurance runners"
- 2005-2006 **Waite B.**, Krabak, B., "Injury incidence, Weight Loss and Body Composition Changes During Multi-day Endurance Running Events."
- 2002-2004 **Waite, B.**, Matheson, G., Fredericson, M., Petersen, J., "Magnetic Resonance Imaging of Joints in Asymptomatic Elite Athletes."
- 1992-1993 Flores, R. "Dance for health: improving fitness for African American and Hispanic adolescents." Clinical Research Assistant (Public Health Rep. 1995 Mar-Apr;110(2):189-93)

PUBLICATIONS

- 2012* Waite, B: Ultrasound Guided Polpiteus Tendon Sheath Injection. In atlas of Musckuloskeletal Ultrasound; Maunter K and Malanga G (Eds) McGraw Hill. *Manuscript complete, anticipated publication 03/2012.
- 2012* Waite, B: Ultrasound Guided Polpiteus Tenotomy. In Atlas of Musckuloskeletal Ultrasound; Maunter K and Malanga G. (Eds) McGraw Hill. Manuscript complete, anticipated pulication 03/2012.
- 2011 Krabak B, **Waite B**, Schiff M: "Study of Injury and Illness Rates in Multiday Ultramarathon Runners. Medicine & Science in Sports & Exercise.
- 2011 Townes D, **Waite B**: Wilderness and Endurance Events. In Wilderness Medicine. Auerbach P (ed.). Elsevier. December 2011.
- 2011 Waite, B: Cartilage and Joint Injuries and Conditions. In SPORTS MEDICINE: Study Guide and Review for Boards. Harrast M and Finoff J. (Eds). Springer/Demos Medical Publishing. New York Nov 2011.
- 2009 Fredericson M, Ho C, **Waite B**, Jennings F, Peterson J, Williams C, Matheson G: "Magnetic Resonance Imaging Abnormalities in the Shoulder and Wrist Joints of Asymptomatic Elite Athletes" PM&R.2009 Feb;1:107-16
- 2008 **Waite, B**, Krabak,B: "Examination and Treatment of Pediatric Injuries of the Hip and Pelvis" Phys Med Rehabil Clin N Am. 2008 May;19(2):305-18
- 2007 Krabak BJ, **Waite B**: The Traveling Sports Physician. In Clinical Sports Medicine. Fronterra WR, Herring SA, Micheli L and Silver JK (Eds). London: Elsevier Science. (Invited contributor)
- 2006 **Waite, B**: Joint Pain Common; Sacramento Bee – August 27
- 2006 **Waite, B**: Plantar Fasciitis; Sacramento Bee- May 20
- 2005 **Waite, B**: Trust Me... Advice on how to maximize your potential in college and medical school. In Finding Your North: self help strategies for science-related careers. Moore, FL and Penn, ML (Eds). PotentSci LLC (Invited contributor)
- 2005 Krabak BJ, **Waite B**: Ishmael's Care of the Back, 4th edition. Krabak BJ, Waite B (Eds) Philadelphia: Lippincott. August 2005 (Invited contributor)
- 2005 Krabak BJ, **Waite B**: Ishmael's Care of the Neck, 3rd edition. Krabak BJ, Waite B (Eds) Philadelphia: Lippincott. August 2005 (Invited contributor)
- 2005 Krabak BJ, **Waite B**: Ishmael's Care of the Knee, 3rd edition. Krabak BJ, Waite B (Eds) Philadelphia: Lippincott. August 2005 (Invited contributor)
- 2003 Fredericson, M, **Waite, B**, "An Unusual Cause of Ischemic Claudication," Arch Phys Med Rehabil. 2003 May;84(5):766-7

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▪ NATIONAL PRESENTATIONS/COMMITTEES

- 2011 **RacingThePlanet: Ultra-marathon Medicine:** Lecture of American College of Sports Medicine Annual Assembly, May 2011
- 2010 **AAPMR Musculoskeletal Medicine Practicing Curriculum:** April 2010

EDUCATIONAL PRESENTATIONS

- 2011 "Water exercise for Musculoskeletal Rehabilitation" Chinese Olympic Physician Delegation.
- 2011 "RacingThePlanet:Ultra-Marathon Medicine" ACSM Annual Meeting
- 2009 "Adult Hip Pathology'" UC Davis PM&R Resident Education
- 2008 "Back Pain Management for Primary Care Physicians," UC Davis Cowell Student Health Primary Care Physicians
- 2007 "Pediatric Athletic Hip Disorders," UC Davis PM&R Resident Education
- 2007 Sports Medicine Summer Elective: Instructor/Preceptor, UC Davis School of Medicine
- 2007 "Update on Occupational Shoulder Injury, Diagnosis and Treatment," Occupational and Environmental Medicine Symposium; UC Davis Office of CME
- 2007 "Elbow Evaluation," UC Davis PM&R Resident Education
- 2006 Doctoring I Course, UC Davis School of Medicine
- 2006 "Pre-Participation Physicals," UC Davis PM&R Resident Education
- 2006 "Traveling with a Team," UC Davis PM&R Resident Education
- 2005 "Common Shoulder Problems," Hopkins PM&R Resident Lectures
- 2005 "Ankle Anatomy & Physical Exam," Hopkins Internal Medicine Resident Lectures
- 2004 "Osteochondritis Dissecans," Hopkins PM&R Resident Educational Session
- 2004 "Ankle Anatomy & Physical Exam," Stanford PM&R Resident Lectures
- 2003 "Autonomic Dysreflexia," Palo Alto Veterans Affairs Hospital PM&R Resident and Therapist Lectures
- 2003 "HIV and Rehab," Stanford PM&R Resident Lectures
- 2002 "Painless Joints, Positive Films – MRI Evaluation of Asymptomatic Athletes," Stanford PM&R Resident Lectures
- 2002 "Use of Stimulant Medications in Head Injured Patients," Santa Clara Valley Med Center PM&R Resident and Therapist Lectures
- 2001 "Water Anyone? Properties and Benefits of Water Exercise," Stanford PM&R Resident Lectures

MEDIA EXPOSURE

- 2009 Concussion Update; Fox 40 TV News, Sacramento (March)
- 2007 Challenge Yourself: Women, Weight and Wellbeing- KVIE TV, Sacramento (March)
- 2006 Racing The Planet, Atacama Crossing; Chilean Broadcast Network (July)
- 2006 Racing The Planet, Gobi March; Canadian Broadcast Company (May)
- 2005 Brutal Race (Racing The Planet Sahara Race); CNN International (Nov)
- 2005 NBC Jeep World of Adventure Sports (Racing The Planet, Gobi Race); NBC (USA) (Sept)

AWARDS/KEYNOTE ADDRESSES

- 2011 David D. Kilmer MD Award for Excellence in Teaching, UC Davis PM & R.
- 2010 AAPMR Member Council Volunteer Certificate of Appreciation, Nov 2010
- 2009 Best Doctors in America 2009-2010
- 2007 Keynote Speaker- KVIE Challenge Yourself : Women, Weight, and Wellbeing
- 2005 Keynote Speaker- Lincoln Memorial Obesity Awareness March (invited speaker to fill in for former US Surgeon General David Satcher, MD)
- 2004 Robert Taylor Resident Research Award- California Society of PM&R

POSTER PRESENTATIONS

- 2011 **Waite, B.**, Krabak, B., Lipman, G., Brusco, R. "Serum Electrolyte Changes in Ultra-Endurance Athletes" ACSM Annual Conference
- 2007 **Waite, B.**, Ong, J., Davis, B., "Anterior Tibialis Tendon Tear in a Tennis Player" ACSM Annual Conference- Slide presentation
- 2005 **Waite, B.**, Krabak, B.J., McFarland, E., "Knee Pain: Martial Arts" ACSM Annual Conference- Slide presentation
- 2004 **Waite, B.**, Fredericson, M., et al., "Magnetic resonance imaging of the wrist: findings in asymptomatic gymnasts." AAPM&R Annual Assembly
- 2004 Fredericson, M., **Waite, B.**, et al., "Magnetic resonance imaging of the shoulder: findings in asymptomatic elite volleyball players and swimmers (*non-throwing overhead athletes*)." AAPM&R Annual Assembly; CA Society of PM&R Annual Conference

ABSTRACTS

- 2007 **Waite, B.**, Ong, J., Davis, B., :Anterior Tibialis Tendon Tear in a Tennis Player. Med Sci Sports Exer
- 2006 Nason, A, **Waite, B**, Krabak, BJ: Telemedicine Technologies, Ultra-Marathons, Sahara Desert, How does it all fit? Amer Telemedicine Assoc.
- 2005 **Waite, B**, Krabak, BJ, McFarland, EG: Knee Injury. Med Sci Sports Exer.

ADDITIONAL MEDICAL TRAINING

- 2010 Courses in Musculoskeletal Ultrasound (35 CME)
- 2010 UCLA/Helms institute Medical Acupuncture (300 CME)
- 2004 Interventional Spine Resident Rotation – Stanford PM&R
- 2002 Interventional Spine Cadaver Course – Stanford PM&R CME course

ADDITIONAL EMPLOYMENT/VOLUNTEER EXPERIENCE

- 2000-pres. **Physician-** Rancho La Puerta Spa, Baja California, Mexico
Urgent and Emergency medical care provider at renowned fitness resort
- 1994-pres. **Fitness Instructor-** Group fitness instructor and personal trainer at numerous California, Maryland and North Carolina gyms
- 1997-2000 **Adolescent Health Educator-** UCSF Community Outreach Programs

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PERSONAL

Languages: Basic French, basic medical Spanish

Hobbies: Dancing, reading suspense novels