



Brandee L. Waite, M.D.

Clinical Interests

Dr. Waite's clinical focus is sports medicine and physical rehabilitation medicine, where she has served and treated wide range of elite athletes participating in professional leagues, national teams and extreme-endurance competitions. She also cares for "weekend warrior" level athletes and non-athletes with joint, muscle and nerve issues that prevent them from reaching daily activity goals. Dr. Waite has served as a team physician for the U.S. national track and field program, for Sacramento's professional men's and women's basketball teams, and also for the Sacramento Ballet. She currently serves as an official team physician for the Sacramento Republic FC professional men's soccer team and for UC Davis, American River College and Sacramento City collegiate sports teams. She has directed multiple marathons and ultra-marathons including the California International Marathon and Racing The Planet, an organization that sponsors adventure races in Antarctica, the Sahara desert, the Himalayas and other extreme-weather locations worldwide.

Research/Academic Interests

Dr. Waite's research focuses on musculoskeletal medicine and on physiologic changes, injuries and injury prevention in extreme-endurance athletes, especially ultramarathoners. Specific topic areas include knee osteoarthritis, anti-inflammatory treatments and prophylaxis, electrolyte levels and body composition changes. She has published book chapters and journal articles on a wide range of topics and presented for organizations such as the American College of Sports Medicine and the American Medical Society for Sports Medicine. Dr. Waite co-directs the sports medicine fellowship program in UC Davis Health System's Department of Physical Medicine and Rehabilitation.

Title Director of Physical Medicine and Rehabilitation - Sports Medicine Fellowship
Professor

Specialty Physical Medicine and Rehabilitation, Sports Medicine - Physical Medicine & Rehabilitation, Sports Medicine

Department [Physical Medicine and Rehabilitation](#)

Division Physical Medicine and Rehabilitation

Clinic UC Davis Medical Group, Rocklin
UC Davis Medical Group, Folsom

Center/Program Affiliation [Sports Medicine Program](#)
[UC Davis Medical Group](#)

Address/Phone



Brandee L. Waite, M.D.

Cannery Building, Sports Medicine, 3301 C St Suite 1600 Sacramento, CA 95816

Phone: 916-734-6805

Lawrence J. Ellison Ambulatory Care Center, Physical Medicine & Rehabilitation, 4860 Y St. Suite 1700 Sacramento, CA 95817

Phone: 916-734-7041

UC Davis Medical Group - Folsom, 251 Turn Pike Dr. Folsom, CA 95630

Phone: 916-985-9300

UC Davis Medical Group - Rocklin, 550 West Ranch View Dr. Suite 2005 Rocklin, CA 95765

Phone: 916-295-5700

Additional Phone Physician Referrals: 800-4-UCDAVIS (800-482-3284)

Languages French, Spanish

Education M.D., UC San Francisco School of Medicine, San Francisco CA 2000
B.A., Stanford University, Stanford CA 1995

Internships Arrowhead Medical Center, Colton CA 2000-2001

Residency Stanford University Medical Center, Stanford CA 2001-2004

Fellowships Johns Hopkins Hospital, Baltimore MD 2004-2005

Board Certifications American Board of Physical Medicine and Rehabilitation, 2005
American Board of Physical Medicine and Rehabilitation, Sports Medicine, 2008

Professional Memberships American Academy of Physical Medicine and Rehabilitation
American College of Sports Medicine
American Medical Society for Sports Medicine

Honors and Awards Invited Keynote Speaker Lincoln Memorial Obesity Awareness March (requested to fill in for former U.S. Surgeon General David Satcher), 2005
Robert Taylor Resident Research Award, California Society of Physical Medicine and Rehabilitation, 2004

Select Recent Publications Lipman G, Krabak B, Waite B, Logan S, Menon A, Chan G "A Prospective Cohort Study of Acute Kidney Injury in Multi-stage Ultramarathon Runners: The Biochemistry in Endurance Runner



Brandee L. Waite, M.D.

Study (BIERS), *Research in Sports Medicine: An International Journal*, 2014;22:2, 185-192.

Waite, B: Ultrasound Guided Polpiteus Tendon Sheath Injection/Tenotomy. In Malanga G and Mautner K. *Atlas of Ultrasound-guided Musculoskeletal Injections*. New York: McGraw-Hill. 2014.

Krabak B, Waite B, Lipman G, “Injury and Illness Prevention for Ultramarathoners.” *Curr Sports Med Rep*. 2013 May-Jun;12(3):183-9.

D. Mandeville, G. Casazza, A. Alvarez, J. Sheremet, B. Waite and B. Davis, 'Associations between Hormonal and Mechanical Factors of Knee Osteoarthritis in Women—A Preliminary Study,' *Open Journal of Rheumatology and Autoimmune Diseases*, Vol. 3 No. 2, 2013, pp. 79-85.

Krabak B, Waite B, Schiff M: “Study of Injury and Illness Rates in Multiday Ultramarathon Runners. *Medicine %26amp%3B Science in Sports %26amp%3B Exercise*. 2011 Dec;43(12):2314-2320.

Townes D, Waite B: *Wilderness and Endurance Events*. In *Wilderness Medicine*. Auerbach P (Ed). Elsevier. December 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

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%26amp%3BR*. 2009 Feb;1:107-16



Brandee L. Waite, M.D.

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.

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)

© 2021 UC Regents