

## DAVID W. KRUSE, M.D.

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### **Education**

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1993-1997 University of California, Berkeley, CA – B.S., Integrative Biology  
2000-2004 University of California, San Diego, CA – M.D.

### **Graduate Medical Education**

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7/2004-6/2007 Family Medicine Residency, Long Beach Memorial Hospital  
Long Beach, CA

### **Post Graduate Medical Education**

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7/2007-6/2008 Primary Care Sports Medicine Fellowship, South Bend Sports Medicine Fellowship  
South Bend, IN

### **Licensure and Certification**

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2008-Present Certificate of Added Qualification (Board Certification) - Primary Care Sports Medicine  
American Board of Family Practice  
2007-Present Board Certification, American Board of Family Practice  
2005-Present Medical License, State of California  
2004-Present Advanced Cardiac Life Support

### **Professional Society Membership**

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2007-Present American College of Sports Medicine, Member  
2005-Present American Medical Society for Sports Medicine, Member  
2003-Present American Academy of Family Physicians, Member  
2008-2012 American Institute of Ultrasound in Medicine, Member

### **Employment History**

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1/2020-Present Medical Director - USA Gymnastics. Indianapolis, IN  
3/2012-Present Orthopaedic Specialty Institute Medical Group of Orange County. Orange, CA  
7/2009-Present National Team Physician - USA Gymnastics. Indianapolis, IN  
5/2019-12/2020 Interim Lead Medical Supervisor - USA Gymnastics. Indianapolis, IN  
8/2014-12/2018 Athlete Care Coordinator - USA Gymnastics. Indianapolis, IN  
8/2008-2/2012 Assistant Clinical Professor, Departments of Orthopaedic Surgery and Family Medicine  
University of California, Irvine. Irvine, CA

### **Leadership/Committees**

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4/2023-Present **President**, International Association for Gymnastics Medicine & Science Huntington Beach, CA  
3/2023-Present **Consultant**, CUBE Recovery Company Stamford, CT  
10/2022-Present **Medical Director**, MedFit Wellness Center Costa Mesa, CA  
3/2022-Present **Scientific Advisory Board Advisor**, AYYA Biosciences Mission Viejo, CA  
11/2021-Present **Chief Medical Officer**, MedFit Care, LLC Costa Mesa, CA  
1/2021-Present **Chief Medical Officer**, Orange County Soccer Club Irvine, CA  
3/2020-Present **Co-Chief Medical Officer**, Orthopaedic Specialty Institute Orange, CA  
1/2020-Present **Member**, USA Gymnastics Athlete Health & Wellness Council Indianapolis, CA  
8/2018-Present **Member**, Board of Directors, Hall Method Laguna Niguel, CA

7/2017-Present	<b>Member</b> , Medical Advisory Board, MedFit Education Foundation	Costa Mesa, CA
7/2014-Present	<b>Associate Faculty</b> , Long Beach Memorial Sports Medicine Fellowship	Long Beach, CA
1/2014-Present	<b>Chief Medical Officer</b> , MedFit Network	Costa Mesa, CA
3/2012-Present	<b>Volunteer Faculty</b> , UC Irvine Department of Family Medicine	Orange, CA
9/2009-Present	<b>Faculty Advisor</b> , Sports Medicine Interest Group, UCI SOM	Irvine, CA
8/2023-2/2024	<b>Member</b> , Program Planning Committee, USOPC/NGB Meeting	Colorado Springs, CO
3/2017-6/2021	<b>Member</b> , Board of Directors, Waldorf School of Orange County	Costa Mesa, CA
3/2016-12/2018	<b>Member</b> , USOC National Medical Network Advisory Group	Colorado Springs, CO
2/2013-8/2016	<b>Member</b> , USA Gymnastics Medical Task Force	Indianapolis, IN
4/2011-4/2015	<b>Member</b> , Program Planning Committee, AMSSM Annual Meeting	Various
5/2010-6/2010	<b>Member</b> , Musculoskeletal Curriculum Task Force, UC Irvine SOM	Irvine, CA
8/2010-2/2012	<b>Co-Director</b> , UCI Comprehensive Sports Concussion Program	Orange, CA
1/2010-2/2012	<b>Medical Director</b> , UCI Orthopaedic & Sports Medicine Center	Costa Mesa, CA
7/2009-6/2016	<b>Course Director</b> , Primary Care Sports Medicine Elective, UCI SOM	Irvine, CA
9/2008-12/2011	<b>Medical Consultant</b> , Team OC - Gymnastics, Cheer, & Dance	Costa Mesa, CA
9/2008-6/2012	<b>Member</b> , Irvine Unified School District Medical Advisory Board	Irvine, CA
8/2008-2/2012	<b>Director</b> , Primary Care Sports Medicine, UCI Family Medicine	Irvine, CA
3/2008-4/2018	<b>Chair</b> , Resident Subcommittee, Membership Committee	AMSSM
3/2008-4/2012	<b>Chair</b> , Fellows' Matters Subcommittee, Fellowship Committee	AMSSM
4/2006-6/2007	<b>Resident Representative</b> , Memorial Hospital Palliative Care Team	Long Beach, CA
7/2005-6/2007	<b>Coordinator</b> , Doc-Is-In Program, Jordan HS Preventive Medicine	Long Beach, CA
7/2005-6/2007	<b>Resident Representative</b> , Memorial Family Medicine Operations	Long Beach, CA
9/2003-6/2004	<b>Senior Mentor</b> , UCSD School of Medicine Mentorship Program	La Jolla, CA
9/2000-6/2004	<b>Clinic Manager/Floor Manager</b> , UCSD Student-Run Free Clinic	San Diego, CA
6/1994-5/1997	<b>Captain</b> , UC Berkeley Men's Gymnastics Team	Berkeley, CA

## **Publications**

- Casey E, Bonanno J, Cheng J, Abutalib Z, Kranz K, Kruse D, Thomas C, Faustin M. **Return to sport in elite gymnastics: Unprecedented training interruptions provide lessons for the future.** *PM R.* 2022 Aug. doi:10.1002/pmrj.12880.
- Kruse D, Nobe A, Billimek J. **Injury incidence and characteristics for elite, male, artistic USA gymnastics competitions from 2008 to 2018.** *Br J Sports Med.* 2021;55(3):163-68.
- Lai JC, Kruse D. **Assessing Readiness for En Pointe in Young Ballet Dancers.** *Pediatr Ann.* 2016;45(1):e21-e25.
- Elias E, Kruse D. **Pediatric Sports Medicine - Essentials for Office Evaluation, Chapter 4: Injury Prevention Guidelines.** SLACK Incorporated. 2014.
- Onishi K, Kruse D. **Pediatric Sports Medicine - Essentials for Office Evaluation, Chapter 27: Neck Pain and Cervical Spine Issues.** SLACK Incorporated. 2014.
- Huckaby MC, Kruse D, Gibbs LH. **MRI findings of bilateral proximal radial physeal injury in a gymnast.** *Pediatr Radiol.* 2012;42(11):1395-400.
- Russell JA, Kruse DW, McEwan I, Koutedakis Y, Wyon MA. **Pathoanatomy of anterior ankle impingement in dancers.** *J Dance Med Sci.* In Press.
- Russell JA, Shave RM, Kruse DW, Koutedakis Y, Wyon MA. **Is Goniometry Suitable for Measuring Ankle Range of Motion in Female Ballet Dancers? An Initial Comparison With Radiographic Measurement.** *Foot Ankle Spec.* 2011;4(3):151-56.
- Russell JA, Shave RM, Kruse DW, Koutedakis Y, Wyon MA. **Ankle and foot contributions to extreme plantar flexion and dorsiflexion in female ballet dancers.** *Foot Ankle Int.* 2011;32(2):183-8.
- Kruse D. **"Shoulder Impingement Syndrome"**. In: Micheli LJ, editor. *Encyclopedia of Sports Medicine.* SAGE Publications, Inc. December 2010.
- Kruse D. **"Rotator Cuff Tendinopathy"**. In: Micheli LJ, editor. *Encyclopedia of Sports Medicine.* SAGE Publications, Inc. December 2010.
- Kruse D, **"Trochanteric Bursitis (Greater Trochanteric Pain Syndrome)"**. In: Domino FJ, editor. *The 5-Minute Clinical Consult 2010, 2011.* Philadelphia: Lippincott Williams & Wilkins, a division of Wolters Kluwer Health, Inc. April 2010, 19th Ed.
- Kruse D, Mardirossian M. **"Shoulder Pain - Management Algorithm"**. In: Domino FJ, editor. *The 5-Minute Clinical Consult 2010, 2011.* Philadelphia: Lippincott Williams & Wilkins, a division of Wolters Kluwer Health, Inc. April 2010, 19th Ed. A-168.
- Russell JA, Kruse DW, Nevill AM, Koutedakis Y, Wyon MA. **Measurement of the extreme ankle range of motion required by female ballet dancers.** *Foot Ankle Spec.* 2010;3(6):324-30.

- Russell JA, Shave RM, Yoshioka H, Kruse DW, Koutedakis Y, Wyon MA. **Magnetic resonance imaging of the ankle in female ballet dancers en pointe.** *Acta Radiol.* 2010;51(6):655-61.
- Russell JA, Kruse DW, Koutedakis Y, McEwan IM, Wyon MA. **Pathoanatomy of Posterior Ankle Impingement in Ballet Dancers.** *Clin Anat.* 2010;23(6):613-21.
- Kruse D, Lemmen B. **Spine Injuries in the Sport of Gymnastics.** *Curr Sports Med Rep.* 2009;8(1):20-28.
- Kruse D. **Pathologic Radius Fracture in Freshman Football Player.** In: Abstracts of the ACSM 55th Annual Conference; Indianapolis, IN. *Med Sci Sports Exerc.* 2008; 40:5 supplement.
- Kruse D. **Intraarticular cortisone injection for osteoarthritis of the hip.** Is it effective? Is it safe? *Curr Rev Musculoskelet Med.* 2008;1(3):227-233.
- Kruse D. **Resident News. Residents Offer Community Service Through Doc-Is-In Program.** *California Family Physician.* 2007;58(1):9.
- Kruse D. **Back Pain in a Gymnast – An understanding of its cause and treatment.** *Technique.* 2007;27(6):6-8,44.

### **Online Publications**

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- Kruse D. (2011-2021). **Trochanteric Bursitis (Greater Trochanteric Pain Syndrome).** In Domino FJ (Ed.), [www.5minuteconsult.com](http://www.5minuteconsult.com), Philadelphia: Lippincott Williams and Wilkins.
- Kruse D, Mardirossian M. (2011-2016). **Shoulder Pain - Management Algorithm.** In Domino FJ (Ed.), [www.5minuteconsult.com](http://www.5minuteconsult.com), Philadelphia: Lippincott Williams and Wilkins.
- Patel L, Kruse D. **This Bone Doesn't Usually Work Alone.** AMSSM/AOASM Case Studies Teaching Tool; 2011. Available from: <http://www.amssm.org/Case-Studies.php>
- Simons S, Kruse D, Dixon JB. **Shoulder Impingement Syndrome.** In: UpToDate, Rose, BD(ed), UpToDate, Waltham, MA, Published Online July, 2008 - current. [www.uptodate.com](http://www.uptodate.com)
- Simons S, Kruse D. **Rotator Cuff Tendinopathy.** In: UpToDate, Rose, BD(ed), UpToDate, Waltham, MA, Published Online March, 2008 - current. [www.uptodate.com](http://www.uptodate.com)
- Simons S, Dixon JB, Kruse D. **Rotator Cuff Tear.** In: UpToDate, Rose, BD(ed), UpToDate, Waltham, MA, Published Online March, 2008 - current. [www.uptodate.com](http://www.uptodate.com)

### **Academic Posters**

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- Miles C, Pritchard S, Kruse D, Bullock G, Lintner L, Moore J, Stitzel J, Urban J. **Characterizing Head Acceleration Exposure in Women's Artistic Gymnastics.** Poster Presentation. AMSSM Annual Conference. Phoenix, AZ. May 2023.
- Currey J, Kruse D. **Anterior Knee Pain in a Young Soccer Player: Common Problems with Uncommon Pathology.** Poster Presentation. AMSSM Annual Conference. San Diego, CA. May 2017.
- Chang EH, Kruse DW. **Insidious Onset of Left Buttock Pain.** Poster Presentation. AMSSM Annual Meeting. New Orleans, LA. April 2014.
- Chang EH, Kruse DW. **Chest Pain Following Bench Pressing.** Poster Presentation. AMSSM Annual Meeting. New Orleans, LA. April 2014.
- Chang EH, Onishi K, Kruse DW. **Unilateral Low Back Pain Treated with Neural Prolotherapy.** Poster Presentation. AMSSM Annual Meeting. New Orleans, LA. April 2014.
- Chang EH, Onishi K, Takemoto R, Kruse DW. **Left Groin Pain Following a Parachute Jump.** Poster Presentation. AMSSM Annual Meeting. New Orleans, LA. April 2014.
- Kim B, Kruse D. **A Curriculum in Sports Health for High School Athletes.** Poster Presentation. ACSM Annual Conference. San Francisco, CA. May 2012.
- Kruse D, Patel L. **Isolated Cuboid Fracture.** Poster Presentation. AMSSM Annual Conference. Salt Lake City, UT. April 2011.
- Kruse D. **Bilateral Elbow Pain in Female Adolescent Gymnast.** Poster Presentation. AMSSM Annual Conference. Cancun, MX. April 2010.

### **Research Abstracts**

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- Nobe A, Kruse D. **Incidence and Epidemiology Data for Injuries in Elite, Male, Artistic Gymnasts During Gymnastic Competitions from 2008-2018.** AMSSM Annual Meeting. Podium Presentation. Houston, TX. April 2019.
- Yoshioka H, Yamabe E, Anavim A, Kruse D, Miyagi R, Rooney SP, Hitt D. **Optimization of High-Resolution 3D Isotropic Fat-Suppressed Proton Density Weighted MR Imaging of the Wrist.** Annual Meeting of the International Skeletal Society. San Diego, CA. September, 2011.

## **Concussion Presentations/Lectures**

**Sports Concussion Consensus - An Update.** Powerpoint. Hoag Orthopedic Institute Sports Symposium. Santa Ana, CA. June 2023.

**International Gymnastics Concussion Policy.** Zoom Presentation. Huntington Beach, CA. June 2020.

**Concussion Management.** Powerpoint. Little League Coaches Education. Orange, CA. February 2020.

**International Gymnastics Concussion Policy.** Powerpoint. FIG Medical Commission Meeting. Stuttgart, Germany. October 2019.

**After the Impact - Care of the Concussed Athlete.** Powerpoint. UC Irvine SMIG Lecture Series. Irvine, CA. September 2019.

**Sports Concussion Management: An Update.** Powerpoint. CHOC Caring for the Young Athlete Conference. Orange, CA. June 2019.

**Concussion Management - After the Impact.** Powerpoint. FWATA Annual Conference. San Diego, CA. April 2019.

**Concussion Management Strategies - Gymnastics.** Presentation. 2018 World Gymnastics Championships Medical Meeting. Doha, Qatar. October 2018.

**Sports Concussion Management.** Powerpoint. St. Margaret's Episcopal School. San Juan Capistrano, CA. October 2017.

**Concussion - Return to Play Criteria.** OSI/Biodex Concussion Conference. Orange, CA. March 2016.

**Sports Concussion Management.** Powerpoint. OSI Physical Therapy. Orange, CA. December 2015.

**Sports Concussion in the Field.** Powerpoint. Hoag Neurosciences Concussion Conference. Irvine, CA. September 2015.

**Sports Concussion Management.** Presentation. Marque Medical Group. Newport Beach, CA. August 2015.

**Concussion - What's Your Plan?.** National Webinar. USA Gymnastics. Orange, CA. November 2014.

**Concussion - What's Your Plan?.** Powerpoint. USAG National Congress, Pittsburgh, PA. August 2014.

**Update - Concussion Management.** Powerpoint. California Academy of Family Physicians, Irvine, CA. May 2014.

**Concussion Management.** Concordia University, Athletic Training Education, Irvine, CA. April 2014.

**Concussion Management.** CSU Fullerton, Athletic Training Lecture Series, Orange, CA. March 2014.

**Concussion Baseline Testing.** Presentation. Sports Concussion Awareness Workshop. Tustin, CA. March 2013.

**Sideline Evaluation of Sports Concussion.** Presentation. Sports Concussion Awareness Workshop. Tustin, CA. March 2013.

**Concussion Management.** Powerpoint. Chapman ATEP Conference, Orange, CA. September 2012.

**Concussion Management.** Powerpoint. UC Irvine Family Medicine Noon Conference, Orange, CA. May 2012.

**Concussion Management.** Powerpoint. Rosary High School. Orange, CA. March 2012.

**Concussion & Return to School.** Powerpoint. The Pegasus School. Huntington Beach, CA. February 2012.

**Sideline Evaluation of Sports Concussion.** Presentation/Practicum. 2nd Annual Orange County Concussion in Youth & High School Sports Summit. Irvine, CA. June 2011.

**Sports Concussion - An Update.** Powerpoint. UC Irvine Student-Athletic Trainers Lecture Series. Irvine, CA. February 2011.

**Sports Concussion - An Update.** Powerpoint. UC Irvine Emergency Medicine Resident Conference. Orange, CA. December 2010.

**Sports Concussion - An Update.** Powerpoint. UC Irvine Department of Orthopaedic Surgery Resident Didactic. Orange, CA. October 2010.

**Sports Concussion - An Update.** Speaker. UC Irvine Neurology and Neurosurgery Symposium. Orange, CA. September 2010.

**Sports Concussion - Practical Management.** Speaker. UC Irvine-CHOC Children's Sports Concussion Conference. Santa Ana, CA. August 2010.

**Sports Concussion - An Update.** Presentation. UC Irvine Family Medicine Update Course. Orange, CA. June 2010.

**Sports Concussion - An Update.** Powerpoint. UCI Family Medicine Resident Noon Conference. Santa Ana, CA. April 2010.

## **Media Presentations/Publications**

Shared upon request

## **General Presentations/Lectures/Podcasts**

**Emergency Action Plans Domestic & International Training & Competitions.** Powerpoint - USOPC-NGB

Medical Conference, Colorado Springs, CO. February 2024.

**Helping Gymnasts Through Puberty and Growth with Dr. David Kruse.** Podcast - The SHIFT Show. June 2023.

**Impact of Physical Maturation on Athlete Safety & Performance.** Powerpoint - SHIFT Symposium. Remote. June 2023.

**Emergency Action Plans Domestic & International Training & Competitions.** Powerpoint - USOPC-NGB Medical Conference, Colorado Springs, CO. March 2023.

**Pathway to USAG Team Staff & Olympic Coverage.** Powerpoint - USOPC-NGB Medical Conference, Colorado Springs, CO. March 2023.

**Sexual Violence in Sport.** Zoom Presentation - USA Gymnastics Quarterly Medical Staff Meeting, Huntington Beach, CA. April 2022.

**Principles of Olympic & International Sports Medicine Coverage.** Zoom Presentation - HOAG Orthopedics Grand Rounds. Irvine, CA. November 2021.

**Impact of Physical Maturation on Athlete Safety & Performance.** Zoom Presentation - USA Gymnastics National Congress. Huntington Beach, CA. August 2020.

**Spondylolysis - Update on Diagnosis & Management.** Powerpoint. Jarrett Physical Therapy Lecture Series. Irvine, CA. November 2019.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Irvine CA. September 2019.

**Management of Gymnastics Injuries.** Powerpoint. FWATA Annual Conference. San Diego, CA. April 2019.

**Gymnastics Research Initiatives.** Presentation. YESSS Annual Conference/AMSSM Annual Conference. Houston, TX. April 2019.

**What is Medical Fitness.** Powerpoint. MedFit Tour. Irvine, CA. February 2019.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. September 2018.

**Common Sports Injuries.** Powerpoint. UC Irvine PM&R Residency Lecture Series. Orange CA. August 2017.

**Musculoskeletal Injection Care.** Powerpoint. Orange Coast Memorial Physical Therapy. Fountain Valley, CA. October 2017.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. September 2017.

**Medical Care - 2016 Rio Olympics.** Powerpoint. St. Joseph Health Oncology Symposium. Orange, CA. April 2017.

**Staying Active & Preventing Injury.** Powerpoint. Hoag Orthopedic Institute Community Education Series. Irvine, CA. March 2017.

**Olympic Medical Coverage.** Webinar. AMSSM MSIG Lecture Series. National Webinar. October 2016.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. September 2016.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. August 2015.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. August 2014.

**Common Sports Injuries.** Powerpoint. UC Irvine Sports Medicine Interest Group. Irvine, CA. May 2014.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. August 2013.

**The Pre-Participation Physical Exam for the Student Athlete.** Powerpoint. HOPE Clinic. Costa Mesa, CA. May 2013.

**Spondylolysis - Update on Diagnosis & Management.** Presentation. 22nd Annual Meeting American Medical Society for Sports Medicine. San Diego, CA. April 2013.

**Surfing Medicine.** Powerpoint. UC Irvine SMIG Sports Medicine Saturday. Irvine, CA. January 2013.

**Infectious Disease in Sports.** Powerpoint. LBMMC Family Medicine Noon Conference. Long Beach, CA. January 2013.

**Musculoskeletal Ultrasound.** Presentation. OSI Physical Therapy Department. Orange, CA. December 2012.

**Injection Therapy.** Powerpoint. UC Irvine Family Medicine Noon Conference. Orange, CA. August 2012.

**Common Musculoskeletal Disorders.** Powerpoint. UC Irvine PM&R Resident Didactic. Irvine, CA. August 2012.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. August 2012.

**Musculoskeletal System Examination.** Presentation. UC Irvine Clinical Foundations-MSI. Irvine, CA. March 2012.

**Elbow Injuries.** Powerpoint. Long Beach Memorial Family Medicine Resident Noon Conference. Long Beach, CA. December 2011.

**Injection Therapy.** Powerpoint. UCI Division of Pain Medicine Lecture Series. Irvine, CA. December 2011.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. August 2011.

**Musculoskeletal Overuse Syndromes.** Powerpoint. Long Beach Memorial Family Medicine Resident Noon Conference. Long Beach, CA. June 2011.

**Musculoskeletal Ultrasound.** Powerpoint. UC Irvine Department of Orthopaedic Surgery Resident Didactic. Orange, CA. June 2011.

**Musculoskeletal Ultrasound.** Presentation/Practicum. UC Irvine School of Medicine Ultrasound Curriculum Series. Irvine, CA. May 2011.

**Fellowship Forum.** Moderator. AMSSM Annual Conference. Salt Lake City, UT. April 2011.

**Resident Interest Group.** Speaker. AMSSM Annual Conference. Salt Lake City, UT. April 2011.

**Hip & Groin Pain in Sports.** Powerpoint. UC Irvine Department of Orthopaedic Surgery Resident Didactic. Orange, CA. April 2011.

**Musculoskeletal Overuse Syndromes - Tendinopathy.** UC Irvine Department of Rheumatology Lecture Series. Orange, CA. April 2011.

**Injection Therapy.** Powerpoint. UCI Division of Pain Medicine Lecture Series. Irvine, CA. March 2011.

**Infectious Disease in Sports.** Powerpoint. Long Beach Memorial Family Medicine Resident Noon Conference. Long Beach, CA. January 2011.

**The Pre-Participation Physical Exam for the Student Athlete.** Powerpoint. Nurse Practitioner Student Lecture Series-UC Irvine. Irvine, CA. November 2010.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. September 2010.

**Life-Threatening Conditions in Sports.** Speaker. Catastrophic Injury Management Seminar - Santa Ana Unified School District, Santa Ana, CA. August 2010.

**Surfing Medicine.** Powerpoint. UC Irvine Department of Orthopaedic Surgery Resident Didactic. Orange, CA. August 2010.

**Knee & Shoulder Evaluation & Injection.** Presentation. UC Irvine Family Medicine Update Course. Orange, CA. June 2010.

**Surfing Medicine.** Powerpoint. Sports Medicine Interest Group Lecture Series, UC SOM. Irvine, CA. May 2010.

**Surfing Medicine.** Keynote Speech. OC CAFPP Lecture Series. Orange, CA. May 2010.

**Fellowship Forum.** Moderator. AMSSM Annual Conference. Cancun, MX. April 2010.

**Resident Interest Group.** Speaker. AMSSM Annual Conference. Cancun, MX, April 2010.

**Knee Injuries.** Powerpoint. UCI Family Medicine Resident Noon Conference. Santa Ana, CA. April 2010.

**Common Musculoskeletal Disorders,** Hospital Grand Rounds, Temple Community Hospital, Los Angeles, CA, March 2010.

**Common Orthopaedic Problems.** Presentation, Long Beach Memorial Family Medicine Resident Noon Conference. Long Beach, CA, January 2010.

**Surfing Medicine.** Medicine Grand Rounds, Long Beach Memorial Medical Center, Long Beach, CA, January 2010.

**Surfing Eye Injuries,** Presentation, Pipeline Masters Surf Conference, Oahu, HI, December 2009.

**Surfing Abdominal Injuries,** Presentation, Pipeline Masters Surf Conference, Oahu, HI, December 2009.

**Musculoskeletal Exam Skills.** Presentation. Nurse Practitioner Student Lecture Series - UCI. Irvine, CA. November 2009.

**Infectious Disease in Sports.** Powerpoint. Southern California Orthopedic Fellows Primary Care Sports Medicine Conference. Santa Monica, CA. October 2009.

**Medical Conditions in American Football.** Powerpoint. Long Beach Memorial Family Medicine Resident Noon Conference. Long Beach, CA. September 2009.

**Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. September 2009.

**Life-Threatening Conditions in Sports.** Speaker. Catastrophic Injury Management Seminar - Santa Ana Unified School District, Santa Ana, CA. August 2009.

**Knee Examination & Injection Technique.** Presentation. UC Irvine Family Medicine Update Course. Orange, CA. June 2009.

**Shoulder Examination & Injection Technique.** Presentation. UC Irvine Family Medicine Update Course. Orange, CA. June 2009.

**Common Orthopedic Problems in Primary Care.** Powerpoint. Nurse Practitioner Student Lecture Series - UCI.

Irvine, CA. May 2009.

**Fellowship Forum.** Moderator. AMSSM Annual Conference. Tampa, Fl. April 2009.

**Resident Interest Group.** Speaker. AMSSM Annual Conference. April 2009. Tampa, Fl.

**Sports Infectious Disease.** Powerpoint. UCI Family Medicine Resident Noon Conference. Santa Ana, CA. April 2009.

**Primary Care Sports Medicine.** Presentation. Family Medicine Interest Group - UCI School of Medicine. Irvine, CA. April 2009.

**Knee & Ankle Exam.** Powerpoint. UCI Family Medicine Resident Noon Conference. Santa Ana, CA. March 2009.

**Elbow Injuries.** Powerpoint. Long Beach Memorial Family Medicine Resident Noon Conference. Long Beach, CA. February 2009.

**Injury Prevention.** Powerpoint. Brea Senior Center. Brea, CA. January 2009.

**Injury Prevention.** Powerpoint. Oasis Senior Center. Newport Beach, CA. January 2009.

**Injection Therapy.** Powerpoint. UCI Division of Pain Medicine Lecture Series. Irvine, CA. December 2008.

**Hip & Ankle Joint Exam.** Presentation. Long Beach Memorial Family Medicine Residency Quarterly Workshop. Long Beach, CA. December 2008.

**Sports Medicine Injuries.** Powerpoint. UCI Rehabilitation Services Inservice. Orange, CA. December 2008.

**Elbow Injuries.** Powerpoint. UCI Athletic Training Lecture Series. Irvine, CA. November 2008.

**Joint Exam Workshop.** Presentation. California Academy of Family Practice Annual Medical Student Conference. Irvine, CA. October 2008.

**Pathologic Radius Fracture in Freshman Football Player.** Presentation. ACSM Annual Conference. Indianapolis, IN. May 2008.

**Nipped at the Net.** Presentation. AMSSM Annual Conference, 2-Minute Drill Session. Las Vegas, NV. March 2008.

**Fellowship Forum.** Moderator. 2008 AMSSM Annual Conference. Las Vegas, NV

**Steroids and Illegal Supplementation in Sports I & II.** Presentation. Notre Dame Athletic Department Compliance Fair. South Bend, IN. February 26, 2008 & October 10, 2007.

**Sports Medicine Meets Turf Science.** Presentation. South Bend Sports Medicine Winter Symposium. Chicago, IL. January 2008.

**Artificial Turf Project – Sports Medicine Perspective.** Presentation. Notre Dame Athletic Department. South Bend, IN. October 2007.

**Primary Care Evaluation of the Shoulder.** PowerPoint. Memorial Family Medicine Noon Conference, South Bend, IN, September 20, 2007.

**Nutrition and Physical Fitness.** Presentation. Washington High School, South Bend, IN. July 31, 2007.

**South Bend Sports Medicine Fellowship Journal Club – Monthly Meeting.** PowerPoint. South Bend, IN. July 2007 – June 2008.

**Primary Care Joint Injections.** Presentation. Long Beach Memorial Family Medicine Quarterly Workshop. Long Beach, CA. March 2007.

**Community Sports Medicine.** PowerPoint. Parkcrest Christian Church, Lakewood, CA. September 2006.

**Primary Care Joint Injections.** Presentation. CAFM Medical Education Conference. UCLA, Westwood, CA. September 11, 2006.

**Sports Medicine Event Coverage II.** PowerPoint. Long Beach Memorial Family Medicine Noon Conference. Long Beach, CA. September 1, 2006.

**Childhood Obesity.** Guest Speaker – Executive Fitness Television Programming. Long Beach, CA. January, 2006.

**Sports Medicine Event Coverage I.** PowerPoint. Long Beach Memorial Family Medicine Noon Conference, Long Beach, CA. October 7, 2005.

**Doc-Is-In Program.** Presentation. Jordan High School Preventive Medicine, Long Beach, CA. July 2005 – June 2007.

**Doctors Ought to Care Program.** Presentation. UCSD School of Medicine, San Diego, CA. March 2002 – June 2002.

### **Sports Medicine/Work Experience**

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2020-Present	Team Physician, <b>Mater Dei High School</b> Santa Ana, CA
2016-Present	Team Physician, <b>Biola University</b> La Mirada, CA
2008-Present	Team Physician, <b>USA Gymnastics - National Team</b> Variable Locations
2008-Present	Team Physician, <b>Crean Lutheran High School</b> Irvine, CA

2016-2023 Team Physician, **Orange County Soccer Club**  
Irvine, CA

2008-2020 Team Physician, **Godinez Fundamental High School**  
Santa Ana, CA

2008-2018 Associate Team Physician, **University of California, Irvine**  
Irvine, CA

2/2024 Medical Director, **USA Gymnastics Winter Cup Challenge**  
Louisville, KY

8/2023 Medical Director, **USA Gymnastics Championships**  
San Jose, CA

7/2021 Medical Staff, **2020 Summer Olympic Games**  
Tokyo, Japan

6/2021 Medical Director, **USA Gymnastics Olympic Trials**  
St. Louis, MO

6/2021 Medical Director, **USA Gymnastics Championships**  
Fort Worth, TX

2/2021 Medical Director, **USA Gymnastics Winter Cup**  
Indianapolis, IN

2/2020 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

10/2019 Team Physician, **World Artistic Gymnastics Championships**  
Stuttgart, Germany

8/2019 Medical Director, **USA Gymnastics Artistic Championships**  
Kansas City, MO

2/2019 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

10/2018 Team Physician, **World Artistic Gymnastics Championships**  
Doha, Qatar

8/2018 Medical Director, **USA Gymnastics Artistic Championships**  
Boston, MA

4/2018 Team Physician, **Pacific Rim Gymnastics Championships**  
Medellin, Colombia

2/2018 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

8/2017 Medical Director, **P&G National Gymnastics Championships**  
Anaheim, CA

2/2017 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

8/2016 Medical Staff, **2016 Summer Olympic Games**  
Rio de Janeiro, Brazil

6/2016 Medical Director, **USA Gymnastics Men's Olympic Trials**  
St. Louis, MO

6/2016 Medical Director, **P&G National Gymnastics Championships**  
Hartford, CN

2/2016 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

11/2015 Medical Coverage, **Cirque du Soleil - Kurios**  
Costa Mesa, CA

10/2015 Team Physician, **World Artistic Gymnastics Championships**  
Glasgow, Scotland

8/2015 Medical Director, **P&G National Gymnastics Championships**  
Indianapolis, IN

7/2015 Event Physician, **US Open of Surfing**  
Huntington Beach, CA

2/2015 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

10/2014 Team Physician, **World Artistic Gymnastics Championships**  
Nanning China



8/2014 Medical Director, **P&G National Gymnastics Championships**  
Pittsburgh, PA

5/2014 Volunteer Physician Rotation - **United States Olympic Committee**  
Colorado Springs, CO

2/2014 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

12/2013 Medical Coverage, **Cirque du Soleil - Totem**  
Irvine, CA

8/2013 Staff Physician, **USA Gymnastics National Championships**  
Hartford, CN

2/2013 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

6/2012 Staff Physician, **Olympic Trials - USA Gymnastics**  
San Jose, CA

6/2012 Staff Physician, **USA Gymnastics National Championships**  
St. Louis, MO

2/2012 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

2/2012 Medical Director, **Zot Trot UC Irvine Triathlon**  
Irvine, CA

2/2012 Event Physician, **USA Women's Water Polo FINA World League Prelims**  
Irvine, CA

8/2011 Staff Physician, **USA National Gymnastics Championships**  
St. Paul, MN

5/2011 Traveling Physician, **USA Women's Water Polo World League**  
Kirishi, Russia

5/2011 Medical Director, **USA Men's Gymnastics Junior Olympic Nationals**  
Long Beach, CA

2/2011 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

2008-2011 Team Physician, **Team OC Gymnastics**  
Irvine, CA

8/2010 Staff Physician, **USA National Gymnastics Championships**  
Hartford, CN

8/2010 Event Physician, **USA Swimming Nationals**  
Irvine, CA

8/2010 Event Physician, **Pan-Pacific Swimming Championships**  
Irvine, CA

7/2010 Event Physician, **USA Men's Gymnastics Championships Qualifier**  
US Olympic Training Center, Colorado Springs, CO

2/2010 Medical Director, **Zot Trot, UC Irvine Triathlon**  
Irvine, CA

2/2010 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

12/2009 Medical Staff, **Pipeline Masters International Surf Competition**  
North Shore, HI

8/2009 Staff Physician, **USA National Gymnastics Championships**  
Dallas, TX

2/2009 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

6/2008 Staff Physician, **USA Gymnastics Olympic Trials**  
Philadelphia, PN

5/2008 Staff Physician, **USA National Gymnastics Championships**  
Houston, TX

2/2008 Medical Director, **USA Men's Gymnastics Winter Cup Challenge**  
Las Vegas, NV

7/2007-6/2008 Team Physician, **University of Notre Dame Men's Soccer**  
Notre Dame, IN

7/2007-6/2008 Team Physician, **Washington High School**  
South Bend, IN

7/2007-6/2008 Team Physician, **University of Notre Dame Men's & Women's Boxing Club**  
Notre Dame, IN

7/2007-6/2008 Assistant Team Physician, **University of Notre Dame**  
Football, Cross Country, Men's Basketball, Track & Field  
Notre Dame, IN

7/2007-6/2008 Assistant Team Physician, **St. Mary's College**  
Notre Dame, IN

7/2007-6/2008 Assistant Team Physician, **Bethel College**  
South Bend, IN

9/2007-10/2007 Instructor, **Extremity Dissection**, Human Cadaver Lab, IUSB Medical School  
South Bend, IN

9/2007-10/2007 Assistant Team Physician, **Notre Dame Rugby Club Team**  
Notre Dame, IN

8/2007-10/2007 Physician, **High School Football Injury Clinic**, Memorial Sports Medicine Clinic  
South Bend, IN

8/2007 Associate Medical Director, **World Master's Weightlifting Championships**  
Kazinbarcika, Hungary

4/29/2007 Associate Medical Director, **CSU-Long Beach Triathlon**  
Long Beach, CA

8/18/2006 Event Physician, **St. Joseph's HS Women's Soccer Tournament**  
South Bend, IN

1/2006-6/2007 Coordinator, **Memorial Family Medicine Residency Sports Medicine Curriculum**  
Long Beach, CA

1/2006 Event Physician, **UCI International Cycling Cup**  
Carson, CA

10/2005 Staff Coordinator, **Long Beach Marathon**  
Long Beach, CA

8/2005-11/2005 Associate Team Physician, **Long Beach Polytechnic HS Football Team**  
Long Beach, CA

8/2005 Event Physician, **USA National Gymnastics Championships**  
Indianapolis, IN

8/2004-6/2007 Team Physician, **Cabrillo High School**  
Long Beach, CA

7/2004 Event Physician, **USA Swimming Olympic Trials**  
Long Beach, CA

6/2004 Student Physician, **USA Gymnastics Olympic Trials**  
Anaheim, CA

5/2004 Student Physician, **USA Olympic Training Center**, Medical School Rotation  
Colorado Springs, CO

10/2003 Student Physician, **UC Berkeley Sports Medicine**, Medical School Rotation  
Berkeley, CA

8/2003 Student Physician, **World Gymnastics Championships**  
Anaheim, CA

#### **Honors/Awards**

2010	<b>Gold Humanism Honor Society</b>	UC Irvine Chapter, Irvine, CA
2009	<b>UCI NP Guest Lecturer of the Year</b>	University of California, Irvine, CA
2008	<b>Best Presentation, 2-Minute Drill</b>	AMSSM Annual Conference, Las Vegas, NV
2006	<b>AAFP Bristol-Myers Squibb Award</b>	AAFP Assembly, Washington D.C.
2006	<b>AMSSM Resident Scholarship Award</b>	AMSSM Annual Meeting, Miami, FL.
1997	<b>NCAA National Team Championship</b>	UC Berkeley Men's Gymnastics Team
1997	<b>PAC 10 Medal Winner</b>	UC Berkeley
1997	<b>Male Student-Athlete of the Year</b>	UC Berkeley
1997	<b>Nissen Award Finalist</b>	NCAA Men's Gymnastics
96-97	<b>6-time NCAA All-American</b>	NCAA Men's Gymnastics
95-00	<b>4-time Member – Men's Gymnastics</b>	USA Senior National Team

**Conferences Attended**

2024	Annual USOPC-NGB Medical Conference	Colorado Springs, CO
2023	American Medical Society for Sports Medicine, Annual Meeting	Phoenix, AZ
2023	Annual USOPC-NGB Medical Conference	Colorado Springs, CO
2022	American Medical Society for Sports Medicine, Annual Meeting	Virtual
2021	American Medical Society for Sports Medicine, Annual Meeting	Virtual
2021	UCSF Pediatric Sports Medicine Conference	Virtual
2019	American Medical Society for Sports Medicine, Annual Meeting	Houston, TX
2017	American Medical Society for Sports Medicine, Annual Meeting	San Diego, CA
2017	AAFP Board Review Course	San Diego, CA
2015	American Medical Society for Sports Medicine, Annual Meeting	Hollywood, FL
2013	Sports Concussion Awareness Workshop	Orange, CA
2013	American Medical Society for Sports Medicine, Annual Meeting	San Diego, CA
2012	American Medical Society for Sports Medicine, Annual Meeting	Atlanta, GA
2011	California Orthopaedic Association, Musculoskeletal Ultrasound	Costa Mesa, CA
2011	Orange County Sports Concussion Summit	Irvine, CA
2011	American Medical Society for Sports Medicine, Annual Meeting	Salt Lake City, UT
2010	UC Irvine-CHOC Children’s Sports Concussion Conference	Santa Ana, CA
2010	American Medical Society for Sports Medicine, Annual Meeting	Cancun, MX
2010	American Institute Ultrasound in Medicine, MSK Ultrasound	San Diego, CA
2009	American College of Sports Medicine, Annual Meeting	Seattle, WA
2009	American Medical Society for Sports Medicine, Annual Meeting	Tampa, FL
2008	American College of Sports Medicine, Annual Meeting	Indianapolis, IN
2008	American Medical Society for Sports Medicine, Annual Meeting	Las Vegas, NV
2008	South Bend Sports Medicine Winter Symposium	Chicago, IL
2007	AMSSM Fellows Research Conference	Ann Arbor, MI
2007	American Medical Society for Sports Medicine, Annual Meeting	Albuquerque, NM
2006	American Medical Society for Sports Medicine, Annual Meeting	Miami, FL

**Extracurricular Activities/Interests**

Spending time with my wife, son, and daughter, surfing, yoga, playing guitar, meditation, gymnastics.