Stanford



Michael Fredericson, MD

Professor of Orthopaedic Surgery and, by courtesy, of Medicine (Stanford Prevention Research Center)

CLINICAL OFFICE (PRIMARY)

- **Stanford Sports Medicine Clinic**
  450 Broadway St Rm A16
  Pavilion A 1st Fl MC 6110
  Redwood City, CA 94063
  Tel (650) 498-7555 **Fax** (650) 721-3429

ACADEMIC CONTACT INFORMATION

- **Academic Administrative Contact**
  Elizabeth Medina - Administrative Associate
  Email emmedina@stanford.edu

Bio

BIO

Dr. Fredericson is the first physician promoted to Professor of Physical Medicine & Rehabilitation (PM&R) at Stanford University and currently serves as Director of PM&R Sports Medicine in the Department of Orthopedic Surgery, Co-Director of the Stanford Longevity Center, and Founder of Lifestyle Medicine (https://lifestylemedicine.stanford.edu/). He is also the Head Team Physician for the Stanford Track & Field and Swimming Teams and a member of the Wu Tsai Human Performance Alliance. In addition, he has volunteered extensively at both the national and international levels with USA Track & Field and the International Olympic Committee, and was recently appointed to the Executive Leadership Committee of the American College of Lifestyle Medicine Academic Council.

Dr. Fredericson has been a featured speaker at numerous national and international sports medicine and rehabilitation symposiums and a Visiting Professor at many institutions around the country. He has published over 250 peer-reviewed articles, 45 book chapters, and five books focused on improved treatment and prevention strategies for overuse injuries in athletes, and, more recently, on lifestyle medicine interventions for health and longevity. He is currently on the Men's Health Magazine Advisory Board. He has also held several scientific editorial appointments, among which are senior founding editor, PM&R, the official scientific journal of the American Academy of Physical Medicine and Rehabilitation (2007 to 2014); associate editor, Clinical Journal of Sports Medicine (1999 to 2004); and editorial board member, Physician and Sports Medicine (1996 to 1999); and associate editor of the textbook, Essentials of Physical Medicine and Rehabilitation, 4th Edition. He has also served as Co-Chairman of the Research Task Force for the Sports Medicine and Exercise Science Committee of USA Track & Field. He has received several prestigious grants from the Pac-12 Conference Student-Athlete Health & Well-Being Grant Program. His work's impact is widely recognized: he is listed on ResearchGate as one of their top-cited researchers (99th percentile), with over 14,000 citations. He is also frequently featured in national and international media and lay publications, with over 300 interviews on a wide range of sports medicine, fitness, and health promotion topics, including being featured in the May 2026 NY Times Magazine mysterious medical diagnosis column.

Dr. Fredericson created the ACGME Sports Medicine Fellowship at Stanford University and continues as Fellowship Director, having trained over 48 fellows, many of whom are now national leaders. He has received various honors, including the American Academy of PM&R PASSOR Mid-Career

Legacy Award and the 2023 Distinguished Member Award, as well as the 2027 Distinguished Academician Award from the Association of Academic Physiatrists, for his efforts to develop and foster musculoskeletal education and research for medical students, residents, and fellows. He founded several programs, including Lifestyle Medicine and Sports Medicine courses for Stanford medical and undergraduate students, a monthly orthopedic consultation service at the Stanford Arbor Free Clinic, the Stanford RunSafe Injury Prevention Program, and the Lifestyle Medicine Program. For the past 20 years, he has also offered an international sports medicine research fellowship, with participation from physicians worldwide, including Switzerland, Iran, South Korea, Spain, Singapore, Brazil, France, China, and Japan. As a result, many of these physicians have since gone on to major sports medicine and academic appointments in their home countries.

CLINICAL FOCUS

- Physical Medicine and Rehab
- Sports Medicine
- Lifestyle Medicine
- Regenerative Medicine
- Electrodiagnostic Medicine

ACADEMIC APPOINTMENTS

- Professor-Univ Med Line, Orthopaedic Surgery
- Professor-Univ Med Line (By courtesy), Medicine - Stanford Prevention Research Center
- Member, Bio-X
- Member, Wu Tsai Human Performance Alliance
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Executive Leadership Committee of the Academic Council, American College of Lifestyle Medicine, (2026- present)
- President, Triad Coalition, American College of Sports Medicine, (2024-2027)
- Tokyo 2020 Olympic Physician, International Olympic Committee, (2021- present)
- Board of Trustees, Association of Academic Physiatrists, (2021-2026)
- Scientific Advisory Board, Men's Health Magazine, (2018- present)
- Co-Chairman, Research Task Force, USA Track & Field, (2016- present)
- Fellowship Director, Stanford Sports Medicine, (2010- present)
- Senior Associate Editor, PM&R - The journal of injury, function, and rehabilitation, (2008-2015)
- Scientific Advisory Board, Runner’s World magazine, (2001- present)
- Director, PM&R Sports Medicine Service, Stanford University Medical Center, (1994- present)

HONORS AND AWARDS

- Phi Beta Kappa, National Collegiate Honor Society (1982)
- Alpha Omega Alpha (Junior Year), National Medical Honor Society (1987)
- Excellence in Teaching Award, Stanford PM&R Residency Program (1997)
- Highest Rated Lecture, The American Back Society Annual Meeting (1997)
- President, AAPM&R, Sports Medicine Interest Group (1998-2000)
- Outstanding Paper Award, North American Spine Society (2001)
- Research Award, Physiatric Association of Spine, Occupational, and Sports Rehabilitation (2002)

- Certificate of Meritorious Service, USA Track & Field, Sports Medicine and Sports Science Committee (2003)
- Fellow, American College of Sports Medicine (2003)
- Jose C. Montero MD, Excellence in Teaching Award, Stanford PM&R Residency Program (2003)
- Head Physician, IAAF World Indoor Championships in Athletics, USA Track & FieldTeam (2006)
- Member (1st PM&R Physician), International Patellofemoral Study Group (2006)
- Excellence in Musculoskeletal Med Award, Kessler Institute and Univ of Med, New Jersey Med School (2007)
- 4th Annual Avalon Cole Lectureship, University of Virginia, Running Medicine Conference (2008)
- Best Doctors in America, Best Doctors Corporation (2008-2013)
- Visiting Professorship, Harvard University Department of PM&R (2009)
- America's Top Physicians, Consumers' Research Council of America (2009-10)
- Jerome Gersten, MD, Memorial Lectureship, University of Colorado Department of PM&R (2010)
- Who's Who in Medicine in America & Who's Who in America, Marquis (2010)
- Best Musculoskeletal Research Award, American Academy of PM&R (2011)
- James D. Thompson MD, Humanitarian Award, Stanford PM&R Residency Program (2011)
- Physiatric Assoc of Spine, Sports & Occupational Rehabiliation (PASSOR) Career Achievement Award, American Academy of PM&R (2011)
- Faculty Mentor, Resident Research Award, Stanford PM&R Residency (2013)
- Nadler Research Award, Foundation of PM&R (2015-16)
- Student-Athlete Health & Well-Being Grant Award, Pac-12 Conference (2016-2019)
- Top 10 Research Award, Stanford Medical Student Research Symposium (Research presented by Mentee, Megan Deakins-Roche) (2018)
- Clinical Research Grant Award, American Medical Society for Sports Medicine (2018-19)
- Top 10 Research Award, Stanford Medical Student Research Symposium (Research presented by Mentee, Torsten Rotto) (2019)
- Distinguished Member Award, American Academy of PM&R (2023)
- Distinguished Academician Award, Association of Academic Physiatrists (2027)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Executive Leadership Committee, American College of Lifestyle Medicine Academic Council (2026 - present)
- Board of Trustees, Association of Academic Physiatrists (2021 - present)
- Member, Wu Tsai Human Performance Alliance (2021 - present)
- Leadership, Development, and Recognition Committee, Association of Academic Physiatrists (2019 - present)
- Research Committee, Association of Academic Physiatry (2015 - 2019)
- Chief Medical Advisor, Cool Systems, Inc. (2008 - 2020)

PROFESSIONAL EDUCATION

- Medical Education: New York Medical College (1988) NY
- Board Certification: Sports Medicine, American Board of Physical Medicine and Rehabilitation (2007)
- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (1993)
- Board Certification: Lifestyle Medicine, American Board of Lifestyle Medicine (2020)
- Residency: Stanford University Physical Medicine and Rehabiliation (1992) CA
- Internship: Mount Zion Medical Center (1989) CA
- Sub-Speciallty Certification, American Board of PM&R , Sports Medicine (2007)

- Fellowship: SOAR (1993) CA
- BA, University of Redlands, Redlands,CA , Psychology (1982)
- MD, NY Medical College, Vahalla, NY , Medicine (1988)
- Fellowship, SOAR, Menlo Park, CA , Sports & Spine Medicine (1993)
- Board Certification, American Board of PM&R , Physical Med & Rehabilitation (1993)
- Diplomate, American Assoc of Electrodiagnostic Medicine , Electrodiagnostic Medicine (1996)

COMMUNITY AND INTERNATIONAL WORK

- 8th Degree BlackBelt (Shihan) and Dojo Leader, Karatedo Doshinkan, Los Altos, CA
- ABPM&R Rep, Sports Medicine Subspecialty Examination Committee
- Chairman, USA Track & Field American with Disabilities Task Force
- Faculty Mentor, Arbor Free Medical Clinic

LINKS

- Stanford Lifestyle Medicine Program: https://longevity.stanford.edu/lifestyle/lifestyle-medicine-2/
- Stanford Non-Operative Sports Medicine Fellowship: https://ortho.stanford.edu/education/fellowship/non-operativesportsmedicine.html

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My research focuses on the etiology, prevention, and treatment of overuse sports injuries in athletes and lifestyle medicine practices for improved health and longevity.

Teaching

COURSES

2026-27

- Introduction to Lifestyle Medicine: ORTHO 120, ORTHO 220 (Win)
- Practical Sports Medicine and Orthopaedic Exam: ORTHO 110, ORTHO 210 (Aut, Spr)

2025-26

- Introduction to Lifestyle Medicine: ORTHO 120, ORTHO 220 (Win)
- Practical Sports Medicine and Orthopaedic Exam: ORTHO 110, ORTHO 210 (Aut, Spr)

2024-25

- Introduction to Lifestyle Medicine: ORTHO 120, ORTHO 220 (Win)
- Practical Applications of Lifestyle Medicine: ORTHO 130 (Spr)
- Practical Applications of Lifestyle Medicine: ORTHO 230 (Spr)
- Practical Sports Medicine and Orthopaedic Exam: ORTHO 110, ORTHO 210 (Aut, Spr)

2023-24

- Introduction to Lifestyle Medicine: ORTHO 120, ORTHO 220 (Aut)
- Practical Applications of Lifestyle Medicine: ORTHO 230 (Win)
- Practical Sports Medicine and Orthopaedic Exam: ORTHO 110, ORTHO 210 (Aut, Spr)

STANFORD ADVISEES

Med Scholar Project Advisor

Michelle Low