



Michael Fredericson, MD

Professor of Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- **Stanford Sports Medicine Clinic**

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ACADEMIC CONTACT INFORMATION

- **Academic Administrative Contact**

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Bio

BIO

Dr. Fredericson is the first physician promoted to Professor of Physical Medicine & Rehabilitation (PM&R) at Stanford University and is currently Director of PM&R Sports Medicine in the Department of Orthopaedic Surgery, Co-Director of the Stanford Longevity Center, and Founder of Lifestyle Medicine (<https://longevity.stanford.edu/lifestyle/lifestyle-medicine-2/>). He is also the Head Team Physician for the Stanford Track & Field and Swimming Teams, the Medical Director for Stanford Club Sports, and a Wu Tsai Human Performance Alliance member. In addition, he has volunteered at both a national and international level with USA Track & Field and the International Olympic Committee.

Dr. Fredericson has been a featured speaker at numerous national and international sports medicine and rehabilitation symposiums and Visiting Professor at many institutions around the country. He has published over 215 peer-reviewed articles, 40 book chapters, and five books focused on an improved understanding and treatment strategies for overuse injuries in athletes. He is currently on the Men's Health Magazine Advisory Board and 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, 4rd 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 and has been honored with 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). He is also frequently featured in national and international media and lay publications, with over 250 interviews for his expertise on a wide range of sports medicine, fitness, and health promotion topics.

Dr. Fredericson created the first ACGME Sports Medicine Fellowship at Stanford University and continues as Fellowship Director. He has received various honors, including the American Academy of PM&R PASSOR Mid-Career Legacy Award and the 2023 Distinguished Member Award, 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 undergraduates, a monthly orthopedic consultation service at the Stanford Arbor Free Clinic, the Stanford RunSafe Injury Prevention Program, and Lifestyle Medicine Program. For the past 20 years, he has also offered an international research fellowship in sports medicine with participation from

physicians worldwide, including Switzerland, South Korea, Spain, Singapore, Brazil, France, China, and Japan. As a result of this experience, many of these physicians have been promoted 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 - University Medical Line, Orthopaedic Surgery
- Member, Wu Tsai Human Performance Alliance
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Board of Trustees, Association of Academic Physiatrists, (2021- present)
- Tokyo 2020 Olympic Physician, International Olympic Committee, (2021- present)
- 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 & Field Team (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 Rehabilitation (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)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- 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

- 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 Rehabilitation (1992) CA
- Medical Education: New York Medical College Registrar (1988) NY
- Internship: Mount Zion Medical Center (1989) CA
- Sub-Specialty 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.

CLINICAL TRIALS

- PRP as Adjuvant Treatment to CTR for Severe CTS Tunnel Syndrome, Not Recruiting

Teaching

COURSES

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)

2022-23

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

2021-22

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

2020-21

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