

Stanford



Michael Fredericson, MD

Professor of Orthopaedic Surgery at the Stanford University Medical Center

CLINICAL OFFICES

- **Stanford Sports Medicine Clinic**

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- **Vaden Health Center**

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ACADEMIC CONTACT INFORMATION

- **Academic Administrative Contact**

Elizabeth Medina - Administrative Associate

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Bio

BIO

Dr. Fredericson specializes in Physical Medicine and Rehabilitation (PM&R) with a unique approach to the diagnosis, treatment, and prevention of sports injuries. He is the first physician promoted to Professor of PM&R at Stanford University and is currently Director of PM&R Sports Medicine in the Department of Orthopaedic Surgery, a Principal Investigator in the Stanford Human Performance Lab and is spearheading the new Stanford Lifestyle Medicine initiative with the Stanford Longevity Center. He is also Head Team Physician for the Stanford Track & Field and Swimming Teams and the Medical Director for Stanford Club Sports. In addition, he is Founder and Director of the Stanford RunSafe Injury Prevention Program and has volunteered at both a national and international level with USA Track & Field and the United States 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 180 peer-reviewed articles, 32 book chapters and four 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 those of co-editor of an upcoming book from Springer Science, Tendinopathy: From Basic Science to Clinical Management (2017);

invited editor for a special issue of *Physical Medicine and Rehabilitation Clinics of North America: A Comprehensive Review of Running Injuries* (2015); 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). Most recently he was appointed 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 (97.5 percentile). He is also frequently featured in national and international media and lay publications with over 175 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 a variety of awards for his efforts to develop and foster musculoskeletal education and research for medical students, residents, and fellows. He founded several programs for Stanford students including courses on Lifestyle Medicine and Sports Medicine for Stanford medical and undergraduates, and orthopedic consultation service at the Arbor Free Clinic. For the past 20 years; he has also offered an international research fellowship in sports medicine with participation from physicians around the world including 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 - Med Center Line, Orthopaedic Surgery
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- 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 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)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Chief Medical Advisor, Cool Systems, Inc. (2008 - 2020)
- Research Committee, Association of Academic Psychiatry (2015 - 2019)
- Leadership, Development, and Recognition Committee, Association of Academic Psychiatrists (2019 - present)

PROFESSIONAL EDUCATION

- Residency: Stanford University School of Medicine (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)
- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehab (1993)
- Board Certification: Sports Medicine, American Board of Physical Medicine and Rehab (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

- ABPM&R Rep, Sports Medicine Subspecialty Examination Committee
- Chairman, USA Track & Field American with Disabilities Task Force
- Faculty Mentor, Arbor Free Medical Clinic

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

- Botulinum Toxin Injection for Functional Popliteal Artery Entrapment Syndrome, Not Recruiting

Teaching

COURSES

2020-21

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

2019-20

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

2018-19

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

2017-18

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

STANFORD ADVISEES

Med Scholar Project Advisor

Torsten Rotto