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Medical Director, UC Irvine Orthopaedic & Sports Medicine Center
Director, Primary Care Sports Medicine
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Education

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

Graduate Medical Education

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

Post Graduate Medical Education

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

Licensure and Certification

2008-Present Certificate of Added Qualification (Board Certification) 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
2004-Present Advanced Life Support in Obstetrics

Professional Society Membership

2008-Present American Institute of Ultrasound in Medicine, Member
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

Publications

Kruse D. “**Shoulder Impingement Syndrome**”. In: Micheli LJ, editor. *Encyclopedia of Sports Medicine*. SAGE Publications, Inc. To be published: Jan 2011.
Kruse D. “**Rotator Cuff Tendinopathy**”. In: Micheli LJ, editor. *Encyclopedia of Sports Medicine*. SAGE Publications, Inc. To be published: Jan 2011.
Kruse D, “**Trochanteric Bursitis (Greater Trochanteric Pain Syndrome)**”. In: Domino FJ, editor. *The 5-Minute Clinical Consult 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 2011*. Philadelphia: Lippincott Williams & Wilkins, a division of Wolters Kluwer Health, Inc. April 2010, 19th Ed. A-168.
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. **Ankle and foot contributions to extreme plantar flexion and dorsiflexion in female ballet dancers**. *Foot Ankle Int*, In Press.
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 Jun 25 [Epub ahead of print].
- 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.
- Simons S, Kruse D, Dixon JB. **Shoulder Impingement Syndrome.** In: UpToDate, Rose, BD(ed), UpToDate, Waltham, MA, Published Online July, 2008.
- 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.
- Simons S, Kruse D. **Rotator Cuff Tendinopathy.** In: UpToDate, Rose, BD(ed), UpToDate, Waltham, MA, Published Online March, 2008.
- Simons S, Dixon JB, Kruse D. **Rotator Cuff Tear.** In: UpToDate, Rose, BD(ed), UpToDate, Waltham, MA, Published Online March, 2008.
- 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.

Presentations/Lectures

- The Pre-Participation Physical Exam for the Student Athlete.** Powerpoint. Nurse Practitioner Student Lecture Series-UC Irvine. Irvine, CA. November 2010.
- Sports Concussion - An Update.** Powerpoint. UC Irvine Department of Orthopaedic Surgery Resident Didactic. Orange, CA. October 2010.
- Hip & Groin Pain in Sports.** Powerpoint. Core Curriculum Lecture Series - Kaiser Orthopedics Sports Medicine Fellowship. Orange, CA. September 2010.
- Sports Concussion - Practical Management.** UC Irvine-CHOC Children's Sports Concussion Conference. Santa Ana, CA. August 2010.
- Life-Threatening Conditions in Sports.** Speaker. Catastrophic Injury Management Seminar - Santa Ana Unified School District, Santa Ana, CA. August 2010.
- Surfing Medicine.** 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.
- Sports Concussion - An Update.** 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 CAFM Lecture Series. Orange, CA. May 2010.
- Sports Concussion - An Update.** Powerpoint. UCI Family Medicine Resident Noon Conference. Santa Ana, CA. April 2010.
- Bilateral Elbow Pain in Female Adolescent Gymnast.** Poster Presentation. AMSSM Annual Conference. Cancun, MX. April 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. CAFP 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.

Research

Kruse D. **Smoking Cessation Program for Street Homeless Population of San Diego.** UCSD Student-Run Free Clinic. San Diego, CA. 2001 – 2004.

Sports Medicine/Work Experience

1/2009-Present Team Physician, **Team OC Gymnastics**
Irvine, CA

12/2008-Present Team Physician, **Crean Lutheran High School**
Irvine, CA

9/2008-Present Team Physician, **Godinez Fundamental High School**
Santa Ana, CA

8/2008-Present Associate Team Physician, **University of California, Irvine**
Irvine, CA

1/2008-Present Medical Staff, **USA Men's Gymnastics**
Variable Locations

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

Leadership/Committees

8/2010-Present	Founding Director , UCI Comprehensive Sports Concussion Program	Orange, CA
1/2010-Present	Medical Director , UCI Orthopaedic & Sports Medicine Center	Costa Mesa, CA
9/2009-Present	Faculty Advisor , Sports Medicine Interest Group, UCI SOM	Irvine, CA
9/2008-Present	Medical Consultant , Team OC - Gymnastics, Cheer, & Dance	Costa Mesa, CA
9/2008-Present	Member , Irvine Unified School District Medical Advisory Board	Irvine, CA
8/2008-Present	Director , Primary Care Sports Medicine, UCI Family Medicine	Irvine, CA
3/2008-Present	Chair , Resident Subcommittee, Membership Committee	AMSSM
3/2008-Present	Chair , Fellows' Matters Subcommittee, Fellowship Committee	AMSSM
5/2010-6/2010	Member , Musculoskeletal Curriculum Task Force, UC Irvine SOM	Irvine, CA
4/2006-6/2007	Resident Representative , Memorial Hospital Palliative Care Team	Long Beach, CA
7/2005-6/2007	Coordinator , Doc-Is-In Program, Jordan HS Preventive Medicine	Long Beach, CA
7/2005-6/2007	Resident Representative , Memorial Family Medicine Operations	Long Beach, CA
9/2003-6/2004	Senior Mentor , UCSD School of Medicine Mentorship Program	La Jolla, CA
9/2000-6/2004	Clinic Manager/Floor Manager , UCSD Student-Run Free Clinic	San Diego, CA
6/1994-5/1997	Captain , UC Berkeley Men's Gymnastics Team	Berkeley, CA

Honors/Awards

2010	Gold Humanism Honor Society	UC Irvine Chapter, Irvine, CA
2009	UCI NP Guest Lecturer of the Year	University of California, Irvine, CA
2008	Best Presentation , 2-Minute Drill	AMSSM Annual Conference, Las Vegas, NV
2006	AAFP Bristol-Myers Squibb Award	AAFP Assembly, Washington D.C.
2006	AMSSM Resident Scholarship Award	AMSSM Annual Meeting, Miami, FL.
1997	NCAA National Team Championship	UC Berkeley Men's Gymnastics Team
1997	PAC 10 Medal Winner	UC Berkeley
1997	Male Student-Athlete of the Year	UC Berkeley

1997	Nissen Award Finalist	NCAA Men's Gymnastics
96-97	6-time NCAA All-American	NCAA Men's Gymnastics
95-00	4-time Member – Men's Gymnastics	USA Senior National Team
93-97	4-time Varsity Letterman – Men's Gymnastics	U.C. Berkeley

Conferences Attended

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 and son, surfing, yoga, triathlons, playing guitar, meditation, gymnastics.