

Jeffrey C. Lai, MD, CAQSM, RMSK®

www.jeffreylaimd.com

PROFESSIONAL

Sports Medicine, Orthobiologics, Hormone Optimization, Private Practice
Jeffrey Lai, MD, Inc., 3655 Lomita Blvd, Ste 202, Torrance, CA (7/2019 - present)

Head Team Physician, Sideline Physician, Athletics Department
Long Beach State University, Long Beach, CA (8/2015 - present)

Primary Care Sports Medicine, Academic Medicine
MemorialCare Medical Group, Long Beach, CA (9/2012 - 6/2019)

Director, Primary Care Sports Medicine Fellowship, ACGME #1270512094
Long Beach Memorial Medical Center, Long Beach, CA (2015 - 2019)

Academic Faculty, Family Medicine Residency, ACGME #1200521044
Long Beach Memorial Medical Center, Long Beach, CA (2012 - 2019)

FELLOWSHIP

Primary Care Sports Medicine (7/2014 - 6/2015)
Long Beach Memorial Medical Center, Long Beach, CA

INTERNSHIP & RESIDENCY

Family Medicine (2009-2012)
Academic Chief (2012)
Long Beach Memorial Medical Center, Long Beach, CA

EDUCATION

M.D., Albert Einstein College of Medicine, Bronx, NY (2009)
Post-Baccalaureate, San Jose State University, San Jose, CA (2004)
B.S. Engineering, with Distinction, Stanford University, Palo Alto, CA (1996)

LICENSURE & BOARD CERTIFICATION

Medical Board of California, #A113395 (2010)
American Board of Family Medicine, Certificate #1023385739 (2012)
Certificate of Added Qualifications in Sports Medicine (2015)
Registered in Musculoskeletal® sonography (RMSK®), APCA ID #249735 (2020)

HONORS AND AWARDS

American Federation of Aging Research, 2006 Medical Student Summer Scholarship

TEACHING AFFILIATIONS

Assistant Clinical Professor (Volunteer), Family Medicine, UC Irvine (2012 - 2019)

PROFESSIONAL MEMBERSHIPS

American Medical Society for Sports Medicine (2011 - present)
American College of Sports Medicine (2015 - present)
American Institute of Ultrasound in Medicine (2017 - present)
American Academy of Family Physicians (2007- present)

INTRAMURAL PUBLICATIONS

“Medical Student Handbook”, a 34-page pocket guide for visiting clerks in Family Medicine, 10/2012

Article Contributor, AMSSM Top 120 Articles for Fellows, <http://amssm.blogspot.com/p/amssm-100.html>

PRESENTATIONS AT NATIONAL CONFERENCES

Abstract and poster, “A Basketball Player with Palpitations: The Force Awakens” AS Nobe and JC Lai. Presented at the 2019 American Medical Society for Sports Medicine Annual Meeting, Orlando, FL, 4/2019

Abstract and poster, “A Dancer with Insidious Right Hip Pain: Is it the Sartorius?” DC Shin and JC Lai. Presented at the 2018 American Medical Society for Sports Medicine Annual Meeting, Orlando, FL, 4/2018

Abstract and poster, “Running Red: A High School Cross-Country Athlete with Hematuria.” A Chu and JC Lai. Presented at the 2017 American Medical Society for Sports Medicine Annual Meeting, San Diego, CA, 5/2017

Abstract and poster, “The Flat-Footed Basketball Power Forward Who Tried To Sprint.” JA Snodgrass and JC Lai. Presented at the 2016 American Medical Society for Sports Medicine Annual Meeting, Dallas, TX, 4/2016

Abstract and poster, “Don’t throw this breaking ball: a pitcher with acute arm pain.” JC Lai and MA Pahl. Presented at the 2015 American Medical Society for Sports Medicine Annual Meeting, Hollywood, FL, 4/2015

Abstract and poster, “A warm-up to avoid: the HS cross country runner with acute knee injury.” Presented at the 2014 American Medical Society for Sports Medicine Annual Meeting, New Orleans, LA, 4/2014

Abstract and podium, “Always wear a swim cap: a female swimmer with neck pain.” Presented at the 2013 American Medical Society for Sports Medicine Annual Meeting, San Diego, CA, 4/2013

Abstract and poster, “The out-of-place offensive lineman: a HS football player with acute elbow injury.” Presented at the 2013 American Medical Society for Sports Medicine Annual Meeting, San Diego, CA, 4/2013

Abstract and poster, “Brain Atrophy and Cortical Thinning Detected and Visualized in the Preclinical Phase of Familial Alzheimer’s Disease” JD Ringman, RA Dutton, JC Lai, et al. Presented at the 2007 American Geriatrics Society Annual Meeting, Seattle, WA, 5/2007

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PUBLISHED MULTIMEDIA

JC Lai. Featured Speaker. "How to help prevent injuries in running." MemorialCare Weekly Dose of Wellness Podcast. 8/3/2017. <https://www.memorialcare.org/events-education/podcasts/how-help-prevent-injuries-running>

CLINICAL PRACTICE, INTERESTS, AND ACCOMPLISHMENTS

Peer Reviewer, Sports Health and Journal of Dance Medicine & Science

Credentialed ImPACT Consultant, 2019 – present

Team Doctor, Cabrillo High School Football, 2010 – 2018

Team Doctor, Cypress Community College, September 2012 – 2019

Team Doctor, Long Beach State, 9/2012 – present

Lecturer, 2012 – 2019, multiple topics to family medicine residents, medical students, athletic trainers

Medical Director, UC Irvine Zot Trot Triathlon, 2/2013 – 2/2019

Sideline Physician for various events including USA Boxing (2014), Disney Half Marathon (2014-2017), USA Water Polo Women's Senior National Team (2016), FIVB World Series of Volleyball (2015-2017), NCAA Baseball Regionals and Super-Regionals (2017), USA Rugby (2018-2019), Big West Conference Men's Volleyball Tournament (2018), NCAA Men's Volleyball Championships (2019)

Mass Pre-Participation Exams at the high school, junior college, and collegiate levels including Lakewood HS, Millikan HS, Marina HS, Long Beach Wilson HS, Los Alamitos HS, St Anthony HS, UC Irvine

BIBLIOGRAPHY

"Assessing Readiness for En Pointe in Young Ballet Dancers." JC Lai and DW Kruse. *Pediatr Ann.* 2016 Jan;45(1):e21-5. doi: 10.3928/00904481-20151215-01

ADMINISTRATIVE SERVICES

Member, Credentialing Committee, Long Beach Memorial Medical Center, 2018-2019

Member, Graduate Medical Education Committee, Long Beach Memorial Medical Center, 2016-2019