

# NEEL KOTRAPPA, MD

Eisenhower Sports Medicine Clinic

Address: 39000 Bob Hope Drive, Rancho Mirage, CA 92270

Phone: (760) 837-8731



## POST GRADUATE TRAINING & EDUCATION

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<b>Harbor-UCLA Team To Win Sports Medicine Fellowship Program</b> Primary Care - Sports Medicine Fellowship	07/2022 – 07/2023
<b>Eisenhower Health Family Medicine Residency Program - Chief Resident</b> Internship & Residency	07/2019 – 06/2022
<b>St. George's University School of Medicine (St. George, Grenada)</b> Doctor of Medicine, Cum Laude	01/2015 – 04/2019
<b>St. George's University School of Arts and Sciences (St. George, Grenada)</b> Post-Baccalaureate Premedical Program (Foundations to Medicine)	08/2014 – 01/2015
<b>Claremont McKenna College (Claremont, CA)</b> Bachelor of Arts in Science & Management with Biotechnology Sequence	08/2010 – 05/2014

## PROFESSIONAL EXPERIENCE

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<b>Eisenhower Health Sports Medicine Clinic</b> (Rancho Mirage, CA) Sports Medicine Physician	08/2023 – Current
<b>Eisenhower Health Urgent Care</b> (Rancho Mirage, CA) Urgent Care Physician	08/2023 – Current
<b>Adjunct Faculty – Eisenhower Health Family Medicine Residency</b> (Rancho Mirage, CA) Sports Medicine Faculty	01/2024 – Current
<b>Southern California Permanente Medical Group</b> Sports Medicine Clinic at Kaiser Carson and Long Beach (Fellowship) Orthopedic Department at Kaiser South Bay (Fellowship)	07/2022 – 07/2023
<b>Harbor-UCLA</b> (Harbor City, CA) Sports Medicine and Family Medicine Clinics at Lomita Family Medicine (Fellowship)	07/2022 – 07/2023
<b>West Coast Sports Medicine/Team to Win Foundation</b> (Manhattan Beach, CA) Non-operative provider at a private orthopedic surgery practice	07/2022 – 07/2023
<b>Eisenhower Health</b> (Rancho Mirage, CA) Family Medicine Resident Physician	07/2019 – 06/2022
<b>California Academy of Family Physicians (CAFP) Student &amp; Resident Council</b> <ul style="list-style-type: none"><li>Represent over 2500 student and resident members combined within the medical schools and family medicine residency programs in the state of California.</li><li>Served as liaison between residents and CAFP while helping to coordinate statewide student-resident activities, facilitate statewide communication, increase teamwork amongst programs, and promote the exchange of ideas and strategies to advance family medicine.</li></ul>	09/2019 – 06/2022

## Sports Medicine Coverage

07/2017 - Present

- Team Physician – Rancho Mirage HS
- Team Physician - Los Angeles Rugby Club (2023), Junipero Serra HS (2023-23)
- Assistant Team Physician – CSU-DH, Long Beach City College, Southwest College
- CIF Physician - CIFSS Football State Championships (2022)
- Staff Physician – USA Women's Water Polo (2023)
- Medical Staff – Special Olympics, Redondo Beach 10k, Lei Out, Swim the Avenues
- Summer & Winter Dew Tour (Professional Skate/Snowboarding; Adaptive Competition)
- Volunteer Physician - BNP Paribas Open (2019, 2021, 2022, 2023, 2024)
- Resident Volunteer - Iron Man 70.3 Indian Wells/La Quinta (2019, 2021)
- Resident Volunteer – Sports Physicals at various high schools in the Coachella Valley, CA
- Medical Student Volunteer - Seton Hall University Sports Medicine (2018)

## SGU Department of Educational Services – Facilitator (St. George, Grenada)

01/2016 – 12/2016

Facilitated, led and organized peer review sessions in physiology and biochemistry

## LICENSURE & CERTIFICATIONS

The Medical Board of California - Physician & Surgeon License (Active)	Exp: 03/31/2024
American Board of Family Medicine – Board Certified	Exp: 07/01/2032
CAQ in Sports Medicine (CAQSM) – Board Certified	Exp: 12/31/2033
Drug Enforcement Administration (DEA)	Exp: 12/31/2026
BLS, ACLS, PALS	Exp: 05/31/2025
National Academy of Sports Medicine (NASM) Athletic Training Certification	08/2018 - Present
Certified Mental Game Coach, Peak Performance Sports	07/2014 - Present

## RESEARCH, PRESENTATIONS, ABSTRACTS & PUBLICATIONS

AMSSM – In Training Exam (ITE) Writer	08/2023
Contributing item writer for the upcoming in-training exam (ITE)	
The 5-Minute Sports Medicine Consult (4 <sup>th</sup> Edition)	01/2024
Book Chapter: Hemoglobinopathies in Sport: Thalassemia, Sickle Cell Trait	
“Are you Okay? No, I’m Tight...” - AMSSM National Conference, UCLA Research Day	05/2023
A Case of Congenital Cervical Stenosis in a High School Football Player	
Eisenhower Health Department of Addiction Medicine	09/2020 – 05/2022
Smart Aim: Increase NRT utilization in active smokers at EMC inpatient wards by 50%	
New Bridge Medical Center – Psychiatry Department (Bergen, NJ)	10/2017 – 12/2017
Study: The impact of early childhood insults on conduct and behavioral patterns in adulthood	
Claremont McKenna College – Biomedical Department	08/2013 – 05/2014
Study: Can application of Kinesio Tape increase muscle recovery and grip strength	
<ul style="list-style-type: none"><li>• <u>Publication</u>: "The Efficacy of Long-Term Kinesio Tape on Grip Strength in a Healthy Population"</li><li>• <u>Poster Presentation</u>: Claremont McKenna Senior Thesis Presentation</li></ul>	
Western University of Health Sciences – Pharmacology Department (Pomona, CA)	05/2013 – 10/2013
Goal: Research about developing a parenteral form of Clopidogrel using a liposomal formulation	

## PROFESSIONAL ASSOCIATIONS

American Medical Society for Sports Medicine (AMSSM)	2018 - Present
American Academy of Family Physicians (AAFP)	2017 - Present
American Medical Student Association (AMSA)	2015 - Present

## COMMUNITY SERVICE

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- Coachella Valley Volunteers in Medicine**, Resident Volunteer 07/2019 – 06/2022
- Helped to provide direct patient care to the underserved and unsheltered population in the Coachella Valley. Performed I&Ds, gave vaccinations, treated minor conditions, and dispersed food & clothing that was donated.
- Diabetes Clinic – St. George's University (St. George, Grenada)**, Volunteer 01/2016 – 12/2016
- Collected patient histories and conducted physical exams for patients who had diabetic pathology. Provided educational information about diet, medication and lifestyle modification to patients and families.

## OTHER HONORS & AWARDS

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- Men's Tennis at Claremont McKenna College (Captain 2012 – 2013)** 08/2010 – 05/2014
- NCAA Team Finalist (2013, 2014), NCAA Team Quarterfinalist (2011, 2012)
  - The Ojai Division III Tournament Doubles Champion (April 2014)
  - USTA/ITA Small College West Regional Champion (September 2012)
  - NCAA Division-III Singles All-American during 2012 - 2013 season
  - Highest National Rankings: #6 in Singles (Nov, 2012); #22 in Doubles (May 2014)

## ADDITIONAL SKILLS

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**EMR Proficiency:** Epic (KP & Eisenhower), Cerner (LAC-DHS)  
**Kannada**, Proficiency Level – Advanced (Conversational)  
**Spanish**, Proficiency Level – Good (Written and Oral)