

Anje'le Alston

Employment History

Internal Medicine/Sports Medicine Associate Physician | 09/2024 - Present

Southern California Permanente Medical Group, Fontana, CA

Provide comprehensive outpatient care in both general internal medicine and sports medicine, including management of chronic conditions, preventive care, and evaluation and treatment of musculoskeletal injuries.

Primary Care Sports Medicine Fellowship | 07/2023 - 06/2024

Intermountain Health, Provo, UT

Completed a primary care sports medicine fellowship with advanced training in musculoskeletal medicine, ultrasound, and concussion management. Served as team physician for athletes from high school through Division I collegiate programs, providing sideline coverage, injury care, and multidisciplinary coordination to optimize performance and recovery.

Internal Medicine Residency | 07/2020 - 06/2023

University of California Riverside, Riverside, CA

Completed comprehensive inpatient and outpatient training in adult primary care, chronic disease management, acute care, and preventive medicine. Collaborated in multidisciplinary teams to deliver evidence-based care, manage complex patients, and develop clinical decision-making, teaching, and quality improvement skills.

Medical Scribe/Front Office Assistant | 10/2014 - 05/2015

Kaska Orthopaedics, San Marcos, CA

Documented patient visits in real time and supported front office operations including scheduling and insurance verification.

Quality Assurance Manager/Medical Scribe | 05/2013 - 10/2014

Scribe America, Oceanside, CA

Supervised scribe team performance and ensured quality documentation; provided direct scribe support in the emergency department.

Student Athletic Trainer | 08/2010 - 12/2012

University of Southern California Athletic Medicine, Los Angeles, CA

Supported injury prevention and rehabilitation for collegiate athletes under certified athletic trainers and team physicians.

Education

Doctor of Osteopathic Medicine | 06/2016 - 05/2020

Western University of Health Sciences, Pomona, CA

Master of Science, Medical Sciences | 06/2015 - 05/2016

Western University of Health Sciences, Pomona, CA

Bachelor of Science, Kinesiology | 08/2009 - 12/2012

University of Southern California, Los Angeles, CA

Scholarly Activity

Local Publication

Alston, A., DO, Long, W. T., MD, & Mason, B. S., MD. (2018, May). Low Dislocation Rate in High-Risk Patients Observed Using Dual Mobility and Cobalt Heads. *Extremities: Journal of Lower Limb Medicine*, 5, 70-72.

National Presentations

Alston, A., DO, Fairgrieve Appel, C., DO. (2024, April). From Hip Pain to Breast CA to Hip Hooray. Poster Presentation. American Medical Society for Sports Medicine Annual Meeting, Baltimore, MD.

Alston, A., DO, & Asif, I., MD. (2023, January). Incidence, Case, and Comparative Frequency of Sudden Cardiac Death in National Collegiate Athletic Association Athletes. Oral Presentation. AMSSM Journal Club.

Alston, A., MS, Long, W. T., MD, & Mason, B. S., MD. (2018, October). Low Hip Dislocation Rate in High-Risk Patients Observed Using Dual Mobility and Cobalt Heads. Poster Presentation. American Osteopathic Academy of Orthopedics Annual Meeting, Atlanta, GA.

Alston, A., MS, Long, W. T., MD, & Mason, B. S., MD. (2018, April). Low Hip Dislocation Rate in High-Risk Patients Observed Using Dual Mobility and Cobalt Heads. Poster Presentation. Student National Medical Association-AMEC, San Francisco, CA.

Alston, A., MS, Long, W. T., MD, & Mason, B. S., MD. (2017, July). Low Hip Dislocation Rate in High-Risk Patients Observed Using Dual Mobility and Cobalt Heads. Poster Presentation. National Medical Association Conference, Philadelphia, PA.

Local Presentations

Alston, A., DO, Chow, R., MD, & Thomas, S., DO. (2022, December). Pancreatitis. Oral Presentation. Kaiser Permanente Riverside Grand Rounds, Riverside, CA.

Alston, A., George, S., Shin, V., Barksdale, L., Buller, R., & Saucedo, U. (2022, June). Effects of the COVID-19 Pandemic on Depression in Collegiate Athletes. Oral Presentation. Premier Research Symposium, Loma Linda, CA.

Alston, A., DO, & Scott, J., MD. (2022, May). The Story of a Biopsy's Betrayal: A Case of Granulomatosis with Polyangiitis. Poster Presentation. Riverside University Health System Research Symposium.

Alston, A., DO, Ali, K., MD, & Thomas, S., DO. (2021, December). Systemic AL Amyloidosis. Oral Presentation. Kaiser Permanente Riverside Grand Rounds, Riverside, CA.

Alston, A., Wang, Y., PhD, Lopez, D., MS, Tran, J., & Baudry, M., PhD. (2016, May). Calpain-1 and Calpain-2 Play Opposite Roles in Neurodegeneration Induced by Traumatic Brain Injury. Poster Presentation. Western University of Health Sciences Research Symposium, Pomona, CA.

Research Positions

Ortho Computer Surgery Institute, Nth Dimensions Orthopedic Summer Intern | 06/2017 - 07/2017

Los Angeles, CA

Investigated the role of implants with anatomic femoral head size in reducing hip dislocations after total hip arthroplasty in high-risk populations.

Baudry Lab at Western University of Health Sciences, Research Assistant | 09/2015 - 05/2016

Pomona, CA

Investigated the role of calpain isoforms in a traumatic brain injury model in mice.

USC Annenberg School for Communication & Journalism, Research Assistant | 07/2012 - 12/2012

Los Angeles, CA

Recruited and retained subjects for public health research on preventing HIV-contracting behavior in the homosexual youth community via an online interactive video game.

Service and Leadership

Top Articles Subcommittee Reviewer | 07/2024 - Present

AMSSM Education Committee, Virtual

Fellowship Member Liaison | 04/2023 - Present

AMSSM Education Committee, Provo, UT

Bioethics Committee Member | 07/2021 - 06/2023

Kaiser Permanente Riverside, Riverside, CA

Organizing Committee/Bargaining Team Member | 03/2021 - 06/2023

Committee of Interns and Residents/Service Employees International Union, Riverside, CA

Medical Student Volunteer | 05/2019 - 06/2019

VIETCAL Medical Exchange Program, Hanoi, Vietnam/Ha Giang, Vietnam

Medical Student Volunteer | 04/2017 - 05/2018

Sigma Sigma Phi Honorary Osteopathic Service Fraternity, Riverside, CA

Region I Webmaster | 08/2018 - 04/2020

Student National Medical Association, Pomona, CA

Chapter President/Vice President/Social Chair | 08/2015 - 08/2018

Student National Medical Association, Western University of Health Sciences, Pomona, CA

Secretary/Social Media Chair | 09/2016 - 04/2018

Pomona Health Career Ladder, Western University of Health Sciences, Pomona, CA

Marketing Chair | 02/2017 - 01/2018

Business and Medicine Organization, Western University of Health Sciences, Pomona, CA

Student Volunteer/Educator | 02/2016 - 12/2016

Kennedy Austin Foundation, Pomona, CA

Student Volunteer | 09/2015 - 03/2016

Pomona Homeless Outreach Program, Western University of Health Sciences, Pomona, CA

Licenses and Certifications

Certification of Added Qualification Primary Care Sports Medicine | *Active 2024*

American Board of Emergency Medicine

Internal Medicine Board Certification | *Active 2023*

American Board of Internal Medicine

Osteopathic Physician and Surgeons License | *Active May 2024 - present*

Osteopathic Medical Board of California

Osteopathic Physician and Surgeons/Controlled Substance License | *Active February 2023 - present*

State of Utah Department of Commerce, Division of Occupational and Professional Licensing

Controlled Substance Registration Certificate | *Active February 2023 - present*

United States Department of Justice Drug Enforcement Administration

Advanced Cardiac Life Support Provider | *February 2024 - February 2026*

American Heart Association

Basic Life Support Provider | *March 2022 - March 2026*

American Heart Association

Advanced Trauma Life Support Provider | *February 2024 - February 2028*

American College of Surgeons

Awards and Honors

- UC Riverside Internal Medicine Resident of the Year (2023)
 - UC Riverside Internal Medicine Intern of the Year (2021)
 - SNMA Region 1 Member of the Year (2019)
 - Dr. Lawrence G. Gosenfeld Scholarship (2018)
 - Dean's List, Western University of Health Sciences (2016)
 - USC Black Alumni Association Scholarship (2011, 2012)
 - Henry Williams Scholarship (2016)
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