

Jose A. Ramirez – Del Toro, M.D.

Profile

- Board Certified in Physical Medicine and Rehabilitation
- Board Certified in Sports Medicine

Experience

- 2010 – Present **Clinical Instructor University of Pittsburgh Medical Center (UMPC)
Musculoskeletal Sports and Spine Fellowship, Department PM&R**
- July 2008 – Present **The Orthopedic Group – Private Practice; Director of Non-Operative
Sports Medicine and Spine Care**
- July 2008 – Present **Director of Sports Medicine and Head Team Physician at California
University of PA**

Education and Training

- July 2007 – June 2008 **New Jersey Sports Medicine Institute: Sports Medicine and Spinal
Interventional Fellowship**
- Team Physician, New Jersey City University Athletics
 - Team Physician, Farleigh Dickinson University Football
 - Team Physician, West Orange High School Football
- Associates in Rehabilitation Medicine
Department of Rehabilitation Medicine, Overlook Hospital
Pain Management Center, MAC II Building, Suite B110
11 Overlook Road, Summit, New Jersey 07901
- July 2004 – June 2007 **University of Pittsburgh Medical Center: PM&R Resident**
- Department of Physical Medicine and Rehabilitation
3471 Fifth Avenue, Kaufmann Building Room 201
Pittsburgh, Pennsylvania 15213
(412) 648-6138
- July 2003 – June 2004 **Mercy Hospital of Pittsburgh: Transitional Year Internship**
- Department of Internal Medicine
1400 Locust Street
Pittsburgh, Pennsylvania 15219
(412) 232-8118
- August 1999 – May
2003 **Brody School of Medicine at East Carolina University: MD Degree**
- Office of the Registrar
Brody Building, Room 2N-49
Greenville, North Carolina 27834
(252) 744-2202
- August 1993 – June
1997 **Princeton University: Bachelor of Arts Degree**
- Office of the Registrar, Princeton University
101 West College
Princeton, New Jersey 08544
(609) 258-3361

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Research & Publications

PUBLICATIONS

Ramirez-Del Toro JA. Chapter: Triceps Tendon Peritendinous Injection.

In Atlas of Ultrasound-Guided Musculoskeletal Injections. Eds Malanga and Mautner.
Currently In Print, Due out 2013.

Ramirez-Del Toro JA. Chapter: Triceps Tendon Tenotomy and Fenestration.

In Atlas of Ultrasound-Guided Musculoskeletal Injections. Eds Malanga and Mautner.
Currently In Print, Due out 2013.

Ramirez-Del Toro JA. Re: The Ligamentum Flavum at L4-5: Relationship with Anthropomorphic Factors and Clinical Findings in Persons with and without Spinal Stenosis.

PM&R. 2012 July; 4(7):538-539.

Malanga GM, Chu SK, Ramirez-Del Toro JA, et al. Sonographic Evaluation of Supraspinatus Cross-sectional Area in Collegiate Baseball Players.

PM&R. 2012 July; 4(7):488-492.

Malanga GM, Ramirez-Del Toro JA, Bowen JE et al. Chapter 53: Sports Medicine.

In DeLisa's Physical Medicine and Rehabilitation Principles and Practice 5th Edition. Eds. DeLisa and Frontera. Lippincott, Williams and Wilkins 2010. pg. 1413-1436.

Malanga GM, Ramirez-Del Toro JA. Common injuries of the foot and ankle in the Child and Adolescent Athlete.

Physical Medicine and Rehabilitation Clinics of North America 2008 May; 19(2):347-371

PRESENTATIONS

Green SW, Ramirez-Del Toro JA. "Arm Pain in a Softball Player."

American College of Sports Medicine (ACSM) Annual National Convention Selected Case Presentation, Denver, May 2011

Malanga GA, Ramirez-Del Toro JA, Karnaugh RD et al. "Sonographic Evaluation of the Supraspinatus Cross-sectional Area in College Baseball Players."

American Institute of Ultrasound in Medicine (AIUM) Annual Convention Special Scientific Session, New York, April 2009

Ramirez-Del Toro JA, Malanga GM. "Postero-lateral Corner Instability in a Runner."

American College of Sports Medicine (ACSM) Annual National Convention Selected Case Presentation, Indianapolis, May 2008

Ramirez-Del Toro JA, Penrod EL, Whyte EM. "Neuroleptic Malignant Syndrome as an Unusual Cause of Fevers in the Acute Rehab Setting."

American Academy of PM&R (AAPMR) Annual National Convention Poster Presentation, Philadelphia, Oct 2005

Ramirez-Del Toro JA, Johnston JM. "Fluoroquinilone-Induced Hypoglycemia in Diabetics."

American Diabetes Association (ADA) Annual National Convention 64th Scientific Sessions Poster Presentation, June 2004

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OTHER PUBLICATIONS

Ramirez-Del Toro JA. *Time to Exercise.*

The Western PA Guide to Good Health, Summer 2011 Issue

Ramirez-Del Toro JA. *Back Pain And Snow Shoveling.*

The Western PA Guide to Good Health, Winter 2011 Issue

Ramirez-Del Toro JA. *Sports Concussions.*

The Western PA Guide to Good Health, Fall 2010 Issue

Ramirez-Del Toro JA. *My Doctor Says I Have Bursitis.*

The Western PA Guide to Good Health, Spring 2012 Issue

Leadership & Awards

2012 The Western Pennsylvania Guide to Good Health Top Doctors Recognition

Regional publication designated this honor based on experience and recognition

2011 Patients' Choice Award

Selected as one of Pennsylvania's favorite physicians

Administrative Chief Resident UPMC Department of PM&R, 2006-2007

Oversee 22 residents, academic schedules, rotations, call, etc

Outside Student Representative (OSR) to the AAMC, 2002-2003

Represented Brody School of Medicine at national meetings of the AAMC

Student Physician Leadership Program, Spring 2001

Represented the medical students in seminars with community leaders

Cultural Competency Task Force, Spring 2000

Part of a federal grant from the Bureau of Health Professionals

Princeton Univ. Undergraduate Student Government, Class Day Chair, 1997

Delivered class history speech during graduation exercises

Paul Richard Friedman Award, 1997

Awarded to the member of the Princeton Varsity Basketball Team who
"does his very best every day in every way"

Professional Society Memberships

- American College of Sports Medicine (ACSM), 2010 to present
- American Medical Society for Sports Medicine (AMSSM), 2010 to present
- American Academy of Physical Medicine and Rehabilitation (AAPMR), 2005 to present
- American Medical Association (AMA), 2000 to 2004

Additional Personal and Professional Information

- Boarded in PM&R and Sports Medicine
- MSK Ultrasound Diagnostics and Guidance, PRP, Fluoro Guided Spine procedures, and EMG
- Played Varsity Basketball at Princeton University 1994-1997
- Played professional basketball in Puerto Rico 1997-1999
- Wife, Katie; oldest daughter, Rosemary; youngest daughter, Catalina
- Spanish is my first language