

# Jonathan Ramin, D.O.

## PROFESSIONAL CAREER

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**Orthopedic Associates of Hartford** 9/2021-Current  
Hartford, CT

- Interventional Physiatry and Sports Medicine

## EDUCATION

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**Midwestern University, Arizona College of Osteopathic Medicine** 7/2012-6/2016  
Glendale, AZ

- Doctor of Osteopathic Medicine

**University of California Los Angeles, College of Letters & Sciences** 9/2005-6/2009  
Los Angeles, CA

- BA Psychology; College Honors

## POST-DOCTORAL TRAINING

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**Icahn School of Medicine, Mount Sinai** 7/2020- 7/2021  
New York, NY

- Fellowship training: **Chief Fellow**, Interventional Spine and Sports Medicine

**Icahn School of Medicine, Mount Sinai** 7/2017-7/2020  
New York, NY

- Residency training; **Chief Resident**, Physical Medicine & Rehabilitation

**Crozer Keystone Health System, Traditional Rotating Internship** 6/2016-6/2017  
Drexel Hill, PA

- Residency internship; **Chief intern**

## MEDICAL BOARD CERTIFICATIONS

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**Physical Medicine & Rehabilitation** Current as of July 2021

- American Board of Physical Medicine & Rehabilitation

**Sports Medicine** Current as of August 2021

- American Board of Physical Medicine & Rehabilitation

## RESEARCH & PUBLICATIONS

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### ***Current Active Projects through Icahn School of Medicine, Mount Sinai:***

- Lee A, Kahn S, Kent C, **Ramin J**. Efficacy of Intra-Articular Platelet Rich Plasma in Sacroiliac Joint Pain, A Randomized Placebo Controlled Study. IRB submitted. Grant Funding: Icahn School of Medicine at Mount Sinai, Department of Orthopedics
- The Effect of APOS Therapy on pain and function in the Knee Osteoarthritis PI: Eliana Cardozo DO; IRB approved beginning 05/20/2019
- Danesh H, **Ramin J**, Cohen M. Use of Dorsal Root Ganglion Stimulation in the Treatment of CRPS Related Tremors, a Case Report – Manuscript submission to Journal of Neuromodulation
- Evaluation of Fatigue in an EEG Based Concussion System Effects of physical and mental fatigue on readings collected by an EEG headset under investigation for use as a potential concussion identification system. PI: David Putrino PT, PhD; IRB approved beginning 08/2019
- Adaptive E-Sports: The Quad Gods. Director: David Putrino PT, PhD. Research team member developing numerous adaptive control schemes to allow anyone to play video games, despite physical capabilities. Quad Gods will participating in national E-Sports tournaments, and training in official Brooklyn Nets facilities
- Miranda-Comas G, Zaman N, **Ramin J**, Gluck A. Workload Management and Injury, Athletic Performance, and Academic Performance. In Current Sports Medicine Reports: Accepted, in press.
- Patel C, **Ramin J**, Spinner D. Book Chapter: The Cervical Spine Exam. In Joseph E. Herrera, ed. *Telemedicine for Musculoskeletal Physical Exam*. Springer Publishing. In peer review process.

### ***Peer Reviewed Publications, Poster Presentations, & Podcasts:***

Balkaya I, Lekshminarayanan A, **Ramin J**, Diamond P. *Epidemiology of Beach Sports Injuries in the United States: a 10-year Analysis of the NEISS Database*. Study poster presented at AMSSM Annual Meeting 2021 April 13-18, 2021

- Escalon M, **Ramin J**, Bolds A. *Developing and Training Staff (Coaching)*. In Association of Academic Physiatrists' Leadership eLearning Modules.
- Ramin J**, Chang LG, Chang RG. Book chapter: Cervical Spine Injuries. In Joseph E. Herrera, ed. *Essential Sports Medicine*, 2<sup>nd</sup> Edition. Springer Publishing. *Accepted. In press*.
- Ramin J**, Harounian J, Miranda-Comas G. Book chapter: Elbow and Forearm Injuries. In Joseph E. Herrera, ed. *Essential Sports Medicine*, 2<sup>nd</sup> Edition. Springer Publishing. *Accepted. In Press*
- Ramin J**. Book Chapter: Volleyball. In Gerardo Miranda-Comas, ed. *Sports Coverage: The Handbook for the Sports Medicine Clinician*. Springer Publishing, 2020.
- Cardozo E, **Ramin J**. Book chapter: The Shoulder Joint. In Grant Cooper ed. *Regenerative Applications in Musculoskeletal Medicine*. Springer Nature, 2019.
- Huang V, **Ramin J**, Bryce TN. Book chapter: Pharmacologic Management of Pain in Spine Disorder. In Vincent Devlin, ed. *Spine Secrets*, 3<sup>rd</sup> Edition. Elsevier Publishing, 2019.
- Schroeder A, **Ramin J**, Harris J. How to Match into a Sports Medicine Fellowship: Resident Edition. Podcast published in AAP. Recorded March 2020.
- Bolds A, **Ramin J**, Sheth P. Relieving a Painful Kiss: Early Diagnosis and Treatment of Kissing Spine Syndrome. Poster presented at AAP Annual Assembly 2021.
- Ramin J**, Koo S, Gluck A, Herrera J. Hips Don't Lie: Treating Severe Gluteus Medius Atrophy with Anabolic Steroids. Poster Presentation at 2020 ISPRM World Congress and AAP Annual Assembly, March 8, 2020.
- Gluck A, Cascio M, **Ramin J**, Herrera J. Bend and Snap! A Missed Diagnosis of a Medial Gastrocnemius Tear. Poster Presentation at 2020 ISPRM World Congress and AAP Annual Assembly, March 8, 2020.
- Rakesh N, **Ramin J**, Kornfeld S. Constipation or Syrinx? The Strange Case of Severe Refractory Abdominal Pain in Spinal Cord Injury. Poster Presentation at 2020 ISPRM World Congress and AAP Annual Assembly, March 7, 2020.
- Linke M, Kent C, Nehrbass E, **Ramin J**, Bijlani T, Harris J, Harbus M, Huang V. Quality Improvement of Resident Assessment of Pressure Injuries In Patients with a Spinal Cord Injury. Poster Presentation at Icahn School of Medicine Graduate Medical Education Consortium Research Day, June 5, 2020.
- Kahn S, **Ramin J**, Alomar-Jimenez W. A Real 'Pain in the Neck:' Treating C1-C2 Arthropathy with Platelet Rich Plasma, a Case Series. Oral Presentation by **Ramin J** at Icahn School of Medicine at Mount Sinai's Annual Research Consortium 2019 in New York, New York June 7, 2019
- Bijlani T, **Ramin J**. Trigger Points Masquerading as Spasticity: A Case Report. Poster presentation at 2019 AAPM&R Annual Assembly in San Antonio, Texas Nov 14-17
- Rakesh N, Patel K, **Ramin J**, Schroeder A, Unwin A. How to Choose a PM&R Program: Resident Edition. Podcast published in AAP. Recorded February 2019.
- Ramin J**, Alomar-Jimenez W, Kahn S. Platelet Rich Plasma (PRP): A Novel Treatment for Upper Cervical Arthropathy? A Case Report. Poster presentations scheduled at 2019 Spine Intervention Society Annual Meeting in New York, New York & August 14-17, 2019, AAPM&R Annual Assembly in San Antonio, Texas Nov 14-17, 2019
- Harris J, **Ramin J**. A Presumed Plantar Fasciitis found to be Baxter's Neuropathy on EMG: A Case Report. Poster presentation at 2019 AAPM&R Annual Assembly in San Antonio, Texas Nov 14-17
- Ramin J**, Fatakhov E, Sheth P. A Recurring Leg Mass in a Soccer Player: a Rare Diagnosis with an Infrequent Presentation. Poster presented at AMSSM Annual Meeting 2019 in Houston, Texas April 12-17, 2019
- Ramin J**, Chokshi K, Escalon M. A Cold Beer Never Lies: An Atypical Presentation of Neuromyelitis Optica, a Case Report. Poster presented at 2019 AAP Annual Assembly in San Juan, Puerto Rico Feb 19-23, 2019
- Cohen MS, **Ramin J**, Danesh H. Using Spinal Cord Stimulation to Treat Tremor In Chronic Regional Pain Syndrome Type II, a Case Report. Poster presented at 2018 NANS Annual Meeting in Las Vegas, Nevada Jan 11-14, 2018
- Cruz L, Alamgir H, et al. Development of a Return to Work Tool for Primary Care Providers For Patients with Low Back Pain: A Pilot Study. *J Fam Med Prim Care*. 2018; 7(6): 1185-1192. DOI: 10.4103/jfmpc.jfmpc\_262\_18
- Trivedi P, Raja A, Cruz LC, Sheth P, Abrams S, Cardozo E, Bean A, Lazaro A, Mazzola A, **Ramin J**, Gluck A, DeLuca S, Forster M, Zhao W, Pajak A and Nabeel I. Development of a Return to Work Tool for Primary Care Providers for Low Back Pain Patients: Pilot Study Assessment. Poster presented at the 2017 AAPMR Annual Assembly in Denver, Colorado Oct 12-15, 2017
- Adams JS, **Ramin J**, Rafison B, Windon C, Windon A, Liu PT. Redefining Human Vitamin D Deficiency: Back to the Basics. *Bone Research*. 2013; 1(1): 2-10. DOI: 10.4248/BR201301002

## **WORK EXPERIENCE**

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### **UCLA Orthopaedic Hospital Research Center**

*Research Assistant*

5/2011- 6/2012

Los Angeles, CA

- NIH Funded

PI: John S. Adams, MD, Vice-Chair, Research, Orthopedic Surgery; Director, Orthopedic Hospital Research Center; Associate Director, CTSI

- Clinical and translational research focused on vitamin D metabolism and its effects on activating the innate immune responses via monocytes and macrophages.
- Built a web-based application that enabled the lab to easily manage its extensive database. The program provided a secure forum that could accumulate our data to create reports and perform complex statistical analyses.

### **Beverly Hills High School Volleyball**

*Director/Head Coach*

9/2007-5/2012

Beverly Hills, CA

- Director and Head Coach of the Boys Varsity Volleyball program for 3 seasons and the Assistant Varsity Coach for the Girls Varsity Volleyball program for 5 seasons
- Led team to a top 10 ranking and the first playoff appearance and victory in 5 years
- Other responsibilities as Head Coach included: interviewing and hiring staff members for the program, scheduling matches and tournaments for each team in the program, managing transportation, developing relationships with parents of team

### **Magen David Adom**

*Volunteer First Responder*

6/2009-11/2009

Tel Aviv, Israel

- Worked as an Emergency Medical Technician in Ambulances and mobile Intensive Care Units, responding to both minor and major medical emergencies

## **LEADERSHIP**

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### **Mount Sinai Sports Medicine Fellowship**

*Chief Fellow*

7/2020-6/2021

New York, NY

- Served as Chief Fellow of Interventional Spine & Sports Medicine Fellowship Class of 2020.
- Responsibilities included: organizing sports coverage opportunities for fellows, developing weekly didactic schedule, served as liaison for fellowship/administrative issues

### **Mount Sinai PM&R Residency**

*Chief Resident*

3/2019-3/2020

New York, NY

- Elected as Chief Resident of PM&R Residency Class of 2020.
- Responsibilities included: rotation scheduling for all interns, organizing weekly didactics, liaison for resident/administrative issues

### **Mount Sinai Graduate Medical Education Leadership Program**

*Resident Leader*

6/2019-6/2020

New York, NY

- Nominated and selected to participate in Mount Sinai's GME leadership development program
- Program is a year-long foundational leadership program aimed to equip residents and fellows with skills and tools to work more effectively in a variety of team settings and to increase critical self-awareness of leadership styles and impact

### **Ultrasound Underground**

*Co-Founder, Vice President*

7/2020-Current

New York, NY

- Co-founded organization providing monthly instruction and training in musculoskeletal ultrasound for PM&R residency programs throughout NYC
- Program was adapted into World Academy of Pain Medicine United (WAPMU) education curriculum where I served as an instructor teaching musculoskeletal ultrasound at a conference offering CME credits

### **American Osteopathic College of PM&R**

*Program Representative*

4/2019-4/2020

New York, NY

- Program representative for osteopathic New York/Tri-State area

### **Association of Academic Physiatrists Resident/Fellow Council**

*Social Media Representative*

3/2019-3/2020

United States Chapter

- Resident responsible for coordinating and expanding AAP's social media presence and marketing efforts

### **Mount Sinai Office of Wellbeing & Resilience**

*Trainee Advisory Committee Representative*

4/2019-4/2020

New York, NY

- Resident representative of a group consisting of attending physicians, resident physicians, and medical students focused on improving student and resident wellness and preventing burnout

**Sports Medicine Fellowship Panel**

*Moderator*

4/2019

New York, NY

- Organized and moderated a panel consisting of multiple sports medicine fellowship program directors, attending physicians, current fellows and prospective fellows. Multi-specialty panel and audience, focused on fellowship applications, fellowship year, and how to succeed after fellowship

**Osteopathic Applications in PM&R**

*Co-creator*

3/2019

New York, NY

- To facilitate resident education, co-designed an introductory course in osteopathic principles and treatments as they relate to PM&R

**USA Boxing**

*Certified Ringside Physician*

1/2018-Present

New York, NY

- USA Boxing certified ringside physician covering USA boxing in the New York/Tri-State area

**American Academy of PM&R**

*Peer Reviewer*

2017, 2018

New York, NY

- Served on the abstract review committee for the 2018 AAPM&R Annual Assembly

**Mount Sinai PM&R Residency**

*Community Outreach Liaison*

7/2017-6/2019

New York, NY

- Organized opportunities for resident outreach and community service in the New York/Tri-State area

**Crozer Keystone Post-Doc Traditional Rotating Internship**

*Chief Intern*

6/2016-6/2017

Drexel Hill, PA

- Nominated Chief Intern of post-doc internship class
- Responsibilities included: rotation scheduling for all interns, organizing weekly didactics, liaison for resident/administrative issues

**AZCOM Toastmasters**

*Founder/President*

4/2013-6/2014

Glendale, AZ

- Founder of new Toastmasters chapter at Midwestern University
- Partnered with MWU clinical faculty to develop a new club direction focused on developing students' confidence and skills in a clinical setting, specifically case presentations

**Jewish Student Union**

*Treasurer*

7/2012-6/2016

Glendale, AZ

- Organized various club events for Jewish holidays and managed the club's finances

**Lev Foundation**

*Board Member*

11/2009-Present

Los Angeles, CA

- Developed and organized educational programs, special events, and community service projects with the goal of impacting youth to lead productive, balanced lifestyles, elevate awareness and empower individuals with a mindset to promote vigilance and responsibility

**SPORTS COVERAGE & COMMUNITY SERVICE**

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**USA Fencing (Dr. J. Herrera)**

3/2021

Head team physician USA Fencing National Team at Olympic qualifiers in Doha, Qatar

**New York City Road Runners (Dr. S Weiss)**

6/2021, 12/2020, 10/2020

Worked in the medical tent during various races treating runners who needed medical attention

**US Australian Football League (Dr. G. Miranda-Comas)**

6/2019

On field physician for national league competitions in Yonkers, New York.

**US Muay Thai Open East Championships (Dr. R. Chang)**

11/2018

Ringside physician providing medical coverage and pre/post bout physicals at combat championship event

**Extreme Cage Fighting: Holiday HAVOC (Dr. R. Chang)**

12/2018

Ringside physician providing medical coverage and pre/post bout physicals at ECF/MMA championship event

**Life Rolls On: They Will Surf Again (Dr. G. Miranda-Comas)**

7/2017, 7/2018

Medical volunteer at adaptive surfing event for people with spinal cord injuries

**Medgar Evers College Pre-participation Physicals (Dr. G. Miranda-Comas)**

8/2017, 8/2018

Provided yearly pre-season sports physicals for college athletes

<b>No Barriers Summit NYC</b> (Dr. G. Miranda-Comas)	10/2018
Provided medical event coverage at this two-day event for people with disabilities	
<b>Medgar Evers College Training Room</b> (Dr. G. Miranda-Comas)	11/2018, 12/2018
Provided medical care for college athletes throughout their respective season	
<b>New York City Marathon</b> (Dr. G. Miranda-Comas)	11/2017, 11/2019
Worked in the medical tent treating runners who needed medical attention	
<b>US Open Tennis</b> (Dr. J. Herrera)	8/2017
Provided medical education and coverage at US Open kick-off event	
<b>Adley Stevens HS &amp; Alfred E Smith HS Football</b> (Dr. G. Miranda-Comas)	9/2017-Present
On field physician for high school varsity and junior varsity competitions during fall season	
<b>Milwaukee Brewers Professional Baseball Team</b> (Dr. C. Richie)	2/2013, 2/2014
Provided full physical exams, ECGs, and TB tests to clear players for spring training	
<b>Rock &amp; Roll Marathon Series</b> (Dr. C. Richie)	11/2013, 11/2014
Worked in the medical tent treating runners who needed medical attention	
<b>Teams of Physicians for Students (TOPS)</b> (Dr. L. Kemper)	4/2013
Provided yearly sports physicals to students who participate in high school athletics	
<b>Sandra Day O'Conner HS &amp; Apollo HS Football</b> (Dr. C. Richie)	9/2013, 9/2014
On field med student paired with physician for high school varsity competitions during fall season	
<b>2009 Maccabiah Games – Tel Aviv, Israel</b> (Dr. E. Yafe)	7/2009
Provided medical event coverage for various sports during world's fifth largest sporting event	
<b>Health Outreach through Medical Education (HOME)</b> (Dr. L. Kemper)	6/2012-6/2016
Evaluated and treated homeless patients in need of health check ups	
<b>Cuts For Kids</b> (Dr. L. Kemper)	3/2013, 3/2014
Helped to set up and organize event where people could donate their hair to children with medical hair loss	
<b>UMOM Health &amp; Education Fair</b> (Dr. L. Kemper)	6/2012, 6/2013
Educated homeless women and children about sports safety and concussion protocol	
<b>Council of Osteopathic Student Government Presidents Pre-medical Conference</b>	5/2014
Mentored and educated pre-medical college students about the osteopathic profession	
<b>Hopefest</b> (Dr. L. Kemper)	5/2013
Evaluated and treated uninsured families at the yearly community outreach event	
<b>Beverly Hills Sports Conditioning/Training</b> (Marla Weiss)	6/2013
Coached high school freshman in volleyball and weight training during a four week summer conditioning course	

### **RECOGNITIONS & AWARDS**

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<b>Alpha Omega Alpha Honor Medical Society</b>	6/2021
Inducted into the AOA Lamda Chapter at the Icahn School of Medicine at Mount Sinai	
<b>IME Excellence in Teaching Award</b>	5/2021
Nominated and 'runner-up' for Mount Sinai's Institute for Medical Education's (IME) Excellence in Teaching Award. Awarded to select house staff for contributions to the educational activities across The Mount Sinai Health System	
<b>COVID-19 Healthcare Hero</b>	8/2020
Recognized by US News & World Report as well as US OPEN Tennis Association for unique contributions to healthcare system during COVID-19 pandemic	
<b>TOUCH Award: Silver</b>	6/2014
Awarded to osteopathic medical students who have accumulated 50 or more hours of community service in a given school year	
<b>Ocean League Coach of the Year</b>	6/2010
Awarded to one coach in the division for demonstrated achievement in the development and success of the volleyball program	
<b>University Honors – UCLA College Honors</b>	2005-2009

### **CERTIFICATIONS & LICENSES**

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**USA Boxing – Ringside Physician**  
**State of Pennsylvania Osteopathic Physician License**  
**State of New York Osteopathic Physician License**  
**Advanced Cardiac Life Support**

Basic Life Support

State of California Real Estate License

**PROFESSIONAL MEMBERSHIPS**

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New York Society of PM&R

10/2018-Present

Association of Academic Physiatrists

7/2018-Present

American Academy of Physical Medicine and Rehabilitation

7/2016-Present

American Medical Society for Sports Medicine

10/2018-Present

Philadelphia Osteopathic Medical Association

6/2016-Present

American Osteopathic Association

7/2012-Present

**LANGUAGES & HOBBIES**

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- Fluent in Farsi; proficient in Spanish and Hebrew
- Volleyball, basketball, golfing, composing music on piano, ping pong