

# STEVEN RITUCCI, JR., D.O.

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## Physical Medicine & Rehabilitation Musculoskeletal Medicine

Experienced Board-Certified Physiatrist with more than 8 years post-residency experience mainly in the treatment of complicated spine and musculoskeletal conditions and work-related injuries. Skilled in the knowledge of musculoskeletal anatomy and adept in the use of ultrasound to guide joint injections of ortho biologic or corticosteroid injections for acute or chronic pain management. Also have extensive experience in the assessment and co-management of catastrophic injuries and debility in the geriatric and inpatient rehab population.

### AREAS OF EXPERTISE

- Regenerative Medicine/Orthobiologics
- PM&R Acute and Subacute Inpatient/Outpatient Pain management
- Musculoskeletal Injections & Manual Treatment
- Pain Assessment, Monitoring & Management
- Comprehensive Treatment Plans
- Chart Review and Independent Medical Examinations
- Mentoring/Instructing of Interns & Residents
- Sports Injuries & Injured Workers
- Comprehensive Musculoskeletal (MSK) Care.
- Occupational Medicine

### PROFESSIONAL EXPERIENCE

#### Center Medical Director

QC Kinetix- Warwick, RI and Fall River, MA (06/2023-Present)

- On a part-time basis perform professional consults for new patients and devise a treatment plan of ortho biologics based on history, physical, and exam findings.
- Harvest bone marrow aspirates for stem cell injections into proposed treatment areas.
- Deliver orthobiologic therapies by injection into joints, tendons, muscles, and bursae with ultrasound guidance.
- Follow-up with patients who have and have not had benefit from treatment and coordinate the next plan of action.
- Instruct patients in physical exercises using expertise in exercise science and strength and conditioning to supplement orthobiologic treatment.

### **Inpatient Subacute Rehabilitation- Staff Physiatrist**

*Advanced Rehabilitation Care (ARC) – Boston, MA (02/2023- 06/2024) and*

*National Health Rehabilitation (NHR) – Now Medrina- Medway, MA (06/2022-05/2023)*

- See and examine patients in both the short term and long-term care subacute rehabilitation setting on a full-time basis.
- Provide recommendations to the interdisciplinary rehabilitation and medicine team regarding the management of pain, spasticity, and other aspects of inpatient medicine as needed.
- Assist the rehabilitation team with prescriptions for durable medical equipment.
  
- Provide bedside procedures such as intra-articular or intramuscular steroid injections and trigger point injections for pain management.

### **Independent Medical Examiner and File Reviewer 7/2022 – Present**

*Genex Services/Psybar/Certified Medical Consultants/Dane Street- MA and RI*

- Provide services including medical record review and if requested examination and opinion rendering of opinion on claimants for disability, worker's comp, and personal injury claims.
- Synthesize detailed reports and answer any requested questions from third-party/insurance companies regarding abilities/disabilities of the claimant at hand.

### **Staff Physician and Center Medical Director 09/2018 – 03/2023**

*Concentra Occupational Medicine & Urgent Care – Providence, RI*

- Managed and oversaw medical operations of the center including mentoring PRN physician and midlevel staff and monitoring clinical skills.
- Ensured day-to-day execution of medical model collaborating with therapists and specialists to drive optimal clinical outcomes and case closure.
- Worked with prevention, diagnosis, treatment, and management of a wide variety of disorders and injuries affecting the spinal cord, nerves, bones, joints, ligaments, muscles, and tendons.
- Provided non-operative arthritis and comprehensive musculoskeletal (MSK) care.
- Worked extensively with patients who had acute and chronic work-related illness, injury and disabilities comprising mostly of musculoskeletal origin, but also include other pathologies such as lacerations, burns and psychological trauma.
- Treated patients with sports or recreation related injuries to restore function.
- Routinely certified commercial motor vehicle drivers for the Department of Transportation (DOT); disqualify drivers, if indicated.
- Performed office procedures such as trigger point injections, osteopathic manipulative treatment (OMT) and intraarticular injections.
- Participated in all continuing education programs for healthcare professionals including physicians and nursing staff.

### **Per Diem Inpatient Physiatrist**

**2017-2020**

*HealthSouth – Woburn, MA*

- Performed comprehensive inpatient rehabilitation services with focus on restoring function to people with disabilities.
- Coordinated patient care services with other team members such as Physical Therapists, Speech and Language Pathologists and Occupational Therapists.

**PRN Covering Physician 2016 –present**

*Concentra Occupational Medicine & Urgent Care Centers – Fort Lauderdale & Miami, FL and Warwick, RI*

- Evaluated and treated predominantly patients with Worker’s Compensation cases; propose occupational restrictions for them.
- Performed DOT physicals on a wide variety of patient populations applying for DOT certifications; either certify for the appropriate time or disqualify for medical reasons.

**PRN Covering Physician**

**2016 –2017**

*MDNOW Urgent Care Center – West Palm Beach, FL*

- Evaluated and treated a myriad of patient populations of all ages with presenting conditions that ranged from the common cold to minor surgical procedures such as laceration repair and incision and drainage procedures. Average patient load was 25 – 45 per day.

**TEACHING EXPERIENCE**

**Clinical Preceptor for Physician Assistant Program**

**2021 – Present**

*Yale University – New Haven, CT*

**Clinical Preceptor for Nurse Practitioner Program**

**2018 – Present**

*Simmons College – Boston, MA*

**INTERNSHIP & RESIDENCY TRAINING**

**Residency in Physical Medicine and Rehabilitation Program**

**7/2014 – 6/2017**

*NOVA Southeastern University, College of Osteopathic Medicine – Fort Lauderdale, FL*

**Traditional Rotating Internship**

**7/2013 – 6/2014**

Earned “Intern of the Year” Certificate - *Larkin Community Hospital – Miami, FL*

**EDUCATION**

**Doctor of Osteopathic Medicine, *Cum Laude***

**2013**

*NOVA Southeastern University, College of Osteopathic Medicine – Fort Lauderdale, FL*

**Bachelor of Science in Biology, *Magna Cum Laude***

**2009**

## LICENSES & CERTIFICATIONS

**Massachusetts Medical License: #269117 - Active**

**Rhode Island Medical License: #DO00881 - Active**

Connecticut Medical License: # 77739- Active

**Board-Certified Physiatrist - Active**

*American Osteopathic Board of PMR (AOBPMR); #513*

**Certified Medical Examiner- 2016**

U.S. Department of Transportation Federal Motor Carrier Safety Administration

**Certified in following protocols: Headache, Upper and Lower Extremity, Cervical Dystonia – 2016**

*Allergan Botulism Toxin-A*

**Certified in Upper Extremity Techniques**

*Active Release Technique (ART)*

**Certified Club Coach**

*USA Weightlifting (USAWL)*

**Corrective Exercise Specialist: Performance Enhancement Specialist, and Certified Personal Trainer**

National Academy of Sports Medicine (NASM)

**Heath Fitness Instructor**

American College of Sports Medicine (ACSM)

**Certified Personal Trainer**

International Sports Sciences Association (ISSA)

## PROFESSIONAL ORGANIZATIONS

**Member, Spine Interventional Society (S.I.S.)**

**Member, American Academy of Physical Medicine, and Rehab (AAPM&R)**

**Member, American Osteopathic College of Physical Medicine, and Rehab (AOCPM&R)**

**Member, American Academy of Procedure Medicine (AAOPM)**

**Member, American Association of Neuromuscular and Electrodiagnostic Medicine (AANEM)**

**Member, American Medical Association (AMA)**

**Member, Florida Osteopathic Medical Organization (FOMA)**

**Member, American Osteopathic Association (AOA)**

## **M EDICAL V OLUNTEER E XPERIENCE**

**Tufts Medical Center – Department of Adult Physical Medicine & Rehab      2007 – 2008**

- Pre-medical school shadowing experience in outpatient physiatry setting.
- Pre-medical shadowing experience in outpatient cerebral palsy clinic; assisted pediatric physiatrist with Botox anti-spasticity procedures.

**Hellenic Nursing Home**

**2007**

- Pre-Medical school shadowing experience in nursing home and SNF setting.