

Venus Ramos, MD

PROFESSIONAL EXPERIENCE

Physician (August 2002 – Present)

Rehabilitation Associates Medical Group: Long Beach, CA

- Inpatient Rehabilitation including stroke, spinal cord injury, traumatic brain injury, and musculoskeletal injury.
- Rehabilitation Physician at Alamitos Belmont Rehabilitation Hospital and Broadway by the Sea (skilled nursing facilities).
- Outpatient Rehabilitation; significant experience in musculoskeletal injury and pain management, including joint and trigger-point injections. Sports medicine. Botox injections for spasticity management.

Physician (August 2002 – 2014)

Assistant Clinical Professor – University of California at Irvine

Clinical Research Investigator (July 2000 – January 2002)

UCI Medical Center, Dept. of Physical Medicine and Rehabilitation; Orange, CA

"Effectiveness of SAME for Pain Relief in Osteoarthritis of the Knee"

- Methodology development.
- Participant examination & selection.
- Data collection and documentation.

Resident Physician (July 1999 – June 2002)

UCI Medical Center, Dept. of Physical Medicine and Rehabilitation; Orange, CA

- Successfully completed residency training in Physical Medicine & Rehabilitation
- Adult and pediatric rehabilitation (inpatient & outpatient) for neurologic, oncologic, cardiac, orthopedic, and otherwise deconditioned patients.
- Interdisciplinary team management.
- Joint, triggerpoint, and neuromuscular block injections.
- Electrodiagnosis (nerve conduction studies and electromyography).

Resident Physician (July 1998 – June 1999)

St. Vincent's Medical Center, Dept. of Medicine; Bridgeport, CA

In affiliation with Yale University School of Medicine

- Clinical management of patients admitted to the Internal Medicine service.

OTHER WORK EXPERIENCE

Independent Personal Trainer / Group Exercise Instructor (2006 - Present)

Orange County & Los Angeles County, CA

Sports Correspondent (May 2003 – June 2005)

"Damn...Another Sportz Show?!" produced by Radio STR Media

- Investigate and write feature stories.
- On-air reporting for radio show.

Personal Trainer (1999 - 2001)

Bally Total Fitness; Long Beach, CA

- Exercise & nutrition sales/counseling.
- Presented monthly educational seminars.
- Developed and carried out marketing plan for personal training sales.

Freelance Health & Fitness Writer

Published in MD Lifestyles, January 2008, and Oxygen Magazine, July 2001

EDUCATION

Anti-Aging and Medical Weight Loss
Empire Medical Training ; Las Vegas, NV
October 2006

University of Miami School of Medicine; Miami, FL
M.D. in May 1998

University of Miami; Coral Gables, FL
B.S. with General Honors in May 1994, Biology Major

Golden West College; Huntington Beach, CA
Coursework in Marketing & Business Management (Fall 2001).
Sports Journalism and On-Air Broadcasting (Spring 2002).

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

Licensed Physician and Surgeon in the State of California

American Academy of Physical Medicine and Rehabilitation (2000 to Present)

Certified Aerobics Instructor (1998), Aerobics and Fitness Association of America

Certified Strength & Conditioning Specialist (1999), National Strength and Conditioning Association

COMMUNITY & NON-PROFIT WORK EXPERIENCE

Salvation Army of Long Beach – Advisory Board Member (2012 – Present)

Arthritis Foundation, Orange County – Arthritis Walk, Executive Committee Member (2006-Present)

Special Olympics - LA Triathlon Course Volunteer (2002).

Volunteer trainer. Volunteer medical staff (1999).

YMCA - Guest Speaker (1999, 2001)

INTERESTS

Fitness Athlete – Competed in Fitness America ESPN Series 1997, 1999, 2001, 2002. Participate annually in regional & international physique and fitness competitions. Galaxy Nova obstacle course competitor in 2000 & 2001 World Championships.

TITLES: 2012 NPC Duel of Champions – 1st Place, Fitness
 2010 IFBB North American Championships – 4th Place, Bikini
 “American Gladiators” Semi-Finalist (2008)
 Ms. Fitness USA 2006 – 6th Place
 Ironman NPC Figure Championships 2006 – 3rd Place in class
 Ms. Fitness Los Angeles 2005 - Champion
 American Sports Network: Ms. Bikini Universe 2005 – Top 10 Finalist
 American Sports Network: Ms. Bikini America 2002 – Top 10 Finalist
 NPC Los Angeles Fitness Championships 2004 – 5th Place
 NPC Pacific USA Natural Figure Championships 2004 – 5th Place
 American Sports Network: Ms. Bikini California 2002 - Champion
 Fitness California 2002 – 2nd Place
 ModelQuest Southern California Regional 2002 – Class Champion
 ModelQuest America 2002 – Top 6 Finalist
 ABA Natural Universe ModelQuest Champion 2001