



# Department of Physical Therapy and Rehabilitation Science

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## Rami Weinberg, PT, DPT, OCS, CSCS



**Physical Therapist**  
**Assistant Clinical Professor, without salary**

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### EDUCATION

- BS, Biopsychology with minor in Exercise Science, University of California, Santa Barbara, CA, 2005
  - DPT, Physical Therapy, University of Southern California, Los Angeles, CA, 2008
  - Certificate, Orthopedic Physical Therapy Residency, University of Southern California, Los Angeles, CA, 2009
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### BOARD CERTIFICATIONS

- Physical Therapist <sup>[2]</sup> (PT)
  - Orthopedic Clinical Specialist <sup>[3]</sup> (OCS)
  - Certified Strength and Conditioning Specialist <sup>[4]</sup> (CSCS)
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## **BIOGRAPHY**

After he completed his Residency in Orthopedic Physical Therapy and obtained his board certification in orthopedics, Dr. Weinberg joined University of Southern California Adjunct Faculty. Dr. Weinberg joined Healing Hands for Haiti in 2010 to administer care for the victims of the disastrous earthquake. He also volunteered for 6 years with the Life Rolls on Foundation to assist people with spinal cord injuries surf in Southern California. He moved up to San Francisco in 2012 to join the staff at UCSF.

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## **CLINICAL EXPERTISE**

Dr. Weinberg emphasizes functional exercises and patient education to promote a healthy recovery and prevent injury. He focuses on biomechanical influences that impact body function during ambulation and recreational activities to develop an appropriate individualized treatment regime. The utilization of manual skills is specific to improve limitations in ROM and promote the proper muscular activation sequences for sport specific movements. He has experience working with professional bike fitters for pro and amateur cyclists in road and mountain biking.

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## **CLINICAL & RESEARCH INTERESTS**

- Cycling, swimming, and running injuries with emphasis on maximizing performance
- Sport specific functional rehabilitation
- Injury Prevention for the recreational athlete
- Movement re-education for hip and lower extremity dysfunction
- Gym specific lifting programs to maximize strength and reduce injury risk

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