

CURRICULUM VITAE

Dr. Silvia Ramon MD, PhD



Privacy	<p>Birth: June 11th, 1969 at Barcelona, Spain.</p> <p>Office Address: Hospital Quiron Barcelona Physical Medicine and Rehabilitation Department Plaza Alfonso Comín, 5-7 08023 Barcelona Spain</p> <p>Phone office: +34-93-255-40-42.</p> <p>Mail: sramon@comb.cat; sramon.bcn@quiron.es</p> <p>Twitter: @drasilviaramonrona</p> <p>Skype: silviaramonrona</p>
Education and career	<p>Education:</p> <ul style="list-style-type: none">- 1987-1993. Faculty of Medicine, <i>Universitat Autònoma de Barcelona</i> in Vall d'Hebron University. Barcelona. Spain.- 1994-1997. Residency training in Physical Medicine and Rehabilitation according to Spanish residence program at the Rehabilitation Department, Vall d'Hebron University Hospital. <i>Universitat Autònoma de Barcelona</i>. Spain.- 1997. "European Board of Physical Medicine and Rehabilitation". Madrid. Spain. <p>Postgraduate Training:</p> <ul style="list-style-type: none">- 2001. PhD: "Function and quality of life of knee arthrosis patient before and after total knee replacement. Knee osteoarthritis cost according survival and surgery costs". <i>Cum Laude</i>. <i>Universitat Autònoma de Barcelona</i>. Spain.- 2009 – 2010. Master in disability evaluation and Medical Body Damage. 6th edition. Univernet. 60 ECTS. 1.800 hours.- 2011. Postgraduate Course in Hospital Management: The Service Manager as Product Manager. 10 ECTS. <i>Universidad Pompeu Fabra</i>. Barcelona.

Professional Data	<ul style="list-style-type: none"> - Since 2007. Director of Physical Medicine and Rehabilitation Department. Hospital Quiron Barcelona. Spain. - Since 2006. Attending Physician in Physical Medicine and Rehabilitation Community Medicine. San Andres Community Rehabilitation Care Clinic. Barcelona. Spain. - 1999 – 2006. Attending Physician in the Brain Injury Unit and Paediatrics Rehabilitation at Neurorehabilitation Guttmann Institute. Barcelona. Spain. - 1998 – 1999. Attending Physician in Traumatology and Rehabilitation Department at Vall d’Hebron University Hospital. Barcelona. Spain.
Personal skills and competences	<ul style="list-style-type: none"> - Sports medicine, musculoskeletal diseases, osteoarthritis - Shockwave Medicine - Regenerative Medicine - Tensiomyography - Fibromyalgia - Efficiency and health economics - Neurorehabilitation, pelvic floor and cardiorespiratory rehabilitation - Medical Education <p>Member of the National Commission of the Specialty Physical Medicine and Rehabilitation. Ministry of Health, Social Services and Equality. Madrid, Spain, since 2014.</p>
Faculty Academic Appointments and Education	<ul style="list-style-type: none"> - Since 2012. Associate Professor of Physical Medicine and Rehabilitation Medicine. Universitat Internacional de Catalunya. Spain. - Since 2012. Assistant Professor in Traumatology. Universitat Internacional de Catalunya. Spain. - Since 2013. President of SCRiMF (Societat Catalana de Rehabilitació i Medicina Física) (Catalan Society of PM&R) - Since 2008. Reviewer RECOT. “Rev Española Cirugia Ortopedica y Traumatología”. - Since 2010. Reviewer Rehabilitación. - Since 2009. Assistant Editor Revista Española de “Rehabilitación”. - Since 2014. MedLife Publications. Editorial Board.
Scientific work and main publications	<ol style="list-style-type: none"> 1. "Rigidez de rodilla e intervenciones movilizadoras. Tratamiento rehabilitador. Estudio prospectivo. 1.989-1.993". J. Iborra, E. Pagès, A. Cuxart, M. Olona, S. Ramón, N. Jou. Rehabilitación 1995; 29:183-189. 2. "Estudio del hallux valgus prequirúrgico. Datos clínicos y baropodométricos". S. Ramón, Ll. Guirao, J. Puigdemívol, J. Faig, A. Pasarín, R. Viladot. Revista cirugía del pie 1996; 10: 33-38. 3. "Clinical and magnetic resonance imaging correlation in acute spinal cord injury". S. Ramón, R. Domínguez, L. Ramírez, M. Paraira, M. Olona, T. Castelló, L. García Fernández. Spinal Cord 1997; 35: 664-673. 4. "Síndrome doloroso regional complejo. Tratamiento rehabilitador". J. Iborra, E. Pagès, S. Ramón, A. López-Pujol, N. Jou, A. Cuxart. Dolor 1997; 12: 160-164. 5. "Traumatic spinal cord injury complicating ankylosing spondylitis". N. Ticó, S. Ramón, F. García, L. Ramírez, T. Castelló, L. García Fernández. Spinal Cord 1998; 36: 349-352. 6. "Tétanos del adulto. Estudio retrospectivo 1980-1995". S. Ramón, Ll.

- Guirao, E. Sospedra, I. Bori, M. Palomar, B. Bermejo, A. Amelivia, C. Martínez Garré. **Rehabilitación** 1998; 32: 6-9.
7. "Reinserción socio-familiar del paciente con traumatismo craneo-encefálico". N. Ticó, S. Ramón, F. García Ortún, C. Martínez, A. Amelivia, B. Bermejo, I. Bori. **Rehabilitación** 1998; 32:39-44.
 8. Book: "Biomecánica del músculo". F. Balagué, S. Ramón. En: Lecciones básicas de biomecánica del aparato locomotor. A. Viladot y cols. **Ed. Springer-Verlag**. 2000. Cap. 6; 85-101.
 9. "Prótesis total de rodilla. Valoración funcional y satisfacción personal del paciente a los cinco años". **Rehabilitación** 2001; 35: 3-8.
 10. "Tratamiento farmacológico con amantadina de los déficits neuropsicológicos en pacientes con lesión cerebral traumática". Terré R, T. Roig, A. Pérez, M. Bernabeu, S. Ramón. **Rehabilitación** 2002; 36: 13-17.
 11. "The usefulness of dopaminergic drugs in traumatic brain injury". Orient-López F, Terre- Boliart R, Bernabeu-Guitart M, Ramón-Rona S, Pérez-Miras A. *Rev Neurol*. 2002; 35:362-6. Review.
 12. "Functional outcome at discharge of patients with severe traumatic brain injury admitted to a brain damage unit". Orient-López F, Sevilla-Hernández E, Guevara-Espinosa D, Terré-Boliart R, Ramón-Rona S, Bernabeu-Guitart M. **Rev Neurol**. 2004; 39:901-6.
 13. "Oropharyngeal dysphagia in patients with multiple sclerosis". Terré-Boliart R, Orient-López F, Guevara-Espinosa D, Ramón-Rona S, Bernabeu-Guitart M, Clavé-Civit P. **Rev Neurol**. 2004; 39:707-10.
 14. "Ischemic stroke, secondary to fibromuscular dysplasia: a case report". Ortiz-Fandiño J, Terré-Boliart R, Orient-López F, Guevara-Espinosa D, Ramón-Rona S, Bernabeu-Guitart M. **Rev Neurol**. 2004; 38: 34-7.
 15. "Assessment of neuromuscular risk factors for anterior cruciate ligament injury through tensiomyography in male soccer players". Alentorn-Geli E, Alvarez-Diaz P, Ramon S, Marin M, Steinbacher G, Boffa JJ, Cuscó X, Ballester J, Cugat R. **Knee Surg Sports Traumatol Arthrosc**. 2014 May 8.
 16. "Assessment of gastrocnemius tensiomyographic neuromuscular characteristics as risk factors for anterior cruciate ligament injury in male soccer players". E Alentorn-Geli, P Alvarez-Diaz, S Ramon, M Marin, G Steinbacher, M Rius, R Seijas, O Ares, R Cugat. **Knee Surgery, Sports Traumatology, Arthroscopy**, 2014: 1-6.
 17. "Effects of anterior cruciate ligament reconstruction on neuromuscular tensiomyographic characteristics of the lower extremity in competitive male soccer players". P Alvarez-Diaz, E Alentorn-Geli, S Ramon, M Marin, G Steinbacher, M Rius, R. Seijas, J Ballester, R Cugat. **Knee Surg Sports Traumatol Arthrosc** 2014 (jul).
 18. "Assessment of neuromuscular risk factors for anterior cruciate ligament injury through tensiomyography in male soccer players". Alentorn-Geli E, Alvarez-Diaz P, Ramon S, Marin M, Steinbacher G, Boffa JJ, Cuscó X, Ballester J, Cugat R. **Knee Surg Sports Traumatol Arthrosc**. 2014 May 8.
 19. "Assessment of gastrocnemius tensiomyographic neuromuscular characteristics as risk factors for anterior cruciate ligament injury in male soccer players". Alentorn-Geli E, Alvarez-Diaz P, Ramon S, Marin M, Steinbacher G, Rius M, Seijas R, Ares O, Cugat R. **Knee Surg Sports Traumatol Arthrosc**. 2014 May 4.
 20. "Improving methodology when analyzing shockwave evidence" Letter to the editor. Ramon S, Leal C, Schaden W, Moya D, Guiloff L, Freitag K. **The Spine Journal** 2015; 15: 1508-11.
 21. "Current knowledge on evidence-based shockwave treatments for shoulder pathology". D. Moya ; S. Ramon; L. Guiloff ; L. Gerdesmeyer. **International Journal of Surgery**. In press.
 22. "Update on shockwave efficacy in myofascial pain and fibromialgia". S

	<p>Ramon-Rona; M Gleitz; L Hernandez-Sierra; L Romero-Tabares. International Journal of Surgery. In press.</p> <p>23. "Current Concepts of Shockwave Therapy in Chronic Patellar Tendinopathy". C. Leal; S. Ramon; J. Furia; A. Fernandez; L Hernandez-Sierra; L. Romero. International Journal of Surgery. In press.</p> <p>More than 70 presentations at national and international meetings and conventions.</p>
<p>Scientific Societies and Membership</p>	<ol style="list-style-type: none"> 1. SERMEF (Spanish Society of Rehabilitation Medicine: Sociedad Española de Rehabilitación y Medicina Física) 2. SCRiMF (Catalan Society of Rehabilitation Medicine: Societat Catalana de Rehabilitació i Medicina Física) 3. SERG (Spanish Society of Geriatric Rehabilitation: Sociedad Española de Rehabilitación Geriátrica) 4. SETOC (Spanish Society of Shockwave therapy: Sociedad Española Terapia por Ondas Choque) 5. ISMST (International Society for Medical Shockwave Treatment) 6. ONLAT (Latinamerican Societies and Associations on Shockwave in Medicine: Federación Iberoamericana de Sociedades y Asociaciones de ondas de choque en medicina).
<p>Extracorporeal shockwave therapy</p>	<p>Application of ESWT since 2008, initially in tendinopathies with radial devices.</p> <p>Research in Fibromyalgia with radial devices since 2013.</p> <p>We implemented in our hospital bone indications together with our orthopaedic surgeons since 2014, following ISMST, Onlat and SETOC Consensus Statement published in the official ISMST website.</p> <ul style="list-style-type: none"> - Member of SETOC Managing Board 2011-13 - Treasurer of SETOC (Sociedad Española de Terapia con Ondas de Choque) since 2013. - Co-Director of SETOC Instructional Certification Course since 2015. - Communication Coordinator of ISMST (International Society for Medical Shockwave Treatments) since 2015. - Vice-President of Onlat (Latinamerican Societies and Associations on Shockwave in Medicine: Federación Iberoamericana de Sociedades y Asociaciones de ondas de choque en medicina) since 2015.

Disclosure

Conflict of interest statement	Silvia Ramón has at the moment no current financial interests or conflicts with any company producing and/or trading devices for shockwave therapy.
Used shockwave devices:	<ul style="list-style-type: none">- Zimmer- Orthogold 100 (MTS)- Physiogold 150 (MTS)- BTL – 6000 (BTL)