

CURRICULUM VITAE

Ruben Salinas DPT, OCS, CSCS

PROFESSIONAL ADDRESS

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EDUCATION:

University of Southern California
Doctor of Physical Therapy, 2001

University of Southern California
Master of Science, Biokinesiology 2001

California State University Long Beach
Bachelor of Science, Physical Therapy 1987

SPECIALTY CERTIFICATIONS:

ABPTS Board Certified Orthopedic Clinical Specialist (OCS) 1997
NSCA Certified Strength and Conditioning Specialist (CSCS) 2002
APTA Credentialed Clinical Instructor

PROFESSIONAL EMPLOYMENT:

Salinas Physical Therapy/Sports Medicine President	April 2004- Present
Fortanasce & Associates Physical Therapy 671 Naomi Avenue, Arcadia, California Clinical Director, Orthopedic Residency Program Director	February, 1990-April 2004
Rancho Los Amigos Medical Center Staff Physical Therapist	June 1987-August 1989

PROFESSIONAL MEMBERSHIPS:

American Physical Therapy Association
National Strength and Conditioning Association
American College of Sports Medicine

PRESENTATIONS, ABSTRACTS & PROCEEDINGS:

Watkins, RG, Herring, SA Williams, L, Watkins, RG IV, Salinas, R. Core Stability Ball Training, Presented at Current Concepts in Spine Rehabilitation, LA Spine Surgery Institute, St. Vincent Med. Center -Marriott Los Angeles, CA December, 2005

Prietto, CA, Prietto, MP, Konecne, GP, Salinas, R. Current Concepts in the Surgical Intervention and Rehabilitation of the ACL deficient Knee, Histological and Biomechanical Considerations for Rehabilitation following ACL reconstruction. Presented at Orthopedic Specialty Institute, Orange, CA November, 2005

- Harding, FV, Salinas, R. and Salem, GJ. Significant side-to-side differences in joint moments during squatting. *Medicine and Science in Sports and Exercise*, S215, 2002. Presented at National Meeting of American College of Sports Medicine, St Louis, Mo, May 2002.
- Wallace DA, Powers CM, Salinas R, and Salem GJ Patellofemoral joint mechanics during weighted and unweighted squatting. *Medicine and Science in Sports and Exercise*, 33: S54, 2001. Presented at National Meeting of American College of Sports Medicine, Baltimore, MD, May 2001.
- Wallace, D., Salinas, R., and Salem, G. Reliability of lower extremity kinetics and kinematics during squatting. Presented at the Southern California Conference on Biomechanics, Los Angeles, CA, April, 2000.
- Harding, FV, Fairley, JL, Salinas, R., Salem, GJ, and Fortanasce, MG. An investigation of the relationship between an open kinetic chain test of quadriceps power and a functional test of leg power. *Physical Therapy*, 78: 232, 1998. Presented at the Annual Conference & Exposition of the American Physical Therapy Association, Orlando, FL, May 1998.
- Harding, FV, Fairley, JL, Salinas, R., Salem, GJ, and Fortanasce, MG. An evaluation of the return to activity criteria of a single leg hop test for rehabilitation following anterior cruciate ligament reconstruction. *Physical Therapy*, 78: 234, 1998. Presented at the Annual Conference & Exposition of the American Physical Therapy Association, Orlando, FL, May 1998.
- Adamson, G.J., R. Salinas, F.V. Harding, and M.G. Fortanasce. *A Comprehensive, Scientific Approach to Rehabilitation: with special application to the Anterior Cruciate Ligament*. Fortanasce & Associates, Arcadia, CA, October, 1998.
- Salinas, R., F.V. Harding, and M.G. Fortanasce (1997). A theoretical protocol for rehabilitation following anterior cruciate ligament reconstruction. *Physical Therapy '97*, APTA Scientific Meeting and Exposition, San Diego, CA, June.
- Adamson, G.J., R. Salinas, F.V. Harding, and M.G. Fortanasce *A Comprehensive, Scientific Approach to Rehabilitation: with special application to the Anterior Cruciate Ligament*. Fortanasce & Associates, Arcadia, CA, April. 1997
- Salinas, R., F.V. Harding, and M.G. Fortanasce (1997). An investigation of the force/velocity relationship of human knee extensors using the BTE Dynatrac and Cybex II dynamometers, APTA Combined Sections Meeting, Dallas, TX, February.
- Salinas, R., F.V. Harding, and M.G. Fortanasce (1997). The success of a multidisciplinary approach to the rehabilitation on an elite athlete. APTA Combined Sections Meeting, Dallas, TX, February.
- Salinas, R., F.V. Harding, and M.G. Fortanasce (1996). A functional test battery for rehabilitation following anterior cruciate ligament reconstruction, APTA Combined Sections Meeting, Boston, MA, February
- Salinas, R., M.G. Fortanasce, and F.V. Harding (1995). A comparison of the force velocity relationship of human knee extensors using BTE Dynatrac and Cybex II Dynamometers, Southwest Chapter, American College of Sports Medicine, San Diego, CA, November.

Harding, F.V., R. Salinas, and M.G. Fortanasce (1994). The need for a multidisciplinary approach to the rehabilitation of an elite athlete, Southwest Chapter, American College of Sports Medicine, San Diego, CA November.

Harding, F.V., R. Salinas, and M.G. Fortanasce (1994). A theoretical rehabilitation protocol following anterior cruciate reconstruction. 1994 Sport Rehabilitation Conference, San Diego, CA, March.

PUBLICATIONS:

Salem, G.J., Salinas, R., and Harding, V. Bilateral kinematic and kinetic analysis of the squat exercise following ACL reconstruction. Archives of Physical Medicine and Rehabilitation 34:1211-1216, 2003.

Wallace, D.A., Salem, G.J., Salinas, R., and Powers, C.M. Patellofemoral joint kinetics during squatting with and without external load. Journal of Orthopaedic & Sports Physical Therapy 32: 141-148, 2002.

Chapters in Books or Home Study Courses:

Davies, G.J., M. Clark, D. Williams, K. Ward, V. Harding, R. Salinas, and M.G. Fortanasce. Application of the Concepts of Periodization to Rehabilitation in Current Trends in Therapeutic Exercise for the Rehabilitation of the Athlete, W.D. Bandy (ed.): Sports Physical Therapy Section Home Study Course, Sports Physical Therapy Section, APTA, La Crosse, WI, 1997.

Publications for Physical Therapy Alliance for Quality:

Salinas, R., M.G. Fortanasce, and F.V. Harding. Anterior Cruciate Ligament Information Pack. Physical Therapy Alliance for Quality, Alhambra, CA, 1997.