

Get to Know FCNY/NYCPM Faculty:
Briana G. Ramirez, DPT, PT
Instructor, Dept of Orthopedics



Born and raised on Long Island, Briana Ramirez went to college and grad school at Nazareth College in Pittsford, NY near Rochester, graduating in six years through an accelerated program with both a BS in Health Science and a DPT in 2015.

Her first job out of school was with Professional Physical Therapy, the “largest outpatient orthopedic facility for physical therapy in the northeast.” She worked in its Upper East Side location, starting in October 2016.

She joined FCNY/NYCPM in October 2017, and in addition to providing physical therapy, she delivers lectures in Physical and Rehabilitation Medicine to third-year students. She loves working with students! She says post-op patients pique their interest the most, as well as outcomes and go-to exercises.

What’s different (re: physical therapy) here (as opposed to Professional Physical Therapy), is that the patients here present a greater variety of medical conditions: there are lots of patients with diabetic neuropathies, for example. Patients also come in to FCNY’s physical therapy for upper extremity (neck and shoulders) work, and for stroke rehabilitation. Even though patients may be here for orthopedic issues, Dr. Ramirez says, underlying those conditions often are neurological causes.

Some patients come here just for physical therapy (as opposed to needing podiatric medicine in FCNY as well), as FCNY accepts some insurances that many other private doctors don’t accept.

Going forward, Dr. Ramirez wants to get her OCS – orthopedic clinical specialist credentials, a certification that can be earned after completing her DPT, and is an exam she can take after working a certain number of hours on orthopedic cases. She also wants to broaden her knowledge of neuropathy. She wants to build a better schedule of patients that students are able to see. She’d like more equipment in the physical therapy studio for the upper extremity cases that are starting to come in.

Briana Ramirez sees physical therapy as a way to foster independence for patients with a range of orthopedic conditions. She feels that exercises that patients can do at home help them make progress and foster greater independence. Physical therapy can help everyone, she says.