

Claudio Carvalho, DO, MS, a Physiatrist with Functional Orthopedic Rehabilitation Medicine Associates

Get to know Physiatrist Dr. Claudio Carvalho, who serves patients in California.



New York City, New York Jul 7, 2023 ([Issuewire.com](https://www.issuewire.com)) - A board-certified and fellowship-trained physiatrist, Dr. Carvalho is the Medical Director of Functional Orthopedic Rehabilitation Medicine Associates (FORMA). He aims for a mutual understanding of each patient's condition using a case-specific plan of care supported by worldwide evidence-based knowledge.

The mission of FORMA is to identify, understand, and treat the root cause of the physical problem, and to provide an effective rehabilitation plan to assist each patient to reach their goals and get back to their best activity performance and improved quality of life. All treatment plans emphasize whole patient care; medical and health professionals work in coordination with one another to maximize each patient's healing process; and a team approach assists in optimizing the recovery time, restore and improve each patient's overall function, leading to their increased performance, avoiding recurrence of avoidable injuries, and ultimately promote longevity for engaging in activities that are important to each of us.

Caring for each patient's individual goals, Dr. Carvalho (known to his patients as Dr. C) uses a synergistic approach of activity adaptation, wellness, pain control, and regenerative medicine to optimize each patient's ability to excel in their physical health rehabilitation process. The result is faster recovery, better health, a higher level of functional performance, and improved enjoyable life.

From a young age, Claudio Carvalho became involved in competitive sports, when he was coached in high-level performance training. He experienced and participated in a team approach to care (doctors, trainers, and coaches working together) during the rehabilitation of his own sports injuries.

After shadowing and assisting his father who was an electrical engineer, Carvalho graduated from high school with a concomitant certificate as an electronic technician. During his college years, he worked in the offshore oil fields in Rio de Janeiro, Brazil as the first certified underwater remotely operated vehicle (ROV). He also served as a sports conditioning coach during his senior year. After earning his degree in exercise physiology/physical education, Carvalho owned his own fitness academy where he provided general fitness training, sports conditioning, wellness program, and corporate/occupational injury prevention programs.

In confluence with his engineering and physiology background, Carvalho aimed to pursue graduate studies. He earned a Master's of Science in Kinesiology with emphasis in Occupation and Sports Biomechanics completing his biomechanics thesis for the Basic Fire Academy in Santa Ana. He also managed a corporate fitness and wellness program for Pacific Bell and provided private sports and rehabilitation conditioning training.

Claudio Carvalho joined the Department of Osteopathic Medicine as a graduate assistant at the Michigan State University College of Osteopathic Medicine (MSUCOM) assisting in research and medical education conferences and workshops.

Graduating with his Doctor of Osteopathic Medicine degree from the MSUCOM, Dr. Carvalho completed his residency training in physical medicine and rehabilitation (PM&R) at the VA Medical Center - Wadsworth LA, affiliated with the University of California, Los Angeles. He is board-certified in physical medicine and rehabilitation by the American Board of Physical Medicine and Rehabilitation (ABPMR), which is an organization that provides board certification to qualified doctors who are dedicated to caring for the whole person, including treating pain, restoring function, and improving quality of life. Dr. Carvalho furthered his training by undergoing fellowship training in interventional pain management.

Dr. Carvalho is a staff physician at Hoag Hospital in Newport Beach, California.

Physical medicine and rehabilitation, also known as physiatry and physiatrics, is a branch of medicine that aims to enhance and restore functional ability and quality of life to those with limitations for optimal performance due to injuries, physical impairments, or disabilities. Physiatrists treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and

tendons.

On a more personal note, Dr. Carvalho speaks several languages, including English, Spanish, and Portuguese, in his free time he continues maintaining his fitness (defined in biology as the ability of the “organism” to adapt to the ability to survive in a particular environment) and enjoys kitesurfing.

Learn More about Dr. Claudio Carvalho:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1098296-Claudio-Carvalho-Physiatrist-Physical-Medicine> or through Functional Orthopedic Rehabilitation Medicine Associates, <http://www.formadocs.com/about/>

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