

## **Dr. Jose Barreto**



A fastball down the middle of the plate started Dr. Jose Barreto on his incredible journey to becoming the physician he is today. At the age of 15, Jose was playing baseball and injured his back when he leaned in and took a big swing. This injury and its recovery process sparked his interest in a career in the medical field and gave him a special admiration for the people who helped him recover.

Jose decided to become a physical therapist and graduated Cum Laude with his Bachelor of Science in Physical Therapy from the University of Puerto Rico. His continued desire to keep learning led him to pursue the study of medicine further, and he graduated with his Doctor of Medicine from Ponce School of Medicine in Puerto Rico. He went on to complete a year-long Transitional Residency program at Saint Lukes Episcopal Hospital in Ponce, Puerto Rico.

Dr. Barreto moved to Texas, where he completed his Residency in Physical Medicine and Rehabilitation (PM&R) at the University of Texas Southwestern Medical Center in Dallas. He then completed an Interventional Pain Management and Regenerative Medicine Fellowship in PM&R at Virginia Commonwealth University in Richmond, Virginia.

Taught at a young age to always give back and serve those in need, Dr. Barreto has taken these values and made them the core foundation for his life. His past volunteer work included Big Brothers Big Sisters of America, the First Annual Ferries del Caribe Foundation Pediatric Health Fair, Barahona Batey in the Dominican Republic, and the 2006 "Amor Que Sana" Foundation in Ponce, PR.

Dr. Barreto is actively involved with the Hackett Hemwall Patterson Foundation. Since 2012, Dr. Barreto has accompanied the Foundation on their yearly mission trips to Honduras to treat patients and teach physicians from around the world Prolotherapy Injection Techniques, except for in 2014, when he accompanied the Foundation on their mission trip to Mexico. In addition to mission trips, Dr. Barreto has served on the Media/Marketing Committee as well as the Foundations Education Committee since 2014.

Throughout his career, Dr. Barreto has been a member of many professional societies, including the American Association of Physical Medicine and Rehabilitation (AAPM&R), since 2006.

Dr. Barreto's research has been featured in eight publications, and he's lectured on a variety of topics. He continues his education in the field of epigenetics and his training as a life coach. He applies his knowledge and training in physical therapy, PM&R, and interventional pain management to help his patients rehabilitate back to their highest level.

Dr. Barreto is double Board Certified in Physical Medicine & Rehabilitation and Pain Medicine. He is also bilingual, speaking fluent Spanish and English. Since 2015, Dr. Barreto has worked with Integrated Rehab Consultants (IRC) practicing within the subacute rehabilitation environment in Orlando, Florida.