



Peter D. Rinaldi, D.O.

Philosophy of Care

I get my patients involved in their care during their initial consultation. I tend to ask a lot of questions before thoroughly examining each patient. After these initial steps, I educate my patients as to how their injury or condition can be treated, and what their treatment options are. In many instances, more than one treatment or surgery may be possible. That said, what works great for one patient may not be appropriate for another. I help people to decide for themselves what would be best for them, based on their immediate concerns, long – term goals and the surgical techniques proven to yield the best outcomes.

Contemplating surgery can be a daunting prospect for anyone. I make it a point to help establish reasonable expectations, especially regarding chronic conditions. I outline a course of treatment and timetable for recovery from acute injuries. Patients have a better idea what to expect during and after surgery, if surgical treatment will be needed. I've found that this approach makes people more comfortable with their treatment decision.

Clinical Interests

Dr. Rinaldi's interests include arthroscopic surgery of the shoulder, elbow, wrist and knee. His practice also includes treatment of common injuries and conditions in the hand and wrist such as carpal tunnel syndrome, cubital tunnel syndrome, fractures and sprains. He enjoys treating pediatric patients and having trained for 10 months at Children's Hospital of Orange County, offers fracture care and sports medicine treatment to local young patients.

Research/Academic Interests

Dr. Rinaldi's foremost academic interest is teaching Residents and Medical Students. His research interests are generally centered on clinical studies. For example, investigating which surgical treatment yields better outcomes. Dr. Rinaldi's current research topics of interest include the treatment of meniscus and cartilage injuries in young patients and patella instability.

Title Assistant Physician

Specialty Sports Medicine, Arthroscopy

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Division Orthopaedic Surgery - Sports Medicine

Clinic UC Davis Medical Group, Folsom
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Languages Spanish

Education D.O., Touro University College of Osteopathic Medicine, Vallejo CA 2007
B.A., Business Administration, Eastern Washington University, Cheney WA 1993

Internships Multispecialty, Riverside County Regional Medical Center, Riverside CA 2007-2008

Residency Orthopaedic Surgery, Riverside County Regional Medical Center, Riverside CA 2008-2012

Fellowships Orthopaedic Surgery Sports Medicine, UC Davis Medical Center, Sacramento CA 2012-2013

Board Certifications American Osteopathic Board of Orthopaedic Surgery

Professional Memberships American Academy of Orthopaedic Surgeons
American Orthopaedic Society of Sports Medicine
American Osteopathic Academy of Orthopaedic Surgery
American Osteopathic Association
Arthroscopy Association of North America
Western Orthopaedic Association

Honors and Awards First Place, Category of Pediatrics: "Growing Segmental Spinal Instrumentation without Fusion for Neuromuscular Scoliosis in Spinal Muscular Atrophy". American Osteopathic Academy of Orthopaedics Annual Meeting, 2012

Select Recent Publications Rinaldi P, Sukay M. Primary Arthroscopic Bursectomy with Superomedial Scapuloplasty for Painful Snapping Scapula: A Case Report. J Am Osteopathic Acad Orthopedics. 2011 Mar.

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