

Sports Medicine Acupuncture Credentials

L.Ac., Dipl. Ac., Licensed NCCAOM
Diplomate in Acupuncture.

M.S.Ac., Phoenix Institute of
Herbal Medicine and Acupuncture,
Phoenix, AZ

M.S., Physical Education,
Canisius College.
Buffalo, NY

B.S., Physical Education,
Wayland Baptist University.
Plainview, TX

Certified Sports Medicine
Acupuncturist (April, 2012)

Certified Kinesiotaping
Practitioner—CKTP™ (November,
2011)

Professional Teams We Work With:
Arizona Diamondbacks
Oakland A's
Texas Rangers Minor League Affiliate

**Candidate for Sports Medicine Acupuncturist
at the London 2012 Olympic Games**



**New Dimensions
Sports Medicine Acupuncture**

**Donna Rebadow, M.S., M.S.Ac.,
L.Ac., Dipl. Ac.(NCCAOM)**

**814 E. Union Hills Dr., Ste. #10-C
Phoenix, AZ 85024
(623) 581-3300**

**CONTACT DONNA REBADOW TODAY:
814 E. Union Hills Dr., Ste. #10-C,
Phoenix, AZ 85024
(623) 581-3300
<http://newdimensionsacupuncture.com/>**

**Your Sports
Medicine
Acupuncture Partner**

SPORTS MEDICINE ACUPUNCTURE

Initial Assessment

You will be assessed using the Traditional Chinese tongue and pulse diagnosis system. You also will be given a physical examination that includes orthopedic exams and manual muscle testing.

Treatment

You will begin your first treatment during your initial session. Your treatment consists of both Traditional Chinese Medicine and Sports Medicine modalities.

Rehab

Our rehab techniques are used to specifically support your treatment in order to bring the body back into homeostatic balance (Yin/Yang) to help prevent injury.

Assessment

We use a postural grid system for diagnosing postural deviations. We incorporate static and functional overhead squat exams and a static and functional foot examination.

We ask that you bring any MRI and X-ray reports from your orthopedic surgeon or head athletic trainer.

The assessment results will then be fully explained and treatment goals agreed upon. Treatment starts during the initial session.

Sports Medicine Acupuncture

Trained by Matt Callison. "**AcuSport Seminar Series** is a company devoted to raising educational standards of licensed acupuncturists in the integration of Traditional Chinese Medicine and Sports Medicine. We are committed to training acupuncturists around the globe to accurately assess and treat sport, orthopedic and work related injuries" - <https://www.sportsmedicineacupuncture.com/about-acusport-seminar-series/>

Treatment

Our Traditional Chinese Medicine (TCM) treatments include:

- acupuncture
- cupping
- tui na (Chinese body work)
- Chinese herbs
- medicated plasters
- electrical-stimulation (T.E.N.S. unit with needles)

We only use approved treatments on our professional athletes in coordination with their orthopedic surgeons and/or athletic training

Rehab

We use Sports Medicine PNF stretching, corrective exercises, and Kinesiotaping™ in the rehabilitation stage.

Auricular ear seeds, press tacks and may also be used during both the treatment and rehab process.



TRAINING

- Module I: Spinal Column
- Module II: Neck, Shoulder, Upper Extremity
- Module III: Low Back and Hip
- Module IV: Lower Extremity

- Postural Assessment
- Manual Muscle Testing
- Acupuncture & Tui Na
- Chinese Herbs & Medicated Plasters
- PNF stretching
- Corrective Exercises
- Kinesiotaping™

Sports Medicine
Acupuncture
For Healing