

Assessment and Treatment of Shoulder Impingement Syndrome

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Shoulder pain is a common complaint in the acupuncture clinic. Subacromial Impingement Syndrome (SAPS), whether from rotator cuff tendinopathy or bursitis responds well to acupuncture treatment that addresses the anatomically significant tissues. Diagnosis can be made quickly in the clinic with a combination of orthopedic tests. Surgery is not recommended for these cases, patients are most often prescribed NSAIDS, corrective exercises and corticosteroid injections. Acupuncture offers a safe and effective treatment option Assessment and acupuncture treatment will be demonstrated.

Biography

Jenny Nieters specializes in Sports Medicine in her private clinical practice in the San Francisco Bay Area. She teaches with Whitfield Reaves, author of the Acupuncture Handbook of Sports Injuries and Pain. Additionally, she was the event acupuncturist for the 2018 Rugby World Cup Sevens and works with a championship collegiate rugby team. She lectures on Acupuncture and Sports Medicine at the University of California at Berkeley. She received her Masters in Traditional Chinese Medicine in 2014, and is currently a doctoral candidate at Pacific College of Oriental Medicine.

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