

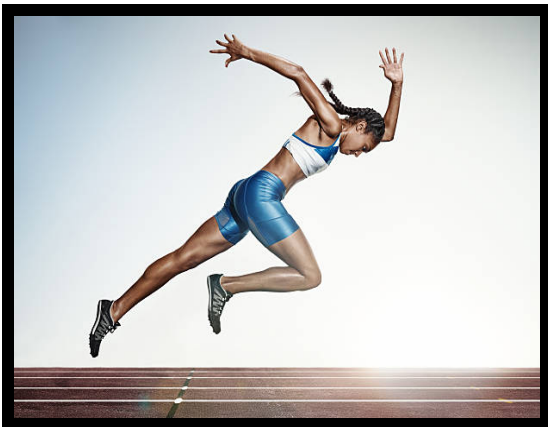
OUR MISSION

Our mission at Innovative Healing Center is to create a healing space in which patients feel comfortable and can learn approaches to optimize their overall health. These methods can be integrated into daily life and provide a means of improving physical condition, focus, and strengthening the mind and body. We address the root cause of any issue in the timeliest manner possible to get the most effective results.

Our clients include athletes in the following:

- Basketball
- Baseball
- Cheerleading
- Cross-country
- Cycling
- Dance/Drill team
- Diving
- Football
- Golf
- Gymnastics
- Ice Hockey
- Karate/MMA
- Lacrosse
- Skiing
- Soccer
- Softball
- Squash
- Swimming
- Tennis
- Track/Field
- Volleyball
- Yoga/Exercise injuries

We have worked with professional athletes and trainers, Iron Man competitors, competitive and recreational athletes.



TENA SCARBER



**L.Ac., B.S., M.S.
Diplomate & Board Certified
In Acupuncture & Herbology**

Tena is the founder of Innovative Healing Center and has over 35 years of experience in traditional and alternative medicine. She holds three degrees that include:

- Pulmonary Medicine/Respiratory Therapy
- B.S. Exercise Physiology/Nutrition
- M.S. Oriental Medicine/ Acupuncture and Herbology

Specialties include pain relief, treatment of injuries, headaches, allergies, anxiety and stress. Tena will use every resource possible to ease sports injury discomfort, speed your recovery, and get you back to doing the physical activities you love!

**Innovative Healing Center
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Innovative Healing Center

Sports Injury Specialists



Combining Traditional & Alternative Medicine

**Acupuncture
Cupping
Sports Massage**

972-742-1152

Sports Injuries

At Innovative Healing Center we are certified and experienced in sports injury treatments. Our goal is to speed recovery from an injury and optimize physical performance.

Athletes commonly stress or damage muscles, ligaments, tendons and joints – the areas that are used the most in physical activities.

Acupuncture is a holistic treatment offering a drug free (and sometimes surgery preventing) option for treating injuries.



The most common sports injuries we treat are:

- muscle sprain/strain
- muscle fatigue/overuse
- spasms/tight painful areas
- trigger points
- joint inflammation/bursitis
- foot/ankle/hip/knee injuries
- tendonitis
- shin splints
- hand/wrist/elbow/shoulder injuries
- back/neck injuries
- Post-operative recovery

HOW ACUPUNCTURE WORKS

Acupuncture is an effective injury treatment because it:

- reduces pain
- speeds recovery and healing time
- decreases inflammation and swelling that can cause further tissue damage
- relaxes muscles and relieves spasms
- decreases long term effects of trauma
- improves blood circulation to carry nutrients to tissues for healing
- strengthens weakened parts of the body

WHEN TO GET ACUPUNCTURE

Acupuncture should begin as soon after an injury as possible for the best and quickest results. Sports injuries are divided into two main categories: acute injuries (happened recently) and chronic injuries (repetitive injuries that are unresolved).

Frequency of treatment depends on the severity of the injury. Improvement is typically noticed within a few treatments for acute injuries. A serious or chronic injury can require prolonged treatments to improve.

Unresolved injuries lead to areas losing strength, flexibility and stability. Acupuncture for chronic injuries focuses on invigorating and strengthening these specific parts of the body to allow an athlete to perform at their full potential.

Affordable packages are available for athletes needing 2-3 visits weekly.

PREVENTATIVE MEASURES

Acupuncture is effective for preventing sports injuries and improving performance. We have athletes who come in weekly, biweekly and monthly. Contact us at the start of your training season so that we can best support you and your body.

OUR APPROACH AND METHODOLOGY

There will be an extensive evaluation to understand your unique condition. Together we will explore your current situation to tailor a specific treatment plan for you. Techniques may include:

- Acupuncture/Acupressure
- Cupping
- Sports Massage
- Dietary/Lifestyle Recommendations
- Stretching
- Infrared Heat Therapy
- Kinesio Taping
- TENS – Electrical stimulation
- Herbal plasters to promote healing



ACUPUNCTURE SUCCESS

Many professional sports and Olympic teams have acupuncturists on staff. A review conducted at Utah State University in 2013 found that, in addition to its potential for pain management, acupuncture appears to help athletes increase their exercise capacity, and improve performance over time. These results were bolstered in 2015, when a research team at Shanghai University of Sport demonstrated that, compared to extended rest, acupuncture significantly improves exercise recovery.