

# **Institute of Clinical Acupuncture and Oriental Medicine**

*Proudly present*

**Dr. Whitfield Reaves, OMD, L.Ac.**

*author of*

**The Acupuncture Handbook of Sports Injuries & Pain**

## ***TREATMENT OF SPORTS INJURIES***

***Integrating Acupuncture with Orthopedics and Sports Medicine***

**Friday, Saturday, and Sunday (9am-5pm)**

**March 3, 4, & 5, 2017**

### **About the Speaker:**

Whitfield Reaves, OMD, LAc, is a nationally certified acupuncturist, and has been in clinical practice since 1981. He received his Doctor of Oriental Medicine (OMD) degree in 1983, which included a four-month internship in Beijing, China. His thesis, titled "Acupuncture and the treatment of common running injuries", was one of the first-ever English language works integrating traditional Chinese acupuncture with western orthopedic and sports medicine. Whitfield's clinical experience includes medical care for athletes at the 1984 Olympic Games in Los Angeles, as well as numerous track and field, triathlon, skiing, and cycling events nationally over the last 25 years. Having spent over three decades with Olympic and world-class athletes, Whitfield's experience is invaluable for all those working in the field of orthopedics and sports medicine.

### **About the Course:**

This three day class will emphasize anatomically significant points of the musculoskeletal system. Used to treat injury and pain, as well as to harmonize the biomechanics and movement patterns of the body, these are the "access points" in orthopedic and sports medicine acupuncture. They include the traditional points of acupuncture, the extraordinary points, and some points or zones not elucidated in the texts, such as trigger points and motor points. Each of these points are located in anatomically significant tissues of the body, and therefore tend to have profound effects on both structure and function. Whitfield will cover the precise locations of the important points of the upper extremity, the lower extremity, the shoulder, hip, and the trunk of the body. And we will teach you palpation and point location, indications, and needle technique. The course structure is as follows:

Day 1: Neck, shoulder, and upper extremity,

Day 2: Low back, hip, and pelvis,

Day 3: Lower extremity

- Location of the clinically important points of orthopedic and acupuncture sports medicine
- Point depth and density will be covered, a topic rarely included in teaching and the texts
- Some orthopedic tests will be taught, including manual muscle testing, which may assist the student in point selection
- The indications for use in the clinic

The material of this three-day class is the integration of Chinese acupuncture with western orthopedic and sports medicine. With precise instruction, demonstration, and some supervised practice, each student increases their knowledge and confidence in key anatomically significant points.