

Penny Domm, DC, MS, ATC, a Chiropractor with JNA Chiropractic

Get to know Chiropractor Dr. Penny Domm, who serves patients in Portland, Oregon.



New York City, Nov 21, 2019 (IssueWire.com) - Dr. Domm is a chiropractor and the Owner of JNA Chiropractic in Portland, Oregon. For more than twenty years, she has dedicated her life to caring for others through the practice of massage therapy, athletic training, and chiropractic medicine. Prior to opening JNA Chiropractic, she was Co-Owner of another busy and highly respected practice that is devoted to complementary and alternative medicine.

Since 1986, Dr. Domm has been awarded three academic appointments at WASC accredited colleges: Associate Professor of Exercise Science and Physical Education at the Montclair State University, Assistant Professor of Health Sciences at the West Coast University, and Staff Clinician and Adjunct Faculty Member with the Western States Chiropractic College.

Growing up in the Finger Lakes region of New York, her mother's tireless commitment to community service influenced her dedication to the healing arts, she learned the value of complementary and alternative medicine through the experience of her rural upbringing. Her family raised their own food and cared for their animals, and the family doctor was a chiropractor.

In regards to her educational background, Dr. Domm began her healing arts career with a Massage Therapy Certificate from the Morris Institute. In 1984, she received her Bachelor of Science degree in physical education and health from Ithaca College and the following year, she completed dual graduate degrees, a Master of Science degree in exercise physiology, and a Master of Science degree in sports psychology in 1985. Her dissertation was the seminal work in the field of sports injury rehabilitation. In 1994, she earned her Doctor of Chiropractic degree from Cleveland Chiropractic College in Los Angeles, California.

In the capacity of an athletic trainer and a certified chiropractor, Dr. Domm has worked with the following sports teams: New York Giants Football, U.S. Women's Soccer, U.S. Women's Pro Volleyball, Portland Forest Dragons, and Portland Power. In her chiropractic practice, she works with Olympic athletes and other athletes involved in a range of professional and recreational sports, including baseball, crew, cycling, distance running, football, ski racing, softball, tennis, track, and field.

For more than 15 years, she has been a dedicated volunteer of her professional services to sports and philanthropic events in California and Oregon, including AA Sports Limited events, California AIDS Ride, City of Ventura Corporate Games, GSGRA Regional Rodeo, TAC Ultra Marathon, and the City of Los Angeles Marathon. In 2004, she served as Medical Coordinator for the Bridge to Bridge Run, Hood to Coast Relay, Race for the Roses, ADA Summit to Surf, and TYR Women's Triathlon.

In order to stay up to date in her field, she remains a member of the American Chiropractic Association, the National Association of Professional Women, the Chiropractic Association of Oregon, the National Athletic Trainers Association, the Organization for Minority Entrepreneurs, and the Oregon Association of Minority Entrepreneurs.

Chiropractic medicine is a form of alternative medicine that mainly deals with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine. A chiropractor uses spinal adjustments, extremity adjustments, manipulation, and other techniques to manage patients' health concerns, such as neck pain, back pain, and other joint pain like those to the shoulders and ankles. They aim to improve patients' functionality and quality of life, by properly aligning the body's musculoskeletal structure and enabling the body to heal itself without medication or surgery.

Learn More about Dr. Penny Domm:

Through her [findatopdoc](#) profile,

<https://www.findatopdoc.com/doctor/2156381-Mary-Domm-Chiropractor> or through JNA Chiropractic,
<http://www.jnachiropractic.com/about-us#4>

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