

Lauren E. McCabe, DC, DACBSP, a Chiropractor with Innovative Pain and Performance

Get to know Chiropractor Dr. Lauren E. McCabe, who serves patients in Naples, Florida.



New York City, New York Jun 14, 2022 (IssueWire.com) - A knowledgeable chiropractor, Dr. McCabe is in practice at Innovative Pain and Performance in Naples, Florida.

The chiropractors and staff at Innovative Pain and Performance are dedicated to providing patients with the most effective chiropractic treatment possible and are dedicated to the core principles of professionalism: integrity, open communication, compassion, respect, and a passion for ongoing education for themselves and their patients. They recognize that each patient is unique and that they understand their body better than anyone else, so they are committed to actively listening to and engaging them in their treatment.

Back in the early days of her academic career, Dr. McCabe received her Bachelor of Science degree in Psychology from the University of Illinois in 2001 and earned her Doctor of Chiropractic degree from the University of Western States Health and Sciences Chiropractic College in 2006. She has completed extensive post-graduate training in sports medicine and nutrition, including her Graston Technique certification in 2008, her designation as a Certified Chiropractic Sports Physician (CCSP) in 2009, and her Diplomate of American Chiropractic Board of Sports Physicians (DACBSP) in 2012.

In order to remain up to date in her field, she is an active member of the American Chiropractic Association, the Chiropractic Association of Oregon, the American Chiropractic Association's Council on Physical Fitness and Sports Injuries, and the American Chiropractic Association's Council on Nutrition.

Throughout her career, Dr. McCabe was selected to treat elite athletes at the 2006-08 Dew Action Sports Tours, 2008 USA Triathlon National Championship, 2008, 2012, and 2016 US Olympic Trials for Track and Field, and the 2009 US Fencing Championship.

Chiropractic 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, manipulation, and other techniques to manage patients' health concerns, including neck pain, back pain, headaches, vertigo, and a long list of other ailments and conditions. 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 naturally, without the use of medication or surgery.

In her free time, Dr. McCabe participates in the area running events, snowboarding, and skiing. She enjoys spending time on the beach and spending time with her husband, three children, and their dog Wrigley.

Learn More about Dr. Lauren E. McCabe:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/648420-Lauren-Mccabe-chiropractor-Portland-OR-97229>, or through Innovative Pain and Performance, <https://www.innovativepainandperformance.com/about/>

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