

Rebecca Rodriguez Regner, DO, a Family Physician and Sports Medicine Specialist with Oasis MD

Get to know Family Physician and Sports Medicine Specialist Dr. Rebecca Rodriguez Regner, who serves patients in California.



New York City, New York Mar 30, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Regner, also known by her nickname as Becca, is a highly skilled family physician & sports medicine specialist. She provides customized, complete and quality care for her patients and athletes at Oasis MD, serving the communities of Encinitas and San Diego in California.

Providing comprehensive quality healthcare for the entire family, Dr. Rodriguez takes care of all ages from newborns to the elderly population and completes minor procedures in the office. Her residency education and training in family medicine allows her to take care of simple to complex medical problems while knowing when to refer to the specialist. She also feels preventive health is key to a person's lifespan and healthspan, as well as enjoys educating patients in prevention of disease to help all live life to the fullest.

Completing general physicals, well woman exams, well male exams and sports physicals, Dr. Rodriguez serves as the “quarterback” for one’s medical home team and helps to facilitate referrals while communicating about quality care for her patients. Her unique training includes osteopathic manipulative treatment that aids in diagnosis and treatment of many medical problems. She embodies her osteopathic medical training in treating the whole person’s mind, body, and spirit.

In regards to her educational background, Dr. Regner graduated with her Bachelor of Arts degree in Biochemistry from Grand Canyon University in 2001. She then went on to earn her Doctor of Osteopathic Medicine degree from A.T. Still University’s Kirksville College of Osteopathic Medicine in 2006.

After completing a residency in family medicine with HonorHealth, she performed a fellowship in primary care sports medicine with Sharp HealthCare (La Mesa). Her extensive training and clinical experience has allowed her to effectively treat musculoskeletal injuries, assess sports nutrition needs, provide counsel on essential vitamins and supplements, and work with teams on sports performance programs.

Board-certified in family medicine and sports medicine, the doctor is a Diplomate of the American Osteopathic Board of Family Physicians (AOBFP). The AOBFP is an organization that provides board certification to qualified osteopathic physicians who specialize in delivering comprehensive primary care for patients of all ages, genders, and addressing all parts of the body.

Passionate about improving quality healthcare, Dr. Rodriguez helps make policy for national organizations such as Vice President of the American Osteopathic Academy of Sports Medicine, on the Board of the American College of Osteopathic Family Physicians of California, on the Health and Wellness and Procedural Committee of the American College of Osteopathic Family Physicians, and on the President’s Council for Sports, Fitness and Nutrition.

Also, she is a Fellow of the American College of Osteopathic Family Physicians, a Fellow of the American Osteopathic Academy of Sports Medicine, and a member of the American Osteopathic Association.

Serving the United States Olympic & Paralympic Committee as a Team USA physician, Dr. Rodriguez is on its Physician Advisory Board. She is also the team physician for USA Women's Waterpolo and USA Rugby, as well as the company physician for the San Diego Ballet.

For 10 years, she was on the medical staff at the Olympic Training Site in Chula Vista, California as team physician. She served as the Medical Director for the High Performance Center for Team USA (11 sports) at the 2016 Olympics in Rio, and was part of the medical staff as Team USA physician at the 2019 Pan American Games in Lima. Peru.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

Sports medicine is the medical specialty concerned with the prevention, diagnosis, treatment, and rehabilitation of injuries due to athletic activity. Sports medicine specialists are either orthopedic surgeons or primary care physicians who prescribe treatments for professional and amateur athletes. They are trained to address issues associated with nutrition, sports psychology, and substance abuse. They may also counsel athletes on injury prevention.

On a more personal note, Dr. Regner travels the world with Team USA, loves to be active with sports, and enjoys spending time with her husband and son.

Learn More about Dr. Rebecca Rodriguez Regner:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1437501-Rebecca-Rodri-guez-Regner-Sports-Medicine-Specialist> or through Oasis MD, <https://doctorbeccado.com/>

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