
DR. SHANNON M. BAUMAN

BSc, BScN, MD, CCFP(SEM), DIP. SPORT MED (CASEM)

PRIMARY CARE SPORTS MEDICINE PHYSICIAN

SPORTS INJURY & CONCUSSION CLINIC

IOWA BOARD OF MEDICINE



“Some of my favorite memories as a doctor have been working with lacrosse. I have had the opportunity to be the team doctor for several professional lacrosse teams across North America. Some of these teams include: The Toronto Rock (NLL), The Toronto Nationals (MLL), and Team Canada Women’s Lacrosse. I am excited to bring my love of lacrosse to the Tigers!” Dr. Shannon Bauman

WHAT IS A SPORTS MEDICINE PHYSICIAN?

A PHYSICIAN WITH SPECIALIZED TRAINING AND SKILLS TO PROVIDE MEDICAL EXPERTISE IN:

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- DIAGNOSING AND MANAGING JOINT AND MUSCULAR INJURIES
 - TREATING EXERCISE-RELATED MEDICAL CONDITIONS SUCH AS SPORTS INJURIES, ASTHMA AND CONCUSSIONS
 - PROVIDING CARE FOR PEOPLE OF ALL AGES IN RECREATIONAL, AMATEUR, ELITE AND PROFESSIONAL SPORTS INCLUDING PRE-PARTICIPATION MEDICAL ASSESSMENTS, SPORT EVENT COVERAGE, MENTAL HEALTH, AND TREATING ATHLETES WITH DISABILITIES

- PREVENTION OF INJURY AND MEDICAL ILLNESS RELATED TO PHYSICAL ACTIVITY AND SPORT
 - WORKING TOGETHER WITH YOUR FAMILY PHYSICIAN, ORTHOPEDIC SURGEON AND REHABILITATION HEALTH CARE TEAM TO HELP YOU RETURN TO SPORT, WORK, AND LIFE
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WHAT INJURIES DOES DR. BAUMAN SPECIALIZE IN?

DR. BAUMAN HAS BEEN A SPORTS MEDICINE PHYSICIAN WITH OVER 15 YEARS OF EXPERIENCE WORKING WITH ATHLETES FROM RECREATIONAL TO PROFESSIONAL LEVELS OF PARTICIPATION. SHE HAS BEEN A TEAM PHYSICIAN WITH PROFESSIONAL HOCKEY, FOOTBALL, LACROSSE, SOCCER, RUGBY, PARALYMPIC SLEDGE HOCKEY, AND IS ACTIVELY INVOLVED WITH TENNIS, GYMNASTICS, AND DANCE MEDICINE.

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- SHE SPECIALIZES IN INJURIES OF THE KNEE, FOOT/ANKLE, SHINS, HIP, BACK, SHOULDER, ELBOW, WRIST, ADOLESCENT/PEDIATRIC GROWTH PLATE INJURIES, SPORTS AND EXERCISE RELATED MUSCULAR STRAINS & SPRAINS, AND SPORT-RELATED CONCUSSIONS
 - PROVIDING GUIDANCE FOR REHABILITATION AFTER AN INJURY, ASSISTING WITH A RETURN TO SPORT PLAN, AND HELPING INDIVIDUALS RETURN TO PHYSICAL ACTIVITY AFTER JOINT SURGERY
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HOW DO I GET AN APPOINTMENT?

YOUR PHYSICIAN OR PT CAN REFER YOU TO DR. BAUMAN, OR YOU CAN BOOK IN DIRECTLY TO SEE HER FOR A MEDICAL APPOINTMENT. CALL US TODAY AT: (515) 271-1725 OR EMAIL DR. BAUMAN DIRECTLY AT SHANNON@CONCUSSIONNORTH.COM

DR. SHANNON BAUMAN, MD

SPORTS MEDICINE PHYSICIAN

MIDAMERICAN ENERGY REC PLEX

6500 GRAND AVE. SUITE 110

WEST DES MOINES, IA 50266

P: 515-271-1725 F: 833-479-2095

DR. BAUMAN IS CREDENTIALLED WITH WELLMARK, UNITED HEALTH CARE, AND AETNA INSURANCE PLANS, AND OFFERS A REASONABLE PRIVATE FEE FOR UNINSURED PATIENTS.