



Pain Management *Comprehensive Consultations*
RehabOne *Physiatry-based*
 RehabOne Programs | MEDICAL GROUP, INC. **Connects** *Functional Restoration*
 Rehabilitation Programs *Electrodiagnostic Testing*
Delivering patient-centered medical care
Medication Optimization *Medical Legal Evaluations*

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Join Us In Welcoming Dr. Shelley (McDonald) Cowan Back The RehabOne Team!



Dr. Shelley Cowan is a board-certified doctor of Physical Medicine and Rehabilitation (Physiatry) who specializes in sports medicine. She focuses on a conservative, non-surgical treatment of orthopedic and neurological disorders with an emphasis on exercise-based approaches.

Dr. Cowan grew up in Indianapolis, Indiana, and earned her M.D. degree from Indiana University School of Medicine in 2006. Following an internship at Kalamazoo Center for Medical Studies, she completed her residency in Physical Medicine & Rehabilitation at Stanford University where she performed research related to running injuries, specifically injuries in female distance runners. She then went on to complete a fellowship in Sports Medicine at Cleveland Clinic where she had a chance to directly treat athletes from the high school to professional levels. In addition to her training in sports medicine, Dr. Cowan also has several years of experience treating industrial injuries, both acute and chronic.

As a sports enthusiast herself, she is focused on alleviating musculoskeletal pain brought on by activity. She emphasizes a multi-disciplinary approach to treat pain and restore function. She performs joint injections and trigger point injections, using musculoskeletal ultrasound for both diagnostic and therapeutic purposes. As needed, Dr. Cowan will utilize viscosupplementation to treat knee pain.

Dr. Cowan will be treating patients in our Los Gatos office.

We are accepting referrals for New Patient Evaluations, Medical Legal Evaluations, Behavioral Medicine/Psychiatric Services, Acupuncture, Chiropractic Care, Myofascial Therapy and Functional Restoration Evaluations!

To assist with new referrals, please reference our [MPN Chart](#) and contact our office for individual providers' schedules. New patient referrals can be emailed to NPC@RehabOne.com.

Let us know how we can support your clients/patients healthcare needs!



*Serving Our Communities From
Silicon Valley To Monterey Bay*