

# Performance Sports Medicine

Providing customized conservative care for the recreational to elite level athlete.

## Meet our staff

Hi I'm Dontay Renuard



Born and raised in Arkansas. I am a graduate and alumni from the University of Arkansas, WOO PIG! I received my degree in 2015 with a Bachelor's in Applied Exercise Science. Growing up, I participated in sports such as Gymnastics, Soccer, and Basketball. Not to mention, I was a staff member for the women's razorback basketball team. Growing up, I was always around the hospital clinics, doctors, and physical therapists at my mom's work. Being around that environment helped me choose my career path in wanting to help others. What brought me here was my passion to help people get better so they could continue to do the sport or activity they love! At first, I was a patient here at performance sports medicine with a knee injury and 3 years later after stem cell treatments and LazerKentic sessions, I learned the ins and outs and decided to come on board to become a part of the PSM team.

Hi I'm Susan Decorey



Healthy Beautiful is my lifestyle. I'm a Master LazerKinetic Specialist technician for 10+ years and Office Manager with PSM. I am born competitive dancer and performer in Drill team, Ballet, Jazz, Contemporary and I was an dance instructor with Susie's Dance Studio. I participated in many dance competitions at an early age with Showstoppers and DanceMakers. Later, I attended Texas Woman's University where I continued my dance education to further my knowledge and understanding for choreography, conditioning for dancers, performance, and pedagogy while embrace many types dance styles and culture through performance and choreography. I was honored to perform many types off cultural dancing with the International Dance Company @ TWU. Unfortunately during my journey I had a serious dance injury with my foot and Big toe. Working in management as a Pointe shoe specialist for Capezio BalletMakers for 4+ years allowed me to stay connected in the dancer world, while my dancer life was on hold until meeting the amazing Dr. Reno almost 15 years later, whom healed me and allowing me to dance and perform again. My understanding mentally and physically to help dancers', and performance athletes to stay healthy is a passion of mine. I enjoy coaching, mentoring and being a role model for young athletes.

Hi I'm Dr. Reno



I Started Performance Sports Medicine in 2010 but, I have been in the sports medicine field since 1977. I Graduated from Baylor College of Medicine and completed a Residency in Physical Medicine and Rehabilitation. Before that, I was all about dance! I attended Southern Illinois University, Edwardsville and graduated with a BA in Theater with a Dance Emphasis. Once that was completed, I attended the University of Houston, CLC where I finished with a Master of Arts in Humanities with a Dance Emphasis. I was a member of the Edwardsville Dance Theatre, a regional ballet company and Concert Dance Company, a regional modern dance company. I also was a member of two musical theater companies, Image Productions and Omega Productions. Omega Productions was the Broadway touring company for "Shenandoah" in 1976. In 1977, I was given the opportunity to choreograph the premier season of the Pulitzer prize winning playwright, Paul Green's "The Lone Star" in Galveston. I was responsible for creating training programs to keep dancers healthy and performing. This is where I developed my love of biomechanics that I use everyday in helping athletes heal from injury.