

Back Pain Resources--Group Health Cooperative Madison, Wisconsin

Back Pain is a multi-factorial process. We know that patients with back pain improve more quickly and remain pain-free longer, when the treatment approach addresses three key areas: external/physical, internal/emotional, reconditioning. Our integrative approach recommends that you choose one treatment from each of these categories. The following information will assist you in deciding which therapies are the best fit for you. For more information, see our handout [*An Integrative Approach to Low Back Pain.*](#)

1. External/Physical: Please choose osteopathic manual therapy (OMT), chiropractic medicine, acupuncture, or massage.

❖ **Osteopathic Manual Therapy (OMT):**

- Patient information: <http://www.osteopathic.org/osteopathic-health/treatment/Pages/default.aspx>
- Providers:
 - Verona Family Medicine OMT Clinic: 845-9531
 - Northeast Family Medicine OMT Clinic: 241-9020
 - GHC East (George Leydon, DO): 222-9777
- Coverage: covered by insurance

❖ **Chiropractic Medicine:**

- Providers:
 - Sauk Trails (831-1766), Capital (661-7200), East (222-9777)
- Coverage: Covered by insurance

❖ **Acupuncture:**

- Patient Information: <http://nccam.nih.gov/health/acupuncture/introduction.htm>
- Providers:
 - Mike Weber, MD (UW Health Odana): 274-1100. Not covered by insurance.
 - Kathi Drake, Xuehui Wang, Rick Oberg: Sauk Trails (831-1766), Capital (661-7200), East (222-9777). Insurance will cover 50% of service fees, up to a maximum of \$750 if obtained by a GHC provider. Call 800-605-4327 for more information.

❖ **Massage:**

- GHC Massage Therapy
 - Contact: 662-5090
 - Coverage depends on insurance plan. Most plans cover 50% of each \$70 session. Call 828-4853 for more information.



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2. Internal/Emotional: Please choose mind body awareness, psychology consults, Mindfulness-Based-Stress-Reduction (MBSR), or neck pain group.

- ❖ **Mind Body Awareness:** Discuss the following resources with your primary care clinician. This will help you understand the importance of recognizing how your reactions to stress can cause pain to be worse.
 - Learning Resources:
 - <http://www.unlearnyourpain.com/> (Dr. Howard Schubiner)
 - Healing Back Pain (Dr. John Sarno). Book available through Amazon.com.
 - Putting this into action: Online Journaling
http://www.fammed.wisc.edu/sites/default/files/webfm-uploads/documents/outreach/im/handout_mbs_workbook.pdf

- ❖ **Psychology Consults (for cognitive behavioral therapy and other approaches):**
 - Providers:
 - GHC Psychology: Hatchery Hill (661-7200), Sauk Trails (831-1766), East (222-9777)
 - Kenneth Kushner (Access Community Health Center/Wingra): 263-3111
 - Julia Yates (Verona Family Medicine): 845-9531
 - Coverage; Covered by insurance

- ❖ **Mindfulness Based Stress Reduction (MBSR):** This practice is designed to reduce stress and develop greater balance and control in life by practicing presence, acceptance, and awareness.
 - GHC Mindfulness Meditation 8 week Group Course: 662-5090
 - General Information:
https://ghcscw.com/Health_Ed_Class_Details.asp?id=354&topicid=13&title=Mindfulness%20Meditation:%20Training%20and%20Practice
 - UW Health 8 week Group Course: Peggy (MKalscheur@uwhealth.org), 265-8325, 262-9355
 - General Information:
 - <http://www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction/11454>
 - Coverage: Not covered by insurance. Cost is \$160. Eligible for coverage through *GHC Wellness Reimbursement Program*. Enrolled GHC-SCW members (age 12 and older) may receive one reimbursement per year of \$100 (individual) or \$200 (family of two or more enrolled members). The deadline for reimbursement submission is January 31 of each calendar year. Interpreters available free of charge.

- ❖ **Neck Pain Group:** Intensive program offered by UW Health consisting of 5 sessions and focusing on education and health psychology interventions to decrease neck pain and muscle tension.
 - Michelle: 890-6464 to schedule.
 - Coverage: Covered with a prior authorization from referring physician.



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3. Reconditioning (strength and support): Please choose physical therapy, yoga, exercises to do at home, or a fitness program.

❖ **Physical Therapy**

- GHC Capital: 662-5060, GHC East: 441-3989, Princeton Club East: 265-1221, Princeton Club West: 265-7500
- Coverage: Covered by insurance. Of note, you can qualify for a discounted gym membership at Princeton Club if you are undergoing physical therapy there.

❖ **Yoga Therapy:**

- Studios:
 - GHC: Various ongoing sessions in Prenatal, Hatha, Kripalu Yoga, and Pilates (262-5090)
 - Puja Wellness: Individual and Group classes: 204-9520
 - Yoga Co-op of Madison: Iyengar classes: 215-8352
 - Alignment Yoga with Scott Anderson: <http://scottandersonyoga.com/Alignment-Yoga-locations.html>
- Coverage: GC classes are eligible for coverage through GHC Wellness Reimbursement Program. Enrolled GHC-SCW members (age 12 and older) may receive one reimbursement per year of \$100 (individual) or \$200 (family of two or more enrolled members). The deadline for reimbursement submission is January 31 of each calendar year. Interpreters available free of charge.

❖ **Exercises To Do At Home:**

- Neck pain handout:
http://www.mckinley.illinois.edu/Handouts/neck_pain/neck_pain.htm
- Back pain handout:
http://www.mckinley.illinois.edu/Handouts/manage_chronic_back/manage_chronic_back.htm
- Video:
http://www.nlm.nih.gov/medlineplus/tutorials/backexercises/htm/_yes_50_no_0.htm

❖ **Fitness Programs:**

- GHC members are eligible for a \$100 discount on gym memberships through the Exercise for Excellence Program. For a list of approved fitness centers go to:
https://ghcscw.com/Health_Club_Lookup.asp
- Low cost fitness options in Madison:
 - Warner Park Community Recreation Center: 245-3690
 - MSCR (Madison School and Community Recreation): 204-3000
 - Mall Walking: East Towne Mall, West Towne Mall, Hilldale Mall
 - YMCA of Dane County: 221-1571 (East), 276-6606 (West)

Note: The practitioners listed are those known within this health system. There are many others who can provide similar services for low back pain.



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The information in this handout is for general education. It is not meant to be used by a patient alone. Please work with your health care practitioner to use this information in the best way possible to promote your health.

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