

Back Pain Resources—Physicians Plus 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, and 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
 - UW Integrative Medicine OMT Clinic: 262-WELL
 - UW Health Yahara (Amy Bauman, DO): 222-8779
- Coverage: covered by insurance

❖ **Chiropractic Medicine:**

- Providers:
 - Madison Chiropractic: 244-0044
 - Lord Spinal Care: 442-7400
 - Robb Chiropractic: 222-7731
- Coverage: Chiropractic coverage varies depending on your plan. You should contact your insurance provider for a full list of coverage and providers.

❖ **Acupuncture:**

- Patient Information: <http://nccam.nih.gov/health/acupuncture/introduction.htm>
- Providers:
 - Mike Weber, MD (UW Health Odana): 274-1100. Not covered by insurance.
 - Ann Matayas OMD, Shannan William MD (Meriter Wellness: 417-6102, Meriter Rehab: 417-6175). Covered with prior authorization. This process will be initiated by the provider at the first visit.



1. External/Physical (con't.)

❖ **Massage:**

- Discounts available at various locations through the *Good Health Bonus Program*. For more information go to: <http://www.pplusic.com/members/good-health-bonus/plus-perks#mind>
- UW Health Massage Therapy Services:
 - Contact: 263-7936
 - Cost: \$75/hr

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:
 - Janice Singles, Shilagh Mirgain (UW Health Research Park): 263-9638
 - Gretchen Byfield (Meriter Rehab): 417-6175
 - 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.
 - 8 week Group Course or Private Consultations
 - Contact: Peggy (MKalscheur@uwhealth.org), 265-8325, 262-9355
 - General Information: <http://www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction/11454>
 - Coverage: Group Course costs \$475. Reimbursable through the Good Health Bonus Program. Members with single contracts can receive up to \$100 per year. Members with family contracts can receive up to \$200 per year towards health classes. Go to the following website for the reimbursement request form: <http://www.pplusic.com/members/index.asp?cid=103&scid=291>



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2. Internal/Emotional (con't.)

- ❖ **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 by insurance.

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

- ❖ **Physical Therapy**
 - Meriter Physical Therapy (417-8025), Meriter East (417-8094), Meriter West (417-8050), 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:**
 - Various studios with discounted rates through the *Good Health Bonus Program*. For a list of studios and discounts go to: <http://www.pplusic.com/members/good-health-bonus/plus-perks#mind>
 - UW Health offers various ongoing sessions in Hatha, Kundalini, Aqua, and Power Flow Yoga. Call 263-7936 for information.
 - Courses may be reimbursable through the *Good Health Bonus Program*. Members with single contracts can receive up to \$100 per year. Members with family contracts can receive up to \$200 per year towards health classes. Go to the following website for more information: <http://www.pplusic.com/members/good-health-bonus>
- ❖ **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_crhonic_back.htm
 - Video: http://www.nlm.nih.gov/medlineplus/tutorials/backexercises/htm/_yes_50_no_0.htm
- ❖ **Fitness Programs:**
 - Discounted gym memberships through the *Good Health Bonus, Plus Perks Program*. Go to the following website for more information: <http://www.pplusic.com/members/good-health-bonus/plus-perks#health>
 - 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)



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

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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