

Back Pain Resources—Unity Health Insurance 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
 - UW Integrative Medicine OMT Clinic: 262-WELL
 - UW Yahara Clinic (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.
 - Dan Cubacub CA, Colleen Lewis CA (UW Health Research Park): 262-9355. *Not covered by insurance. Initial appointment \$90, follow-up appointments \$75*
 - Ann Matayas OMD, Shannan William MD (Meriter Wellness: 417-6102, Meriter Rehab: 417-6175). *Initial visit is covered by insurance. Follow-up visits are self-pay.*
- Coverage: All are reimbursable through the *Fitness First and More Program* if performed by pre-approved providers. Maximum of \$200/year. Call 800-362-3310. Payment plans can also be arranged.

PATIENT HANDOUT



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1. External/Physical (con't.)

- ❖ **Massage:**
 - UW Health Massage Therapy
 - Contact: 263-7936
 - Cost: \$75/hr. Reimbursable through the *Fitness First and More Program*. Maximum of \$200/year. Call 800-362-3310

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 *Fitness First and More Program* if performed by pre-approved providers. Maximum of \$200/year. Call 800-362-3310.
- ❖ **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.



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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

- Lisa Atkins (UW Health Research Park): 262-6024
- UW Health Rehabilitation Clinic: 263-8412, 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:
 - UW Health: Various ongoing sessions in Hatha, Kundalini, Aqua, and Power Flow Yoga: 263-7936
 - 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: May be reimbursable through the *Fitness First and More Program* if performed by pre-approved providers. Maximum of \$200/year. Call 800-362-3310.

❖ 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:

- Discounted gym memberships ranging from 10%- 66% off available at various local gyms. For a complete list:
<http://www.unityhealth.com/apps/FitnessFirstLookup/Default.aspx>
- 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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