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](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
    ➢ Dean East (Amy Groff, DO): 260-6000
  ➢ 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:
  ➢ Providers:
  ➢ Coverage: Reimbursable through Wellness Incentives Now Program if performed by licensed practitioner. Maximum of $200/year. Call 800-279-1301 for more information.
1. **External/Physical (con’t.)**

- **Massage:**
  - UW Health Massage Therapy
    - Contact: 263-7936

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/](http://www.unlearnyourpain.com/) (Dr. Howard Schubiner)
    - Healing Back Pain (Dr. John Sarno). Book available through Amazon.com.

- **Psychology Consults (for cognitive behavioral therapy and other approaches):**
  - Providers:
    - Dr. William Steward, Dr. Janice Cain (Dean Fish Hatchery): 252-8226
    - Dr. Paul Greblo (Dean West): 824-4777
    - 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](mailto:MKalscheur@uwhealth.org)), 265-8325, 262-9355

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

- **Physical Therapy**
  - Dean: Fish Hatchery (252-8000), East (260-6000), Sun Prairie (825-3008), West (824-4800)
  - Coverage: Covered by insurance.

- **Yoga Therapy:**
  - Studios:
    - Puja Wellness: Individual and Group classes: 204-9520
    - Alignment Yoga with Scott Anderson: [http://scottandersonyoga.com/Alignment-Yoga-locations.html](http://scottandersonyoga.com/Alignment-Yoga-locations.html)

- **Exercises To Do At Home:**
  - Neck pain handout: [http://www.mckinley.illinois.edu/Handouts/neck_pain/neck_pain.htm](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](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](http://www.nlm.nih.gov/medlineplus/tutorials/backexercises/htm/_yes_50_no_0.htm)

- **Fitness Programs:**
  - Discounted gym memberships at various local gyms through the Wellness Incentives Now Program. For more information, call 800-279-1301 or go to: [http://www.deancare.com/wellness/member-benefits/wellness-incentive-now/](http://www.deancare.com/wellness/member-benefits/wellness-incentive-now/)
  - Low cost fitness option 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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*Date Revised: May 2012*