

## *Back Pain Resources—Dean Health Plan 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
  - 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:**

- 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 may be covered by insurance. Follow-up visits are self-pay.*
- Coverage: Reimbursable through *Wellness Incentives Now Program* if performed by licensed practitioner. Maximum of \$200/year. Call 800-279-1301 for more information.

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### 1. External/Physical (con't.)

#### ❖ **Massage:**

- UW Health Massage Therapy
  - Contact: 263-7936
  - Cost: \$75/hr. Reimbursable through *Wellness Incentives Now Program*. Maximum of \$200/year. For more information, call 800-279-1301 or go to: <http://www.deancare.com/wellness/member-benefits/wellness-incentive-now/>

### 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](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:
    - 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
  - General Information: <http://www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction/11454>
  - Coverage: Group Course costs \$475. Reimbursable through the *Wellness Incentives Now Program*. 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 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

- 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
  - Yoga Co-op of Madison: Iyengar classes: 215-8352
  - Alignment Yoga with Scott Anderson: <http://scottandersonyoga.com/Alignment-Yoga-locations.html>
- Coverage: Reimbursable through the *Wellness Incentives Now Program*. 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](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](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](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/>
- 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.**

***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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University of Wisconsin Integrative Medicine  
[www.fammed.wisc.edu/integrative](http://www.fammed.wisc.edu/integrative)