

Alternative Pain Management Community Resource Guide

Revised 9-10-20

Disclaimer

This resource list is provided by Workgroup Three (Alternative Pain Management) of Alliance to HEAL in La Crosse County Wisconsin. This list considers different pain management options for people to consider. The list consists of local options for known treatment options. We are aware of several other pain management options; however, we are unable to confirm medical evidence that shows these provide relief from pain. By not including other options, we are indicating the lack of medically proven evidence and not saying you cannot or should not consider other options. However, if you do choose to explore other options please be aware of the lack of medical evidence.

Be advised that there are many options within the local clinics/hospitals that can be discussed with you physician. Take an active role in your pain management options by asking what resources are available.

**Our Workgroup knows that not all pain is treatable and some people will need to develop pain management methods to cope with the ongoing pain that they may have.**

Table of Contents

[Pain Management Basics 3](#_Toc51311248)

[Pain Medicine and Alternatives 3](#_Toc51311249)

[Evidence for Effectiveness of Alternative Pain Management 6](#_Toc51311250)

[Resources in the La Crosse County Area for Alternative Pain Management 7](#_Toc51311251)

[Acupuncture 7](#_Toc51311252)

[Chiropractic and Osteopathic Care 7](#_Toc51311253)

[Holistic 8](#_Toc51311254)

[Yoga\* 8](#_Toc51311255)

[Tai Chi\* 9](#_Toc51311256)

[Massage Therapy 9](#_Toc51311257)

[Physical Therapy 10](#_Toc51311258)

[Psychological Therapy 11](#_Toc51311259)

# Pain Management Basics

Your brain uses the sensation of pain to protect your body. **Acute pain** warns of an injury or problem that requires prompt care. **Chronic pain** is different than acute pain in that it lasts much longer (months or years). Chronic pain begins as acute pain and then progresses with time. Because of this, it can be difficult to pinpoint the exact cause of pain.

# Pain Medicine and Alternatives

Pain may be managed with one or more of the following medicines:

* Opioids (narcotics)
* Muscle relaxants
* Nerve pain medicines
* Anti-inflammatory medicines or NSAIDS (nonsteroidal anti-inflammatory drugs)
* Topical creams or lotions

Opioids are more helpful when used briefly for acute pain. They are usually not the best way to manage chronic pain. For certain forms of pain, studies suggest that a combination of an NSAID and Acetaminophen provide the best relief when compared to opioids. Talk to your clinician about your medicine options.

Medicine is one of many ways to help pain and may be used alongside other therapies. Other alternatives include, but are not limited to:

* *Acupuncture*: the practice of inserting needles into the body to reduce pain or induce anesthesia. More broadly, acupuncture is a family of procedures involving the stimulation of anatomical locations on or in the skin by a variety of techniques.
* *Chiropractic Care*: emphasizes the body’s ability to heal itself. Treatment usually involves manual therapy, often including spinal manipulation.
* *Essential Oils*: oils derived from natural substances for their healing properties.
* *Guided Imagery*: an alternative medicine technique in which patients use their imagination to visualize improved health, or to “attack” a disease. May be used alongside modern medicine.
* *Massage Therapy*: the therapeutic practice of manipulating the muscles and limbs to ease tension and reduce pain.
* *Music Therapy*: therapy based on engagement in musical activities; using music to reduce anxiety, improve cognitive functioning, promote physical rehabilitation, or enhance interpersonal communication.
* *Physical Therapy*: rehabilitative health that uses specially designed exercises and equipment to help patients regain or improve their physical abilities.

Talk to your clinician about alternative pain management resources that may be available.

\*Definitions derived from MedicineNet.

#

# Evidence for Effectiveness of Alternative Pain Management

***Acupuncture***: <https://www.evidencebasedacupuncture.org/acupuncture-scientific-evidence/>

***Chiropractic Care***: <https://www.acatoday.org/Research/What-Research-Shows>

***Essential Oils***: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/aromatherapy-do-essential-oils-really-work>

***Guided Imagery***: <https://www.va.gov/WHOLEHEALTH/professional-resources/Guided_Imagery.asp>

***Massage Therapy***: <https://www.nccih.nih.gov/health/massage-therapy-what-you-need-to-know>

***Music Therapy***: <https://petersonfamilyfoundation.org/music-therapy/science-music-therapy/>

***Physical Therapy***: <https://www.webmd.com/pain-management/physical-therapy#1>

# **Resources in the La Crosse County Area for Alternative Pain Management**

# Acupuncture

**Dr. Jack Schermerhorn**

**Address:** 635 Welshire Dr, La Crescent MN 55947

**Phone:** (608)-386-0406

**Website:** [www.schermerhornchiropractic.com](http://www.schermerhornchiropractic.com)

\*Chiropractic Care that also provides acupuncture

**Gundersen Health System**

**Address:** Various locations, please call

**Phone:** (608)-782-7300

**Website:** [www.gundersenhealth.org/services/integrative-medicine](http://www.gundersenhealth.org/services/integrative-medicine)

Gundersen Viroqua Clinic, Hillsboro Specialty Clinic, and Onalaska Family Clinic

# Chiropractic and Osteopathic Care

**Back-In-Action Chiropractic**

**Address:** 300 2nd Street N Suite 220, La Crosse, WI 54601

**Phone:** (608)-782-7738

**Website:** backinactionchiropractic.org

**Barge Berkley Chiropractic Clinic**

**Address:** 322 Cameron Ave, La Crosse, WI 54601

**Phone:** (608)-784-4639

**Website:** <https://www.bargeberkleychiropractic.com/us/>

**Bentz Chiropractic Clinic**

**Address:** 406 Jackson Street, La Crosse, WI 54601

**Phone:** (608)-784-2255

**Website:** [www.bentzchiropractic.com](http://www.bentzchiropractic.com)

**Breidenbach Family and Sports Chiropractic**

**Address:** N5539 Penney Ln (Off Hwy 35), Onalaska, WI 54650

1526 Rose Street, La Crosse, WI 54603

1605 Losey Blvd. La Crosse, WI 54601

**Phone:** (608)-779-5323

**Website:** [www.myspinedoctors.net](http://www.myspinedoctors.net)

**Bronston Chiropractic Clinics**

**Address:** 525 Lang Dr, La Crosse, WI 54603

**Phone:** (608)-782-2225

**Address:** 1202 County Road PH, Onalaska, WI 54650

**Phone:** (608)-781-2225

**Address:** 1020 W Wisconsin Street, Sparta, WI 54656

**Phone:** (608)-269-8145

**Website:** [bronstonchiro.com](http://bronstonchiro.com/)

**Chiropractic Place Family Wellness Centers**

**Address:** 402 6th Street S, La Crosse, WI 54601

**Phone:** (608)-785-2225

**Address:** 559 Braund Street, Ste 3, Onalaska, WI 54650

**Phone:** (608)-783-7735

**Address:** 415 W Wisconsin Street, Ste 4, Sparta, WI 54656

**Phone:** (608)-269-4511

**Address:**126 State Street, Holmen, WI 54636

**Phone:** (608)-526-4628

**Website:** mychiropracticplace.com

**Coulee Chiropractic Clinic**

**Address:** 600 3rd Street N #201, La Crosse, WI 54601

**Phone:** (608)-782-6604

**Gundersen Health System**

**Address:** Various locations, please call

**Phone:** (608)-775-9000

**Website:** <https://www.gundersenhealth.org/services/chiropractic-care/>

**LiveWell Chiropractic & Wellness**

**Address:** 1802 WI-16, La Crosse, WI 54601

**Phone:** (608)-782-6800

**Website:** [www.livewellwi.com](http://www.livewellwi.com)

**My Life Health Center**

**Address:** 2837 Darling Court, La Crosse, WI 54603

**Phone:** (608) 783-3040

**Website:** [www.mylifelacrosse.com](http://www.mylifelacrosse.com)

**Washa Chiropractic Clinic**

**Address:** 1415 Highway 16 - La Crosse, WI 54601

**Phone:** (608)-785-7746

**Website:** [www.mylacrossechiropractor.com](http://www.mylacrossechiropractor.com)

# Holistic

*Therapies that attempt to treat the patient as a whole person.*

**Life in Harmony Music Therapy LLC**

**Address:** 1537 Heritage Boulevard, West Salem, WI 54669

**Phone:** (608)-799-4860

**Website:** [lihmt.com](https://lihmt.com/)

**Naturally Unbridled Wellness**

**Address:** 1129 Riders Club Road, Onalaska WI 54650

**Phone:** (608)-799-8326

**Website:** [naturallyunbridled.com](https://naturallyunbridled.com/)

# **Yoga\***

*A common practice that includes breathing control, simple mediation, and the adoption of specific bodily postures, which are widely practiced for health and relaxation.*

\*Please note that Yoga programs, classes, or free lessons, may change schedules due to seasons or attendance. Please call ahead to confirm if the program is still available.

**La Crosse YMCA Yoga class Root Down Yoga**

**Phone:** (608)-782-9622 **Phone:** (608)-519-2467

**Website:** laxymca.org Website: rootdownyogastudio.com

**North YMCA Yoga class Tammy Z’s Yoga Studio**

**Phone:** (608)-783-9622 **Phone:** (608)-386-1217

**Website:** laxymca.org Website: tammyzyoga.com

**Palm and Pine Yoga The Yoga Place**

**Phone:** (608)-519-5553 **Phone:** (608)-784-2622

**Website:** palmandpineyoga.com  **Website:** yogalacrosse.com

# **Tai Chi\***

*An internal Chinese marital art practiced for its health benefits and mediation.*

\*Please note that Tai Chi programs, classes, or free lessons, may change schedules due to seasons or attendance. Please call ahead to confirm if the program is still available.

**Bethel Lutheran Church La Crosse County ADRC**

**When:** Tuesdays 1:00-1:40 & Thursdays 11:00-11:30 **When**: Occasional 12 week classes

**Where:** 1931 Loomis St, La Crosse **Where**:Onalaska Methodist Church

**Phone:** (608)-781-0129 212 4th Ave N, Onalaska, WI 54650

 **Phone:** (608)-785-5700

**First Presbyterian Church**

**When:** Thursdays 1:00 **La Crosse Park & Rec**

**Where:** 233 West Ave. S, La Crosse **When**: Wednesday 9:00-10

**Phone:** (608)-784-4248

**Franciscan Spirituality Center**

**When:** Mondays 11:15-12:00

**Where:** 920 Market St, La Crosse

**Phone:** (608)-791-5295

# Massage Therapy

**Absolutely Therapeutic! LLC**

**Address:** 205 5th Ave S #320, La Crosse, WI 54601

**Phone:** (608)-792-2982

**Website:** [https://www.facebook.com/pages/category/Massage-Service/Absolutely-Therapeutic-LLC-130079250336931](https://www.facebook.com/pages/category/Massage-Service/Absolutely-Therapeutic-LLC-130079250336931/)

**Balanced Bodywork Massage Therapy**

**Address:** 146 Rose St, La Crosse, WI 54603

**Phone:** (608)-769-5882

**Website:** [www.balancedbodyworkmassagetherapy.com](http://www.balancedbodyworkmassagetherapy.com)

**Bentz Chiropractic Clinic**

**Address:** 406 Jackson Street, La Crosse, WI 54601

**Phone:** (608)-784-2255

**Website:** [www.bentzchiropractic.com](http://www.bentzchiropractic.com)

**Bodywork By Bea LLC**

**Address:** 125 7th Street N. La Crosse, Wisconsin 54601

**Phone:** (608)-397-6451

**Website:** [bodyworkbybea.com](http://bodyworkbybea.com/)

**Breidenbach Family and Sports Chiropractic**

**Address:** Locations in Onalaska, La Crosse North and La Crosse South

**Phone:** (608)-779-5323

**Website:** [www.myspinedoctors.net/massage](http://www.myspinedoctors.net/massage)

**Heaven's Hands**

**Address:** 205 North Chestnut St, Suite 109, La Crescent, MN 55947

**Phone:** (507)-895-5000

**Website:** www.heavenshands.com

**Massage Therapy By Bill**

**Address:** 4421 Mormon Coulee Rd, La Crosse, WI 54601

**Phone:** (608)-792-1635

**Website:** [www.massagebook.com/La\_Crosse~Massage~MassageTherapyByBill3](http://www.massagebook.com/La_Crosse~Massage~MassageTherapyByBill3?src=external)

**Metropolitan Salon & Day Spa**

**Address:** 600 3rd St N #103, La Crosse, WI 54601

**Phone:** (608)-784-6441

**Website:** <https://metropolitanspa.com/spa-skin/>

**Ophelia's Green Spa**

**Address:** 1800 Jackson St Suite B, La Crosse, WI 54601

**Phone:** (608)-782-1369

**Website:** [www.opheliasgreenspa.com](http://www.opheliasgreenspa.com)

**Wellness Zone**

**Address:** 444 Main St #207, La Crosse, WI 54601

**Phone:** (608)-784-4580

**Website:** <https://www.facebook.com/pages/Wellness-Zone/620036481665416>

**Zen Masaj**

**Address:** 700 3rd St N LL1B, La Crosse, WI 54601

**Phone:** (608)-790-0477

**Website:** [www.zenmasaj.com](http://www.zenmasaj.com)

# Physical Therapy

**Achieve Physical Therapy & Sports Medicine**

**Address:** Many locations, please check website for address

**Phone:** Many numbers based on location, please check website for direct number

**Website:** <https://achievetherapy.com/locations/>

**Burkhardt Physical Therapy Center, LLC**

**Address:** 1555 Heritage Blvd, West Salem, WI 54669

**Phone:** (608)-786-4989

**Website:** [https://burkhardtpt.com](https://burkhardtpt.com/)

**Dynamic Performance and Therapy**

**Address:** 1430 Main St. Onalaska, WI 54650

**Phone:** (608)-351-3049

**Website:** <https://www.mydynamicphysio.com/>

**Gundersen Health System**

**Address:** Various locations, please call

**Phone:** (608)-782-7300

**Website:** <https://www.gundersenhealth.org/services/physical-occupational-therapy/>

**Marcia D. Huffey, MPT**

**Address:** 1802 State Road 16 La Crosse, WI 54601-3011

**Phone:** (608)-779-0900

**Website:** <https://www.healthcare6.com/physician/la-crosse-wi/marcia-huffey-2311084.html>

**Mayo Clinic**

**Address:** 700 West Ave S., La Crosse, WI 54601

**Phone:** 608-392-9768

**Website:** <https://mayoclinichealthsystem.org/locations/la-crosse/services-and-treatments/physical-therapy>

**Salucare Rehabilitative Services**

**Address:** 2600 Ward Ave, La Crosse, WI 54601 **Phone:** (608)-787-8200

**Website:** [http://www.salucarerehab.net](http://www.salucarerehab.net/)

# Psychological Therapy

**Christian Counseling Clinic**

**Address:** 115 5th Ave S #414 C, La Crosse, WI 54601

**Phone:** (608)-782-1117

**Address:** 902 E. Second St., Suite 220, Winona, MN 55987

**Phone:** (507)-454-3900

**Website:** <http://www.winonacounselingclinic.com/christian-counseling-clinic>

**Counseling Associates, LLC**

**Address:** 115 5th Ave S #301, La Crosse, WI 54601

**Phone:** (608)-785-0827

**Website:** <https://www.counselingassociateslax.com>

**Driftless Recovery Services**

**Address:** 444 Main St #301, La Crosse, WI 54601

**Phone:** (608)-519-5906

**Website:** https://www.driftlessrecovery.com

**Family & Children's Center**

**Address:** 1707 Main St, La Crosse, WI 54601

**Phone:** (608)-785-0001

**Address:** 601 Franklin Street, Winona, MN 55987

**Phone:** (507)-453-9563

**Address:** 2118 Campus Drive SE Suite 100, Rochester, MN 55904

**Phone:** (507)-281-3913

**Address:** 920 W Wisconsin Street, Sparta, WI 54656

**Phone:** (608)-269-0567

**Address:** 1321 North Main Street, Viroqua, WI 54665

**Phone:** (608)-637-7052

**Address:** 221 Main Street, P.O. Box 271, Black River Falls, WI 54615

**Phone:** (608)-396-6398

**Website:** [https://www.fcconline.org](https://www.fcconline.org/)

**Fannin Counseling & Art Therapy**

**Address:** 129 6th St S, La Crosse, WI 54601

**Phone:** (608)-480-1676

**Website:** [http://fannincounseling.com](http://fannincounseling.com/)

**Garrison Counseling Inc**

**Address:** 319 Main St #510, La Crosse, WI 54601

**Phone:** (608)-796-1114

**Website:** <https://garrisoncounselinglax.com/>

**Gundersen Health System**

**Address:** Various locations, please call

**Phone:** (608)-782-7300

**Website:** <https://www.gundersenhealth.org/services/behavioral-health/>

**Great Rivers 2-1-1**

**Phone:** Crisis Hotline 24/7: Dial 2-1-1 or (800)-362-8255

**Website:** [http://www.greatrivers211.org/gr211](http://www.greatrivers211.org/gr211/)

**HeartJourney**

**Address:** 205 5th Ave S #308, La Crosse, WI 54601

**Phone:** (608)-785-0011

**Website:** <https://www.heartjourneylx.com/index.html>

**Hiawatha Valley Mental Health Center**

**Address:** 420 East Sarnia Street, Suite 2100, Winona, MN 55987

**Phone:** (507)-454-4341

**Website:** <https://www.hvmhc.org/>

**La Crosse County Health & Human Services**

**Address:** 300 4th St N, La Crosse, WI 54601

**Phone:** (608)-785-5875

**Website:** [http://www.co.la-crosse.wi.us](http://www.co.la-crosse.wi.us/)

**Mobile Crisis Emergency Services**

**Phone:** (608)-784-HELP (4357)

**Website:** <http://www.co.la-crosse.wi.us/humanservices/integrated.asp>

**Mary Riedel Counseling Services, LLC**

**Address:** 505 King St Suite 227, La Crosse, WI 54601

**Phone:** (608)-799-1208

**Website:** <https://www.maryriedelcounseling.com/index.html>

**Mayo Clinic**

**Address:** 212 11th St. S, La Crosse, WI 54601

**Phone:** (608)-392-9555

**Website:** <https://mayoclinichealthsystem.org/locations/la-crosse/services-and-treatments/behavioral-health>

**Peace of Mind Counseling**

**Address:** 115 5th Ave. So. Suite 523, La Crosse, WI 54601

**Address:**136 South Walnut St, La Crescent, MN 55947

**Address:** 107 East Oak St, Sparta, WI 54656

**Address:** 920 Fillmore St, Black River Falls, Wisconsin, 54615

**Phone:** (608)-797-5679 or (608)-782-4426

**Website:** [https://pomcounselingllc.com](https://pomcounselingllc.com/)

**Transformations Today Counseling, LLC**

**Address:** 205 5th Ave S, La Crosse, WI 54601

**Phone:** (608)-782-8900

**Website:** [https://www.transformationstoday.com](https://www.transformationstoday.com/)

