



Alliance to
HEAL

Halting the Effects of Addiction Locally



Alternative Pain Management Community Resource Guide

Revised 7-25-19

Disclaimer

This resource list is provided by Workgroup 3 (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 a number of 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 your 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.....	4
Pain Medicine and Alternatives.....	4
Acupuncture	6
Chiropractic and Osteopathic Care	6
Holistic	7
Massage Therapy	8
Physical Therapy	9
Psychological Therapy	10
Tai Chi*	11
Yoga*	12

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

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

- Opioids (narcotics)
- Muscle relaxants
- Nerve pain medicines
- Anti-inflammatory medicines or NSAIDS
- 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
- Chiropractic Care
- Essential Oils
- Guided Imagery
- Massage Therapy
- Music Therapy
- Physical Therapy

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



Acupuncture

Axis Acupuncture

Address: 4435 Mormon Coulee Rd,
La Crosse, WI 5460
Phone: (612)-310-7835
Website: www.axisacu.com

Dr Jack Schermerhorn

Address: 635 Welshire Dr, La Crescent MN 55947
Phone: (608)-386-0406
Website: www.schermerhornchiropractic.com

FSPA Community Acupuncture

Address: 2316 State Rd, La Crosse, WI 54601
Phone: (608)-796-1554
Website: www.fspacommunityacupuncture.com

Gundersen Health System

Address: Various locations, please call
Phone: (608)-782-7300
Website:
www.gundersenhealth.org/services/integrative-medicine

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

Bentz Chiropractic Clinic

Address: 406 Jackson Street, La Crosse, WI 54601
Phone: (608)-784-2255
Website: 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

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

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

Website: www.couleechiro.com

Driftless Chiropractic & Spinal Rehab

Address: 1022 19th St S, La Crosse, WI 54601

Phone: (608)-519-5690

Website: driftlesschiropractic.com

Gundersen Health System

Address: Various locations, please call

Phone: (608)-775-9000

Website:

www.gundersenhealth.org/services/rehabilitation/physical-medicine-and-rehabilitation

LiveWell Chiropractic & Wellness

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

Phone: (608)-782-6800

Website: www.livewellwi.com

Lorenz Chiropractic Inc

Address: 432 Cass Street, La Crosse, WI 54601

Phone: (608)-784-2227

Website: lorenzchiropracticinc.dudaone.com

Mayo Clinic

Address: 191 Theater Rd, Onalaska, WI 54650

Phone: (608)-392-5005

Website:

mayoclinichealthsystem.org/locations/onalaska/services-and-treatments/complementary-medicine

My Life Health Center

Address: 2837 Darling Court – La Crosse, WI 54603

Phone: (608) 783-3040

Website: www.mylifelacrosse.com

Washa Chiropractic Clinic

Address: 1415 Highway 16 - La Crosse, WI 54601

Phone: (608)-785-7746

Website: www.mylacrossechiropractor.com

**Life in Harmony Music Therapy LLC**

Address: 860 North Mill Street, Suite #2

Phone: (608)-799-4860

Website: lihmt.com

Naturally Unbridled Wellness

Address: 1129 Riders Club Road, Onalaska WI 54650

Phone: (608)-799-8326

Website: naturallyunbridled.com

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>

Asian Massage

Address: 1923 State Rd, La Crosse, WI 54601

Phone: (608)-881-6020

Balanced Bodywork Massage Therapy

Address: 146 Rose St, La Crosse, WI 54603

Phone: (608)-769-5882

Website:

www.balancedbodyworkmassagetherapy.com

Bentz Chiropractic Clinic

Address: 406 Jackson Street, La Crosse, WI 54601

Phone: (608)-784-2255

Website: www.bentzchiropractic.com

Bodywork By Bea LLC

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

Phone: (608)-397-6451

Website: bodyworkbybea.com

Breidenbach Family and Sports Chiropractic

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

Phone: (608)-779-5323

Website: www.myspinedoctors.net/massage

Caring Hands LLC

Address: 1022 19th St S. La Crosse, WI 54601

Phone: (608)-317-9533

Website: www.caringhandslacrosse.com

Center For Deep Tissue Massage

Address: 123 4th St N #305, La Crosse, WI 54601

Phone: (608)-782-5566

Center Healthy Touch Massage Center

Address: 1707 Main St, La Crosse, WI 54601

Phone: (608)-787-6590

Website: <https://www.facebook.com/pages/Center-Healthy-Touch-Mssg-Center/228001587535752>

Heaven's Hands

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

Phone: (507)-895-5000

Website: www.heavenshands.com

Integrated Massage

Address: 505 King St #25, La Crosse, WI 54601

Phone: (608)-518-1189

Integrative Therapies of La Crosse

Address: 2316 State Rd, La Crosse, WI 54601

Phone: (608)-796-9642

Website: integrativetherapiesoflacrosse.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

Metropolitan Salon & Day Spa

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

Phone: (608)-784-6441

Website: www.metropolitanspa.com

Ophelia's Green Spa

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

Phone: (608)-782-1369

Website: www.opheliasgreenspa.com

Serenity Hands Massage

Address: 125 7th St N B, La Crosse, WI 54601

Phone: (608)-780-9369

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

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:

<http://www.achievetherapy.com/locations/la-crosse-wi>

Burkhardt Physical Therapy Center, LLC

Address: 1555 Heritage Blvd, West Salem, WI 54669

Phone: (608)-786-4989

Website: <https://burkhardtpt.com>

Dynamic Performance and Therapy

Address: Many locations, please call

Phone: (608)-351-3049

Website:

<http://www.mydynamicphysio.com/index.html>

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>

Therapy Network, Inc.

Address: 3501 Park Ln Dr, La Crosse, WI 54601

Phone: (608) 789-7882

Website: <http://www.thetherapynetwork.com>

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>

Fannin Counseling & Art Therapy

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

Phone: (608)-480-1676

Website: <http://fannincounseling.com>

Garrison Counseling Inc

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

Phone: (608)-796-1114

Website:

<http://www.garrisoncounselingservices.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>

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: 313 4th St S, La Crosse, WI 54601

Phone: (608)-796-1168

Address: 420 East Sarnia Street, 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>

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: 103 South Water 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>

Transformations Today Counseling, LLC

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

Phone: (608)-782-8900

Website: <https://www.transformationstoday.com>

Tai Chi*

*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

When: Tuesdays 1:00-1:40 & Thursdays 11:00-11:30

Where: 1931 Loomis St, La Crosse

Phone: (608)-781-0129

Where: 920 Market St, La Crosse

Phone: (608)-791-5295

La Crosse County ADRC

When: Occasional 12 week classes

Where: Onalaska Methodist Church, 212 4th Ave N, Onalaska, WI 54650

Phone: (608)-785-5700

First Presbyterian Church

When: Thursdays 1:00

Where: 233 West Ave. S, La Crosse

Phone: (608)-784-4248

La Crosse Park & Rec

When: Wednesday 9:00-10:00

Franciscan Spirituality Center

When: Mondays 11:15-12:00

Where: South Side Neighborhood Center, 1300 6th Street South, La Crosse, WI 54601

Phone: (608)-789-753

Yoga*

*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

Phone: (608)-782-9622

Website: Laxymca.org

North YMCA Yoga class

Phone: (608)-783-9622

Website: Laxymca.org

Palm and Pine Yoga

Phone: (608)-519-5553

Website: Palmandpineyoga.com

Root Down Yoga

Phone: (608)-519-2467

Website: Rootdownyogastudio.com

Tammy Z's Yoga Studio

Phone: (608)-386-1217

Website: Tammyzyoga.com

The Yoga Place

Phone: (608)-784-2622

Website: Yogalacrosse.com



If you would like to add a resource or feel that one is missing please contact **Al Bliss**, Health Educator and Coordinator for the Alliance to HEAL, at the La Crosse County Health Department at **608-789-4820** or **abliss@lacrossecounty.org**