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 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.
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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 54601
Phone: (612) -310-7835
Website: www.axisacu.com

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

Dr Jack Schermerhorn
Address: 635 Welshire Dr, La Crescent MN 55947
Phone: (608)-386-0406
Website: www.schermerhornchiropractic.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 Braun 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/physi-cal-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

Holistic

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/category/Massage-Service/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

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

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<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Christian Counseling Clinic</td>
<td>115 5th Ave S #414 C, La Crosse, WI 54601</td>
<td>(608)-782-1117</td>
<td><a href="http://www.winonacounselingclinic.com/christian-counseling-clinic">Website</a></td>
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<td>Website:</td>
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<tr>
<td>Garrison Counseling Inc</td>
<td>319 Main St #510, La Crosse, WI 54601</td>
<td>(608)-796-1114</td>
<td><a href="http://www.garrisoncounselingservices.com">Website</a></td>
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<td>Great Rivers 2-1-1</td>
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<td><a href="http://www.greatrivers211.org/gr211">Website</a></td>
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<td>HeartJourney</td>
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<td><a href="https://www.heartjourneylx.com/index.html">Website</a></td>
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<td>Hiawatha Valley Mental Health Center</td>
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<td><a href="https://www.hvmhc.org/">Website</a></td>
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<td>La Crosse County Health &amp; Human Services</td>
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<td><a href="http://www.co.la-crosse.wi.us">Website</a></td>
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<tr>
<td>Mobile Crisis Emergency Services</td>
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<td><a href="http://www.co.la-crosse.wi.us/humanservices/integrated.asp">Website</a></td>
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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: 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

First Presbyterian Church
When: Thursdays 1:00
Where: 233 West Ave. S, La Crosse
Phone: (608)-784-4248

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

La Crosse County ADRC
When: Occasional 12 week classes
Where: Onalaska Methodist Church, 212 4th Ave N, Onalaska, WI 54650
Phone: (608)-785-5700

La Crosse Park & Rec
When: Wednesday 9:00-10:00
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