

Alternative Therapies for Painful Conditions

Chiropractic

AZ Association of Chiropractic www.AZChiropractic.org

Acupuncture

AZ Society of Oriental Medicine and Acupuncture www.AZSOMA.org

Physical Therapy

AZ Physical Therapy Association www.APTAAZ.org

Occupational Therapy

Occupational Therapists adapt activities to help people increase health and independence

AZ Occupational Therapy Association www.ArizOTA.org

Yoga

Recent studies show it can lower pain-related disability by 21%

Classes can be found at most fitness centers

Instructional videos can be found online or in DVD format

Massage

American Massage Therapy Association, AZ Chapter www.AZAMTA.org

AZ School of Massage Therapy, Tempe 480-983-2222

Cortiva School of Massage Therapy, Scottsdale 480-945-9461

Exercise

YMCA Chandler

Interventional Procedures

Focuses on more complicated cases using injections

Foothills Neurology (Awhatukee) 480-961-2365

Ahwatukee Sports and Spine (Awhatukee) 480-763-5808