More options.
Less pain.
Aurora Back and Spine
Integrative Medicine

If you’re having back and spine pain, you need to explore all your options. Our extensive team of experts offers evidence-based conventional and holistic medical practices to support your healing journey. We work in collaboration with the Back and Spine Program at Aurora St. Luke’s Medical Center to give you more options to treat your pain.

First we listen
Before we do anything, we listen carefully to you and consider your health, preferences and values. We recommend a personalized approach that may include conventional and complementary medicine therapies. Your cost may be minimized, as these therapies can eliminate the need for expensive medical procedures, tests and medications.

You can benefit from many services, including:

• **Integrative medicine consultation** – Our integrative medicine professionals will help find the root cause of inflammation that contributes to your pain.

• **Chiropractic care** – Our chiropractic doctors perform examinations that are focused on structure and function to eliminate your pain and tailor treatment to your specific condition.

• **Nutritional health coaching** – Certain foods cause inflammation that can lead to pain. Our registered dietitian with advanced training in integrative nutrition and health coaching can help you optimize your diet to reduce inflammation and pain.

• **Acupuncture** – This evidenced-based method of healing developed in China at least 2,000 years ago can be used to reduce acute and chronic pain and facilitate healing. Experience the benefits of acupuncture and other mind-body therapies for both recovery and prevention.

• **Massage therapy** – Manual manipulation of your muscles and tissues will increase circulation, reduce muscle tension, increase flexibility and stimulate the body’s natural pain relievers.

• **Craniosacral therapy** – We use a non-invasive approach to calming spinal stress and tension associated with back pain.

• **Visceral manipulation** – We use a non-invasive technique that releases abdominal restrictions that cause back pain.

Let our experts get you feeling better fast.
414-302-3800
We’ve got your back.

Office hours:

<table>
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<tr>
<th>Day</th>
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<tr>
<td>Monday</td>
<td>8 a.m. - 7 p.m.</td>
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Note: Services may be accessed individually or combined. Check with your insurance company for specific coverage. Fee schedules are available to our patients.

Aurora Wiselives Center
8320 W. Bluemound Road, Suite 125A | Wauwatosa, WI 53213