

Non-Opioid Options for Chronic Pain Management

DISCLAIMER: The advice and information contained on this list may not be appropriate for all individuals. **Southern Illinois Healthcare does not represent or warrant that the information contained below for each individual provider or service is up to date or completely accurate with regard to the payment options or services provided.** Southern Illinois Healthcare is not responsible for any injuries or health conditions that may result from utilizing any of these services or attempting any of these techniques. You should consult your physician before utilizing any of those on this list.

Last Updated: December 2022. For updates to this list please contact Emma Rea at emma.rea@sih.net or by calling (618)-457-5200, Ext. 67848.

Acupuncture:

Acupuncturists	Address	Phone	Web-site	Payment Options:
Southern IL Acupuncture	800 W. Main Street Carbondale	(618)-549-0750	http://www.chineseneedle.com/	Insurance: None Private Pay: Cash, check
Dayemi Health Center	210 E. Jackson St. Carbondale	(618)-207-5556	https://www.facebook.com/Dayemi-Health-Center-655974837851039/	Insurance: None Private Pay: Cash, credit card, check, medical savings account
Heartland Center for Acupuncture	4136 Old Highway 51 Makanda	(618)-559-2211	http://www.leighwolfacupuncture.com	Insurance: None Private Pay: Cash, credit card, check
M. Cristina	1602 N. Bentley St. Marion	(618)-303-4747	https://cristinakell.com/	Insurance: Receipt available for insurance reimbursement **Will be accepting insurance by the end of 2019 Private Pay: Cash, personal checks, credit/debit
Integrated Health of Southern IL	303 S. Commercial St. Ste 10 Harrisburg	(618)-252-5555	http://www.integratedhealthofsi.com/integrated-health-of-southern-illinois-services/	Insurance: Blue Cross, HealthLink, Medicare, Cigna, United Health Care, Coventry Private Pay: Cash, credit card, check, PayPal
Integrated Health of Southern IL	310 W. Plaza Cartersville	(618)-985-4344	http://www.integratedhealthofsi.com/integrated-health-of-southern-illinois-services/	Insurance: Blue Cross, HealthLink, Medicare, Cigna, United Health Care, Coventry

				Private Pay: Cash, credit card, check, PayPal
Bradley Chiropractic	2306 W. Main St. Marion	(618)-997-5959	https://marionchiro.com	Insurance: Blue Cross, Blue Shield, Healthlink, Cigna, Medicare Private Pay: Cash, check, credit card
Total Health Chiropractic & Acupuncture Clinic	120 E. Herrin St. Herrin	(618)-988-9830	https://www.herrinchiro.com/	Insurance: Blue Cross, HealthLink, Health Alliance, Medicare Private Pay: Check, cash, Care Credit, Visa/Mastercard

Chiropractors:

Name	Address	Phone	Web-site	Payment Options:
Carbondale Chiropractic Injury Clinic	624 E. Walnut St. Carbondale	(618)-519-9334	http://www.carbondalechiropracticinjuryclinic.com/	Insurance: Aetna, Blue Cross, Cigna, HealthLink, Health Alliance (referral), Medicare, United Health Care Private Pay: Cash, credit card, check
Allied Physicians and Rehab	1100 W. Main St. Carbondale	(618)-529-5172	http://www.alliedphysiciansandrehab.com/	Insurance: Blue Cross, Blue Shield, Medicare, HealthLink Private Pay: Cash, Care Credit, credit card, check
Simple Chiropractic	800 E. Walnut St. Carbondale	(618)-529-1943	http://www.simple-chiro.com	Insurance: None Private Pay: Cash, credit card, check, debit card
Integrated Health of Southern Illinois	310 Plaza Dr. Carterville	(618)-985-4344	http://www.integratedhealthofsi.com/	Insurance: Blue Cross, HealthLink, Medicare, Cigna, United Health Care, Coventry Private Pay: Cash, credit card, check, PayPal
Family Health and Wellness Chiropractic	1001 E. Main St. Ste 4D Carbondale	(618)-694-2201	N/A	Insurance: Aetna, Blue Shield, Blue Cross, Cigna, HealthLink, Health Alliance (referral), Medicare, United Health Care Private Pay: Cash, credit card, check

Thalman Chiropractic	606 A Eastgate St. Carbondale	(618)-549-8228	http://www.thalmanchiropractic.com/	Insurance: Aetna, Blue Cross, Cigna, HealthLink, Health Alliance, Mutual of Omaha, United Healthcare Private Pay: Cash, credit card, check
Woodard Wellness Group	1245 E. Walnut Carbondale	(618)-529-4545	https://www.woodardwellness.com/	Insurance: Does not accept Medicaid or Prime; Does accept Aetna, Blue Cross, Blue Shield, Cigna, HealthLink, Medicare, United Health Care Private Pay: Cash, credit/debit, check
Natural Health Improvement Center	701 W. Main St. Carbondale	(618)-351-9364	https://www.naturalhealthsi.com/	Insurance: Most insurance plans accepted including Blue Cross Blue Shield, Medicare, Chiro Health USA , HealthLink, Aetna Private Pay: Cash, check, credit card
Southern Illinois Spine & Joint Center	202 W. Jackson St. Sparta	(618)-443-2026	https://www.sisjc.com/	Insurance: Aetna, Blue Cross, Blue Shield, Medicare (some), HealthLink, United Health Care Private Pay: Cash, credit card, check
Steven Blandford, D.C.	1716 W. Main St. Marion	(618)-997-2112	http://www.drblandford.com/	Insurance: Any. Major providers include: Aetna, Blue Cross, Cigna, HealthLink, Health Alliance, Health Scope, Medicare, United Health Care Private Pay: Cash, credit card, check
Dixon Chiropractic Center	426 S. Blanche St. Mounds	(618)-745-6894	http://dixonchirocenter.com/	Insurance: Blue Cross, HealthLink, Medicare Private Pay: Cash, check, credit/debit
Bradley Chiropractic Clinic	2306 W. Main St. Marion	(618)-997-5959	https://marionchiro.com/	Insurance: Blue Cross, Blue Shield, Healthlink, Cigna, Medicare Private Pay: Cash, check, credit card
Felts Chiropractic Clinic	1508 N. Sioux Dr. Ste B Marion	(618)-993-2810	https://www.facebook.com/people/Felts-Chiropractic/100041676165131/	Insurance: All except Medicaid Private Pay: Cash, check, debit/credit

Heartland Chiropractic & Rehab	2001 Walnut St. Murphysboro	(618)-687-4700	https://www.facebook.com/people/Heartland-Chiropractic/100063807180037/	Insurance: Aetna, Blue Cross, Blue Shield, Cigna, HealthLink, Health Alliance (by referral), Health Scope, Medicaid (<18 years old), Medicare, United Health Alliance Private Pay: Cash, credit card, check
Whitehead Wellness	2103 W. Main St. Marion	(618)-997-5000	https://www.facebook.com/Whitehead-Wellness-Center-112662232443850/	Insurance: Blue Cross, Blue Shield, HealthLink, Health Alliance, Medicaid, Medicare, United Health Care Private Pay: Cash, credit card, check
Alternative Healthcare	3313 Patriot Ct. Herrin	(618)-993-9910	http://www.alternativehealthcaremarion.com/	Insurance: Any; Providers with Blue Cross, Blue Shield, HealthLink, State of Illinois, Veterans Affairs (by referral) Private Pay: Cash, check, credit card
Miller Spinal Health & Wellness Center	404 S. Court St. Marion	(618)-997-8066	https://www.millerhealthcenter.com/	Insurance: Any but Medicaid; Includes but not limited to: Aetna, Blue Shield, Cigna, HealthLink, Medicare, United Health Care Private Pay: Cash, check, credit card, debit
Mills Wellness Center	4501 W. Deyoung St. Ste B-105 Marion	(618)-993-9113	https://www.facebook.com/Mills-Wellness-Center-252859431453902/	Insurance: Blue Cross, Medicare, will bill HealthLink, Health Alliance Private Pay: Check, cash, visa
Total Health Chiropractic & Acupuncture Clinic	120 E. Herrin St. Herrin	(618)-988-9830	https://www.herrinchiro.com/	Insurance: Blue Cross, HealthLink, Health Alliance, Medicare Private Pay: Check, cash, Care Credit, Visa/Mastercard
Murphysboro Chiropractic Clinic	106 S. 14 th St.	(618)-684-3344	N/A	Insurance: Most insurances accepted HealthLink, Blue Cross Blue Shield, Aetna, Allegiance. Do not accept Medicaid Private Pay: Cash, Check, Debit/Credit

Licensed Massage Therapy:

Licensed Massage Therapists	Address	Phone	Web-site	Payment Options:
In Sync Body Therapy Center	2031 S. Illinois Ave Carbondale	(618)-457-7732	http://www.insyncmindbodytherapycenter.com/index.html	Insurance: Receipt available for insurance reimbursement; check with provider Private Pay: Cash, Credit, Debit, Check
The Massage Boutique	1320 S. Giant City Rd Carbondale	(618)-519-0472	http://www.themassageboutique.massagetherapy.com/	Insurance: None Private Pay: Cash, credit card, check
Allied Physicians and Rehab	1100 W. Main St. Carbondale	(618)-529-5172	http://www.alliedphysiciansandrehab.com	Insurance: Blue Cross, Blue Shield, Medicare, HealthLink Private Pay: Cash, Care Credit, credit card, check
Woodard Wellness Group	1245 E. Walnut St. Carbondale	(618)-529-4545	https://www.woodardwellness.com/	Insurance: Does not accept Medicaid or Prime; Does accept Aetna, Blue Cross, Blue Shield, Cigna, Coventry, HealthLink, Medicare, Cigna, United Health Care Private Pay: Cash, Credit card, Check, Debit
Thalman Chiropractic	606 A Eastgate St Carbondale	(618)-549-8228	http://www.thalmanchiropractic.com/	Insurance: Aetna, Blue Cross, Cigna, HealthLink, Health Alliance, Mutual of Omaha, United Healthcare Private Pay: Cash, credit card, check
Sue Ellen Broshuis	404 S. Court St. Marion	(618)-997-8066	https://www.millerhealthcenter.com/	Insurance: None Private Pay: Cash, debit
Health Promoting Massage	111 S. Appleknocker Dr. Cobden	(618)-559-6302	http://www.healthpromoting.massagetherapy.com/	Insurance: None Private Pay: Cash, credit card, check
Integrated Health of Southern IL	310 W. Plaza Carterville	(618)-985-4344	http://www.integratedhealthofsi.com	Insurance: Blue Cross, HealthLink, Medicare, Cigna, United Health Care, Coventry Private Pay: Cash, Credit Card, Check, PayPal

Caring Hands Massage Therapy	900 W. White St. Marion	(618)-889-3220	<a href="https://www.facebook.com/caringhandsmass
age17/">https://www.facebook.com/caringhandsmass age17/	Insurance: None Private Pay: Cash, credit card, check
Carbondale Chiropractic Injury Clinic	624 E. Walnut St. Carbondale	(618)-519-9334	<a href="http://www.carbondalechiropracticinjuryclinic.
com/">http://www.carbondalechiropracticinjuryclinic. com/	Insurance: Blue Cross, Health Link Private Pay: Cash, Credit card, Check
Oasis Skin Care Clinic, LLC	707 Walnut St. Murphysboro	(618)-207-4404	https://www.oasisskincareclinic.net	Insurance: None Private Pay: Cash, credit, debit
Intuitive Massage	201 E. Main St. Carbondale	(618)-713-4002	https://www.intuitivesoulcarbondale.com/	Insurance: Unknown Private Pay: Cash, credit, debit

Physical Therapy:

Therapy Clinics	Address	Phone	Web-site	Payment Options
SIH Outpatient Rehab Locations	1000 Leigh Rd. Anna	(618)-833-1506	www.sih.net	All SIH Outpatient Rehab locations accept all forms of insurance. Private pay options include check, credit/debit, cash
	SIH Cancer Institute 1400 Pin Oak Dr. Carterville	(618)-985-3333		
	305 W. Jackson St. Carbondale	(618)-529-0516		
	201 S. 14 th St. Herrin	(618)-988-6131		
	117 E. Clark Harrisburg	(618)-294-9326		
	Logan Park 500 Lincoln Dr. Ste B Herrin	(618)-993-4024		
	1403 Joe Abbott Way Marion	(618)-993-6237		

	6 E. Shawnee Dr. Murphysboro	(618)-684-8018		
	502 W. St. Louis St. Ste 5 West Frankfort	(618)-922-8902		
Joyner's Therapy Service	2907 Williamson County Pkwy Marion 924 S. Commercial St. Harrisburg	(618)-998-9894 (618)-252-7171	https://www.joynertherapyservices.com	Insurance: All Private Pay: Cash, check, debit, credit
Integrated Health of Southern Illinois	310 W. Plaza Carterville	(618)-985-4344	http://www.integratedhealthofsi.com/	Insurance: Blue Cross, HealthLink, Medicare, Cigna, United Health Care, Coventry Private Pay: Cash, Credit Card, Check, PayPal
NovaCare	2500 Williamson County Pkwy	(618)-997-9497	https://www.novacare.com/contact/find-a-location/il/marion/marion/	Insurance: All Private Pay: Check, money order, credit, debit
Athletico	703 W. Main St. Marion 900 E. Walnut St. Suite 1 Carbondale	(618)-992-2468 (618)-353-3977	https://www.athletico.com/locations/marion https://www.athletico.com/locations/carbondale/?location=carbondale	Insurance: Most major insurances accepted including Aetna, Blue Cross Blue Shield, Cigna, HealthLink, Humana, Medicare, Mutual of Omaha, TRICARE, and all workers comp insurance Private Pay: Check, money order, credit card, Care Credit

Reiki:

Reiki	Address	Phone	Web-Site	Payment Options:
Southern Illinois Reiki	DeSoto	(618)-924-3465	N/A	Insurance: None Private Pay: Cash, Check

In Sync Body Therapy Center	2031 S. Illinois Ave Carbondale	(618)-457-7732	http://www.insyncmindbodytherapycenter.com/index.html	Insurance: Receipt available for insurance reimbursement; check with provider Private Pay: Cash, credit, debit, check
The Massage Boutique	1320 S. Giant City Rd Carbondale	(618)-519-0472	http://www.themassageboutique.massagetherapy.com/	Insurance: None Private Pay: Cash, Credit card, check
Mary Ann Wildwood	1400 Wood Rd. Murphysboro	(618)-529-5229	http://maryannwildwood.com/	Insurance: All Major providers including Medicare; excludes Medicaid Private Pay: Cash, credit card, check

Tai Chi:

Tai Chi	Address	Phone	Web-Site	Payment Options:
Southern Illinois Reiki	DeSoto	(618)-924-3465	N/A	Insurance: None Private Pay: Cash, check
In Sync Body Therapy Center	2031 S. Illinois Ave. Carbondale	(618)-457-7732	http://www.insyncmindbodytherapycenter.com/index.html	Insurance: Receipt available for insurance reimbursement; check with provider Private Pay: Cash, credit, debit, check
The Massage Boutique	1320 S. Giant City Rd. Carbondale	(618)-519-0472	http://www.themassageboutique.massagetherapy.com/	Insurance: None Private Pay: Cash, credit card, check

Yoga:

Yoga	Address	Phone	Web-Site	Payment Options:
One I o I One Yoga	101 S. Graham Ave. Carbondale	(618)-457-2700	http://center101yoga.com/	Insurance: None Private Pay: Cash, Check

In Sync Body Therapy Center	2031 S. Illinois Ave. Carbondale	(618)-457-7732	http://www.insyncmindbodytherapycenter.com/index.html	Insurance: Receipt available for insurance reimbursement; check with provider Private Pay: Cash, credit, debit, check
The Yoga Room	602 Court St. Marion	(618)-925-0365	https://www.facebook.com/theyogaroomenergyil/	Insurance: None Private Pay: Cash, check
Blue Heron at Mandala Gardens	1704 N. State St. Marion	(618)-889-9228	https://www.mandalagardens.org/	Insurance: None Private Pay: Cash, credit, check, PayPal
SIUC Recreation Center	300 E. Grand Carbondale	(618)-453-1277	https://rec.siu.edu/programs/fitness/specialty-classes/	Insurance: None Private Pay: Cash, credit, debit

Other Pain Management Options (Interventional):

Name	Address	Phone	Web-site	Payment Options:
Pain Management Center	108 Airway Dr. Marion	(618)-997-7820	https://www.thepainmd.com	Insurance: Any, including all Illinois Medicaid MCOs; Does not accept Southern Illinois University insurance, Anthem Medicare Advantage. Private Pay: Cash, check, credit card
Pain Management Center	67 Lakeview Dr. Paducah, KY	(270)-554-8373	https://www.thepainmd.com	Insurance: Any, including all Illinois Medicaid MCOs (except Illinois Blue Cross); Does not accept Southern Illinois University insurance, Anthem Medicare Advantage. Private Pay: Cash, check, credit card
Advanced Pain Management	108 N. Division Carterville	(618)-985-3929		Insurance: Most major providers, including Blue Cross, HealthLink, Medicare, and United Healthcare; Do NOT accept medical card, IDPA Private Pay: Cash

Dr. Gerson Criste	305 W. Jackson Ste. 103 Carbondale	(618)-351-4972	N/A	Insurance: Any Private Pay: Cash, credit card, check
Shirley Ryan Ability Lab Dr. Keith Burchill, MD, DC	3224 S. Park Ave. Herrin	(618)-351-4980	www.sralab.org	Insurance: All insurance Private Pay: Bill through Shirley Ryan Ability Lab in Chicago, accepting cash, check, credit card

Support Groups for Managing Pain:

Name	Address	Phone	Web-site	Payment Options:
Gateway Foundation Basic Outpatient Program HOPE (Healthy Options for Managing Pain Effectively)	1080 E. Park St. Carbondale	(618)-310-0707	https://www.gatewayfoundation.org/locations/carbondale/	Insurance: Aetna, Blue Cross, Blue Shield, Cigna, Health Alliance, HealthLink, Humana, Magellan, United Healthcare, etc. Private Pay: Cash, credit card,

Additional Things to Try to Relieve Pain:

- Dimming lights
- Warm blankets
- Back rub
- Cold or Warm Washcloth

Items That May Make You More Comfortable:

- Ice pack
- Neck pillow
- Saline nose spray
- Warm blanket

- Extra pillow
- Mouth swab
- Warm/Cold compress
- Warm/Cold washcloth
- Pillow to raise your knees/ankles
- Essential Oils

Actions That May Make You More comfortable:

- Repositioning
- Gentle stretching/range of motion
- Adjust lighting/noise level
- Walk in the hall
- Bath or shower
- Adjust bedding
- Dietary changes

Additional Options for Relaxation:

- Ear plugs
- Personal headphones
- Quiet/uninterrupted time
- Eye shield to block light
- Listen to music
- Visit from family/friends