

Alternative Approaches to Pain

Comprehensive, Effective Relief for Chronic and Acute Pain



Managing chronic and acute pain as we age requires an integrated and comprehensive approach. Failure to address root causes of physical and emotional discomfort can lead to over medication, without necessarily increasing your comfort or quality of life.

Rather than treating your pain symptomatically, we instead will work with you to understand the sources of your pain and develop a comprehensive pain management plan that includes medication monitoring as well as a variety of evidence-based, non-invasive pain management approaches.

Our in-house alternative pain management treatments include acupuncture, therapeutic massage, yoga and tai chi, and meditation. Our care team will work with you to determine which of these methods might work best with your particular needs. We will also help you with any referrals if you need additional support.

Our alternative approaches to pain provide patients with in-house services to manage a variety of chronic and acute pain:

- low-back pain
- neck pain
- osteoarthritis pain
- knee pain
- cancer pain
- emotional pain

OUR SERVICES INCLUDE:



Acupuncture

Tuesdays & Thursdays, 1:00 pm - 6:00 pm



Massage Therapy

COMING SOON!



Tai Chi Classes*

Tuesdays & Thursdays, 11:30 am - 12:30 pm



Yoga Classes*

Chair-Based Yoga Coming Soon, Wed. at Noon



Mediation Classes*

COMING SOON!

*VIRTUAL OFFERINGS



204 E. Market St., Suite A, Louisville KY

502-588-4340 | www.TragerInstitute.org



Call 502-588-4340 or visit www.tragerinstitute.org/alt-pain

to learn more about our alternative approaches to pain