

Alternative Treatment Providers

This page is intended to serve as a resource to provide information and awareness of complimentary, or alternative therapies for pain management in the community. It is a part of the effort of the Opioid Safety Coalition to reduce the negative effects that have resulted from opioid misuse/overuse.

It is important to note that this list is not exhaustive and inclusion on the list is not an advertisement or endorsement for any of the given providers. If there are any providers or specialties that you feel should be included please contact Audrey Garces at 805-781-5063, or email agarces@co.slo.ca.us.

Chiropractor

Chiropractors focus on the structure and manipulation of body alignment in order to relieve pain and improve function. Chiropractic procedures are often used to relieve symptoms of chronic back, neck, arm, and leg pain.

Organization	Location	Contact	Insurance Coverage
Oceano CHC	1941 Cienaga St Oceano, CA 93445	(805) 270-0025	CenCal
Powersource Chiropractic	1422 Monterey Street A201 San Luis Obispo, CA 93401	(805) 781-9155	Medi-Cal
Affinity Chiropractic	3565 S Higuera St San Luis Obispo, CA 93401	(805) 544-8884	Medi-Cal
SLO Wellness Center	1428 Phillips Ln #300 San Luis Obispo, CA 93401	(805) 543-8688	Medi-Cal
Ruda Chiropractic	130 S Halcyon Rd B Arroyo Grande, CA 93420	(805) 481-8508	CenCal (only if pregnant or under 21)
Willis Family Chiropractic	3534 El Camino Real Atascadero, CA 93422	(805) 462-2595	Medi-Cal
Craig A Beuttler	7305 Morro Rd, Suite 201 Atascadero CA 93422	(805) 460-7447	Medi-Medi (Medi-Cal w/ Medicare)

Acupuncture/Chinese Medicine

Acupuncture therapy attempts to relieve pain by activating the body's natural healing properties with the use of fine needles. Chinese medicine is also used to treat symptoms of pain using herbal blends targeted towards specific ailments. Many healthcare plans now cover these treatments for chronic pain relief.

Organization	Location	Contact	Insurance Coverage
Intuitive Acupuncture	2078 Parker St., Suite 200, San Luis Obispo, CA 93401	(805) 459-6561	Blue Shield, Blue cross, Anthem, Cigna, any PPO, TriWest/Veterans Affairs patients
East West Natural Medicine Center	1415 Higuera Street San Luis Obispo, CA 93401	(805) 543-8958	CenCal
Acupuncture Center of San Luis Obispo	891 Pismo St San Luis Obispo, CA 93401	(805) 467-6730	Anthem Blue Cross
SLO Chinese Medical Center	1124 Nipomo St Suite C, San Luis Obispo CA 93401	(805) 202-1492	Blue Shield, Blue Cross, Aetna, United Health Care
Healing Alternatives	1248 Laurel Ln San Luis Obispo, CA 93401	(805) 541-2199	Blue Shield, Anthem-Blue Cross

Cognitive Behavioral Therapy

Cognitive Behavior Therapy (CBT) treats pain by removing the negative thoughts and emotions that enhance the perception of pain. Since it focuses on behavior, it is a very low-risk treatment option. One such method includes the use of neurofeedback, which utilizes measurements of brain action in order to train the self regulation of brain function.

Organization	Location	Contact
Pathways to Health	880 Oak Park Blvd. Ste 202 Arroyo Grande, CA 93420	(805) 481-3499

Physical Therapists

Physical therapists are experts in understanding the source of pain and developing a proper training regimen to alleviate symptoms. It provides patients with relief from chronic pain by improving strength and motion.

Organization	Location	Contact	Insurance Coverage
Cambria PT	1266 Tamson Drive Suite 101 Cambria CA 93428	(805) 924-1605	Medi-Cal and CenCal
North County PT- Atascadero	6713 Morro Rd Atascadero, CA 93422	(805) 461-5514	CenCal
North County PT-Paso Robles	1191 Creston Rd #115 Paso Robles, CA 93446	(805) 239-3635	CenCal
Sports and Wellness PT	3440 S Higuera St #120 San Luis Obispo, CA 93401	(805) 439-2159	Medi-Cal and CenCal
San Luis Sports PT	<i>Multiple</i>	<i>Multiple</i>	Varies by Location
Arroyo Grande	1510 W. Branch St Arroyo Grande, CA 93420	(805) 489-7912	Varies by Location

Atascadero	7325 El Camino Real Atascadero, CA 93422	(805) 466-6719	Varies by Location
Morro Bay	890 Shasta Ave. Morro Bay, CA 93442	(805) 772-4325	Varies by Location
Orcutt	4869 Bradley Rd. Suite 114 Santa Maria, CA 93455	(805) 938-5320	Varies by Location
Paso Robles	1414 Park St Paso Robles, CA 93446	(805) 226-0975	Varies by Location
San Luis Obispo	805 Aerovista Place, Suite 104 San Luis Obispo, CA 93401	(805) 543-7771	Varies by Location
Templeton	350 Posada Ln, 103 Templeton, CA 93465	(805) 434-2050	Varies by Location
Spirit Winds PT	1422 Monterey Street, C102 San Luis Obispo, CA 93401	(805) 543-5100	Blue Cross, Blue Shield, Medicare, Cigna, United Healthcare, Personal Injury
Mission Physical Therapy Group	1544 Higuera St San Luis Obispo, CA 93401	(805) 543-5632	Accepts Cen-Cal, Medicare

Massage Therapists

Massage therapy can be used to treat chronic pain associated with muscles, tendons, and joints, as well as relieve stress and anxiety. The degree of pressure can vary depending on patient and therapist discretion.

Organization	Location	Contact
SLOCO Massage and Wellness Spa	1957 Santa Barbara Ave San Luis Obispo, CA 93401	(805) 439-2515
Plus Massage	1140 Railroad Street Paso Robles, CA 93453	(805) 835-9798
Morro Bay Massage & Wellness Center	736 Main St, Morro Bay CA 93442	(805) 540-4186

Yoga

Yoga involves a combination of mental relaxation and physical exercise that strengthens muscles. These properties make it suited to relieve some forms of chronic pain. While many insurance policies do not cover yoga, video recordings containing yoga instruction are widely available for home practice.

Organization	Location	Contact
Central Coast Yoga and Pilates	8810 Morro Rd Atascadero, CA 93423	(805) 460-6822
SLO Yoga Center	672 Higuera St #200 San Luis Obispo, CA 93401	(805) 598-7100
Yoga Village	132 W Branch St Arroyo Grande, CA 93420	(805) 474-9884

Pain Management

Pain clinics have physicians who specialize in treating chronic pain through a variety of methods. These include some medications, physical therapy, nerve blocks, and massage therapy.

Organization	Location	Contact	Insurance Coverage
Lags Medical Center	1223 Higuera St., Suite 101 San Luis Obispo, CA 93401	(805) 541-8584	Medi-Cal
Pain Management Specialists	10 Santa Rosa St #201 San Luis Obispo, CA 93405	(805) 544-7246	CenCal
Central Coast Spine and Pain Management	310 S Halcyon Rd Arroyo Grande, CA 93420	(805) 473-3705	CenCal

Nutrition Counseling

Research has shown that diet can have a substantial impact on a number of factors that influence pain such as blood pressure, cholesterol, and inflammation. Nutritionists and dietitians work with you to develop a personalized diet and lifestyle plan to improve your health.

Organization	Location	Contact	Insurance Coverage
Not Your Average Nutritionist	1264 Higuera St San Luis Obispo, CA 93401	(805) 801-1321	CenCal

Naturopathy

Naturopathic physicians use a holistic approach to treat patients and provide preventative care to minimize the risk of future illness. Treatments from naturopathic physicians include: plant-based supplements, homeopathic medicine, physical manipulation, and acupuncture.