

Supplemental Methods to Managing Pain

Acupuncture

- Working Class Acupuncture - 5310 NE 42nd Ave, Portland, OR
POCA Tech's student clinic has appointments starting from 9:00am-1:00pm at St. Charles Church. The 75 and the 72 bus both stop near 42nd & Killingsworth. Enter from the parking lot and follow the signs down the hall. All treatments at St. Charles are FREE.
- Oregon College of Oriental Medicine (OCOM) - 503-445-0950
Individual Acupuncture - Master's students provide supervised acupuncture & Chinese herbal care. (70 minutes) \$25
Group Acupuncture - Master's students provide supervised acupuncture in a seated, group setting. (50 min.)\$10
- National College of Natural Medicine (NCCM) – 503-552-1515
Most locations are open to the entire community and visit fees range from \$20 to \$40. Community Clinics Schedule Line: Mondays—Fridays, 9 a.m.–4 p.m. OHP is accepted at some clinics. Please call to confirm.

Chiropractic

- University of Western States - W Burnside Clinic - 315 SW 4th, Portland, OR 97204 and 2900 NE 132nd Ave, Portland, Oregon 97230 503-223-2213
BOTH the West Burnside and the UWS Campus Clinic offer sliding scale based upon income. This can range from Free to \$20 per office visit. Xray and Diagnostic US is also on site at the Campus Health Center.

Massage

- Oregon College of Oriental Medicine (OCOM) -503-445-0950
Tuina (twee_NAH), a Chinese style of massage, utilizes techniques like kneading, pressing, rolling, shaking and stretching to treat musculoskeletal problems and improve the functions of channels, internal organs, tendons, bones and joints. Shiatsu (shee-AHT-soo) is a Japanese style of massage that seeks to enhance the flow of qi by stimulating pressure points with fingers, hands and arms. \$25 per visit
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Yoga/Stretching

- Fat Yoga – 6340 SE Foster, Portland, OR 97206 - 503-890-6646
Community classes are fully-guided open yoga practice. The flow of class generally tends to be gentle to beginner. While donations are accepted, the community class is freely offered. Classes are Tuesday 6p-7p and Saturday 10:30a-11:30a.
- Peoples Food Co-op - Kaleidoscope Yoga Class - 3029 SE 21st avenue, Portland, OR, 97202
Every Wednesday at 10:00a, there is a class free to members of the Co-op. Membership per year can be as little as \$30. If folks don't have income, they are willing to work with them.

Saline Pools

- LA Fitness – \$29/mon
- Cascade Athletic Club - \$49/mon
- March Wellness & Fitness Center (OHSU) – regular non-referred membership is \$102/mon. If a pt is referred by provider to the Medical Exercise Program there is a 50% discount and some may be covered by their insurance.
- Providence Rehabilitation Services aquatic physical therapy - Requires referral from PCP & evaluation by PT before beginning. Prov Rehab Services have two pools.

Gyms

- Crunch - <https://www.crunch.com> - \$9.95
- Body Renew Fitness Northwest - <http://www.bodyrenewnorthwest.com> - \$10
- Planet Fitness - <http://www.planetfitness.com> - \$10

Walking

- Local school track
One lap around a track is 400 meters or roughly ¼ a mile.
- Clackamas Town Center
Access for walking in a climate controlled environment year round. Walkers can access the center at approximately 6am through main mall entrances. Walkers are encouraged to complete their exercise prior to the mall opening. The upper level, including the Food Court, is approximately .6 miles and the lower level is approximately .5 miles.

Mindfulness Meditation

UC San Diego Health Center for Mindfulness

Guided Audio Files to Practice Mindfulness Based Stress Reduction:

<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

UCLA Mindful Awareness Research Center

An introduction to mindfulness meditation that you can practice on your own, turn on your speakers and click on the "Play" button. Podcasts are also available on iTunes.

<http://marc.ucla.edu/body.cfm?id=22>

University of Vermont – The Center for Health and Wellbeing

Mindfulness Audio and Video Exercises

<http://www.uvm.edu/~CHWB/psych/?Page=exercises.html&SM=mindfulnessmenu.html>

Jon Kabat-Zinn Meditations

<https://www.youtube.com/watch?v=NxYFxiZBqHg>

<https://www.youtube.com/watch?v=o5ssKPoKQzY>

Therapy

- BHCs are available to assist pts in scheduling appointments for ongoing therapy through Clackamas County Mental Health. If a pt has Family Care insurance, they are able to access private therapists in the larger community, many of which specialize in working with chronic pain.

Chronic Pain Management Group

- Clackamas County Health Centers offer two groups that address managing chronic pain. This is a self-referring group for any enrolled pt. They can call 503-655-8471 to register. Wednesdays 11-12 at Sunnyside and 3:05-4:05 at Beaver Creek.

Coping Skills Group

- Four workshops that help build positive coping skills. This is a self referring group for pt's enrolled at any Clackamas County Health Center. They can call 655-8471 to register. Tuesdays 3:05-4:05 at Beaver Creek.

Phone/tablet Apps

There are many great apps available to assist in mindfulness practice, exercise monitoring and motivation.

- <https://insighttimer.com>
- <http://stopbreathethink.org>
- <http://www.mapmyfitness.com>
- <http://www.calm.com>
- <https://www.headspace.com>

North Clackamas Parks and Recreation

- N. Clackamas residents can apply for 1 scholarship annually for a 50% discount on services including Aquasize and lap swimming. Individuals 62+ can use the pool on M/W/F from 7a-10a for \$1/\$1.25 (out of district). Personal assistants for honored citizens swim free.