

Chronic Pain Management

Modalities Offered	Provider	Street Address	City	State	Zip Code	Phone	Website	Pain Treated
Acupuncture	Cumberland Acupuncture and Wellness Center	1045 Cherry Wood Ave.	Cumberland	MD	21502	301-722-0075	N/A	osteoarthritis, lower back pain headache, peripheral neuropathy
	Mountainside Maryland Acupuncture	151 Bishop Dr.	Frostburg	MD	21532	240-580-0280	www.facebook.com/mountainsidemarylandacupuncture	peripheral neuropathy
	Gonzaga Interventional Pain Management	957 National Hwy.	La Vale	MD	21502	240-362-7728	www.gonzagapainmanagement.com	lower back pain, osteoarthritis, headaches, peripheral neuropathy
	Hagerstown Holistic Wellness	28 South Potomac St. 2R	Hagerstown	MD		301-671-5549	www.hagerstownholisticwellness.com	lower back pain, osteoarthritis, headaches, peripheral neuropathy
	Wind Gate Wellness	42 E Cross St.	Baltimore	MD	21230	410-645-1474	www.windgatewellness.com	lower back pain, headaches, osteoarthritis, peripheral neuropathy
	WV. Acupuncture - Jason Trombley, AP, LMT	990 Fairmont Rd, Suite B	Morgantown	WV	26501	304-282-5533	www.wv-acupuncture.com	lower back pain, osteoarthritis, headaches
	Bruceton Wellness Center	15630 N. Preston Hwy	Bruceton Mills	WV	26525	304-379-7000	www.brucetonwellness.com	lower back pain, osteoarthritis, headaches
Bio Feedback	Healthy Wayz	1223 National Hwy	La Vale	MD	21502	240-362-7445	www.healthywayz.org	fibromyalgia, migraine
	Somatic Wellness Massage & Salt Spa	11 Commerce Dr. Suite 100	Morgantown	WV	26501	304-288-8767	www.massagewv.com	fibromyalgia, migraine

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Chiropractic (Spinal Manipulation)	Accent on Health	405 Firemans Ave	Cumberland	MD	21502	301-777-3710	www.accentonhealth.org	lower back pain, neck pain
	Allegany Chiropractic Center	203 Greene St	Cumberland	MD	21502	301-777-0110	www.alleganychiropractic.com/index.php	lower back pain, neck pain
	McKenzie Chiropractics	928 National Hwy	Cumberland	MD	21502	301-729-0034		lower back pain, neck pain
	Dr. Jack Murray	12 Decatur St.	Cumberland	MD	21502	301-722-4400		lower back pain, neck pain
	Around the Back Family Chiropractor & Massage Therapy	14315 National HWY, SW	La Vale	MD	21502	301-729-9400	www.aroundthebackchiro.com	lower back pain, neck pain,
	Healthy Wayz	1223 National Hwy	La Vale	MD	21502	240-362-7445	www.healthywayz.org	lower back pain, neck pain
	Mankmayer Chiropractic & Rehabilitation P.C.	11349 National Pike	Grantsville	MD	21536	301-895-5100	www.garrettcountychiro.com	lower back pain, neck pain
	Advantage Health and Wellness	699 Burrough Street.	Morgantown	WV	26505	304-225-9355	www.morgantownchiropractor.com	lower back pain, neck pain
	Bruceton Wellness Center	15630 N. Preston Hwy	Bruceton Mills	WV	26525	304-379-7000	www.brucetonwellness.com	lower back pain, neck pain
Exercise Therapy	Allegany Chiropractic Center	203 Greene St	Cumberland	MD	21502	301-777-0110	www.alleganychiropractic.com/index.php	lower back pain, osteoarthritis, peripheral neuropathy, migraine, fibromyalgia
	WMHS Community Wellness	12501 Willowbrook Rd	Cumberland	MD	21502	240-964-8424		osteoarthritis
	Life fitness Management	1226 National Hwy	La Vale	MD	21502	301-729-2275	www.lifefitness-management.com	ostearthritis

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	Comprehensive Pain Center	8894 Stanford Blvd. #104	Columbia	MD	21045	410-997-7246	www.comprehensivepaincenter.com	osteoarthritis, lower back pain, migraine, fibromyalgia, peripheral neuropathy
	Bruceton Wellness Center	15630 N. Preston Hwy	Bruceton Mills	WV	26525	304-379-7000	www.brucetonwellness.com	osteoarthritis, lower back pain, migraine, fibromyalgia, peripheral neuropathy
Herbal Medicine	Cumberland Acupuncture and Wellness Center	1045 Cherry Wood Ave.	Cumberland	MD	21502	301-722-0075		lower back pain, headache
	Mountainside Maryland Acupuncture	151 Bishop Dr.	Frostburg	MD	21532	240-580-0280	www.facebook.com/mountainsidemarylandacupuncture	lower back pain, headache
	IASO Healing Arts Studio	50 A N. Mechanic St.	Cumberland	MD	21502	301-697-2295	www.katiehigson.net	lower back pain, headache
	Appalachian Center for Ethnobotanical Studies	101 Braddock Rd.	Frostburg	MD	21532	301-687-3171	www.facebook.com/Appalachian-Center-for-Ethnobotanical-Studies	chronic pain in general
Hypnosis	Zealand Psychological Associates	152 Bedford St	Cumberland	MD	21502	301-722-8000 301-722-8001	www.zealandpsychologicalassociates.com	chronic pain in general
	Hagerstown Holistic Wellness	28 South Potomac St. 2R	Hagerstown	MD	21740	301-671-5549	www.hagerstownholisticwellness.com	chronic pain, irritable bowel syndrome
	Hagerstown Hypnosis Center	44 N Potomac St	Hagerstown	MD	21740	240-347-4655	www.hagerstownhypnosiscenter.com	chronic pain in general, irritable bowel syndrome
	Hypnosis Columbia	5570 Sterrett Place Suite 310	Columbia	MD	21044	443-686-9645	www.hypnosiscolumbia.com	chronic pain in general, irritable bowel syndrome
	The Hypnosis Center of Howard County	5116 Dorsey Hall Dr	Ellicott City	MD	21042	410-204-1401	www.hcofhc.com	chronic pain in general, irritable bowel syndrome

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	Wind Gate Wellness	42 E Cross St.	Baltimore	MD	21230	410-645-1474	www.windgatewellness.com	chronic pain in general, irritable bowel syndrome
Inter-disciplinary Rehab	Pain Management Specialists	12252 Williams Rd. Suite 101	Cumberland	MD	21502	240-453-9182	www.painmanagespecialists.com	lower back pain, fibromyalgia
	Mankmayer Chiropractic & Rehabilitation P.C.	11349 National Pike	Grantsville	MD	21536	301-895-5100	www.garrettcountychiro.com	lower back pain, fibromyalgia
	Gonzaga Interventional Pain Management	957 National Hwy.	La Vale	MD	21502	240-362-7728	www.gonzagapainmanagement.com	lower back pain, fibromyalgia
	Comprehensive Pain Center	8894 Stanford Blvd. #104	Columbia	MD	21045	410-997-7246	www.comprehensivepaincenter.com	lower back pain, fibromyalgia
	Advantage Health and Wellness	699 Burrough Street.	Morgantown	WV	26505	304-225-9355	www.morgantownchiropractor.com	fibromyalgia
Massage	Accent on Health	405 Firemans Ave	Cumberland	MD	21502	301-777-3710	www.accentonhealth.org	lower back pain
	Allegany Chiropractic Center	203 Greene St	Cumberland	MD	21502	301-777-0110	www.alleganychiropractic.com/index.php	lower back pain, neck pain, osteoarthritis
	Appalachia Awakening	618 N. Mechanic St.	Cumberland	MD	21502	240-609-7729	www.appalachiaawakening.com	lower back pain, neck pain, osteoarthritis
	IASO Healing Arts Studio	50 A N. Mechanic St.	Cumberland	MD	21502	301-697-2295	www.katiehigson.net	general chronic pain
	Neuromuscular & Swedish Massage Center	111 Valley St.	Cumberland	MD	21502	301-777-7996		lower back pain, neck pain, osteoarthritis
	Rehab 1st	157 Baltimore St.	Cumberland	MD	21502	301-722-3680	www.rehab1st.com	lower back pain, arthritis
		225 East Main St.	Frostburg	MD	21532	301-689-5233		
		201 Russell Ave.	Gaithersburg	MD		301-987-6170		

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	Life fitness Management	1226 National Hwy	La Vale	MD	21502	301-729-2275	www.lifefitness-management.com	lower back pain, osteoarthritis
	Around the Back Family Chiropractor & Massage Therapy	14315 National HWY, SW	La Vale	MD	21502	301-729-9400	www.aroundthebackchiro.com	lower back pain, osteoarthritis, neck pain
	Gonzaga Interventional Pain Management	957 National Hwy.	La Vale	MD	21502	240-362-7728	www.gonzagapainmanagement.com	lower back pain, neck pain, osteoarthritis
	My Life Massage Therapy	957 National Hwy.	La Vale	MD	21502	240-920-2843	www.mylife.massagetherapy.com	lower back pain
	Healthy Wayz	1223 National Hwy	La Vale	MD	21502	240-362-7445	www.healthywayz.org	lower back pain, neck pain, osteoarthritis
	In the Zen Wellness Center	6 S Water St	Frostburg	MD	21502	301-707-9667 301-707-5097 301-268-1474	https://www.inthezenyoga.com/	lower back pain, neck pain, osteoarthritis
	Massage Therapy, LLC	1000 Combs Farm Dr.	Morgantown	WV	26508	724-998-0662	www.dinsmoremassage.com	lower back pain, neck pain, osteoarthritis
	Somatic Wellness Massage & Salt Spa	11 Commerce Dr. Suite 100	Morgantown	WV	26501	304-288-8767	www.massagewv.com	lower back pain, neck pain, osteoarthritis
	Alternative Healing Center	425 Number 8 Hollow	Morgantown	WV	26501	304-376-7157	www.thealternativehealingcenter.com	lower back pain, neck pain, osteoarthritis
	Advantage Health and Wellness	699 Burrough Street.	Morgantown	WV	26505	304-225-9355	www.morgantownchiropractor.com	neck pain, osteoarthritis
	Bruceton Wellness Center	15630 N. Preston Hwy	Bruceton Mills	WV	26525	304-379-7000	www.brucetonwellness.com	lower back pain, neck pain, osteoarthritis
	WV. Acupuncture - Jason Trombley, AP, LMT	990 Fairmont Rd, Suite B	Morgantown	WV	26501	304-282-5533	www.wv-acupuncture.com	lower back pain, neck pain, osteoarthritis

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Mindfulness Based Interventions	<u>Zealand Psychological Associates</u>	<u>152 Bedford St</u>	<u>Cumberland</u>	<u>MD</u>	<u>21502</u>	<u>301-722-8000</u> <u>301-722-8001</u>	<u>www.zealandpsychologicalassociates.com</u>	chronic pain in general, fibromyalgia, migraines
	Massage Therapy, LLC	1000 Combs Farm Dr.	Morgantown	WV	26508	724-998-0662	<u>www.dinsmoremassage.com</u>	lower back pain, rheumatoid arthritis, fibromyalgia
	Somatic Wellness Massage & Salt Spa	11 Commerce Dr. Suite 100	Morgantown	WV	26501	<u>304-288-8767</u>	<u>www.massagewv.com</u>	chronic pain in general, fibromyalgia, migraines
	Alternative Healing Center	425 Number 8 Hollow	Morgantown	WV	26501	304-376-7157	<u>www.thealternativehealingcenter.com</u>	chronic pain in general, lower back pain, rheumatoid arthritis, fibromyalgia, migraine
Physical and/or occupational therapy	Accent on Health	405 Firemans Ave	Cumberland	MD	21502	<u>301-777-3710</u>	<u>www.accentonhealth.org</u>	peripheral neuropathy
	Gonzaga Interventional Pain Management	957 National Hwy.	La Vale	MD	21502	<u>240-362-7728</u>	<u>www.gonzagapainmanagement.com</u>	rheumatoid arthritis, peripheral neuropathy
	Rehab 1st	157 Baltimore St.	Cumberland	MD	21502	301-722-3680	<u>www.rehab1st.com</u>	peripheral neuropathy
		225 East Main St.	Frostburg	MD	21532	301-689-5233		
		201 Russell Ave.	Gaithersburg	MD		301-987-6170		
	Comprehensive Pain Center	8894 Stanford Blvd. #104	Columbia	MD	21045	<u>410-997-7246</u>	<u>www.comprehensivepaincenter.com</u>	peripheral neuropathy
	Advantage Health and Wellness	699 Burrough Street.	Morgantown	WV	26505	304-225-9355	<u>www.morgantownchiropractor.com</u>	peripheral neuropathy

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TENS (transcutaneous electrical nerve stimulation)	Allegany Chiropractic Center	203 Greene St	Cumberland	MD	21502	301-777-0110	www.alleganychiropractic.com/index.php	peripheral neuropathy
	Cumberland Acupuncture and Wellness Center	1045 Cherry Wood Ave.	Cumberland	MD	21502	301-722-0075		peripheral neuropathy
	Mountainside Maryland Acupuncture	151 Bishop Dr.	Frostburg	MD	21532	240-580-0280	www.facebook.com/mountainsidemarylandacupuncture	peripheral neuropathy
	Bruceton Wellness Center	15630 N. Preston Hwy	Bruceton Mills	WV	26525	304-379-7000	www.brucetonwellness.com	peripheral neuropathy
Yoga/Tai chi/Qi Gong	WMHS Community Wellness	12501 Willowbrook Rd	Cumberland	MD	21502	240-964-8424		lower back pain, osteoarthritis
	In the Zen Wellness Center	6 S Water St	Frostburg	MD	21502	301-707-9667	https://www.inthezenyoga.com/	
Pain Management Centers	Dennis D. Dey, M.D.	921 Seton Dr., Suite F and G	Cumberland	MD	21502	240-522-0098		neurology/ pain management
	Melvin Gonzaga, M.D.	251 North Front Street	Oakland	MD	21550	301-533-4000		pain management
	Carlos Santiago, M.D.	924 Seton Dr., Suite 1	Cumberland	MD	21502	301-724-5157		pain management