Multi-Modal Therapies for Chronic Pain

Acupuncture • Aquatic Therapy • Biofeedback • Chiropractic • Energy Work
Massage Therapy • Mindfulness/Meditation • Nutrition • Physical Therapy • Psychotherapy
Relaxation/Deep Breathing • Supervised Exercise Programs • Support Groups • Tai Chi • Yoga
**acupuncture**

Lauren Corda, Lac  
10363 High Street #3  
Truckee, CA  
(530) 412-1032

Vitality Primary Care  
Barbara Ferrero, Lac, Kyle Briggs, Lac  
10775 Pioneer Trail #108  
Truckee, CA  
(530) 563-6403  
barbferrero@gmail.com

Tracy Rudnicki, Lac  
12098 Sierra House  
Truckee, CA  
(530) 412-1213

Tahoe Yoga and Wellness Center  
10770 Donner Pass Road and  
50 Trimont Lane  
Truckee, CA  
(530) 550-8333

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**aquatic therapy**

Joanna McMullen  
Center for Health and Sports Performance  
10710 Donner Pass Road  
(530) 587-3769

Tahoe-Donner Community Swimming Pool  
8924 Donner Pass Road  
Truckee, CA  
tdrpd.org/facilities/community-pool.html

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**biofeedback**

Linda Mackenzie  
Center for Health and Sports Performance  
10710 Donner Pass Road  
Truckee, CA  
(530) 587-3769

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**chiropractic**

Dr. Tim Schroeder  
645 West Lake Boulevard #3  
Tahoe City, CA 96145  
(530) 583-7475

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Dr. Marcus Waters  
11090 Trails End  
Truckee, CA  
(530) 308-7784

Body Talk  
Brooke Butler  
(530) 386-1237  
brooke@bodytalk.com

Center for Health and Sports Performance  
10710 Donner Pass Road  
Truckee, CA  
(530) 587-3769

Allison Lightcap  
(530) 412-1950

Starlight Bodyworks  
Mary Ann  
531 North Lake Boulevard, Studio G  
Tahoe City, CA  
(530) 414-1232

Vitality Primary Care  
Barbara Ferrero, Lac, Kyle Briggs, Lac  
10775 Pioneer Trail #108  
Truckee, CA  
(530) 563-6403  
barbferrero@gmail.com

Aloha Massage  
Zoe Cahill  
10116 Jibboom Street, Suite 3  
Truckee, CA  
(530) 562-7397

MIXD Bodywork  
Stephanie May  
(530) 562-5052

Mindfulness Based Stress Reduction  
Deep Relaxation and other classes  
tfhd.com/os-center.asp

Discounted on a case-by-case basis

Energy work, Reiki  
Sliding scale available

Discounted rates available  
tfhd.com/os-center.asp

Discounted rates available  
tahoehealing.com

Sliding scale available

Sliding Scale available  
Massage  
Nutrition consultation/supplements

Sliding Scale available

Local’s discount, family plan and sliding scale
For Goodness Sake
10157 Donner Pass Road
Truckee, CA
(530) 550-8981

Various classes, etc. offered at discounted rate or free goodnesssake.org

Well Being
8571 North Lake Boulevard
Kings Beach, CA
(530) 546-3335

Various classes, etc. offered at discounted rate or free

Tahoe Yoga and Wellness Center
10770 Donner Pass Road and
50 Trimont Lane
Truckee, CA
(530) 550-8333

Workshops and community classes offered at discounted rate

Allison Lightcap
(530) 412-1950

$5 drop-in meditation class
tahoehealing.com

Registered Dietitian Nutritionists
Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769
tfhd.com/os-center.asp
Discounted rates available

Allison Lightcap
(530) 412-1950
Nutrition consultation
Discounted rates available

Vitality Primary Care
Barbara Ferrero, Lac, Kyle Briggs, Lac
10775 Pioneer Trail #108
Truckee, CA
(530) 563-6403
barbferrero@gmail.com
Sliding scale available
Nutrition consultation_supplements

Medi-Cal accepted

Medicare accepted

Tahoe Forest Physical Therapy
Incline Village, Tahoe City, Truckee
(530) 587-1062

Synergy Therapeutics
11890 Donner Pass Road
Truckee, CA
(530) 550-0400

Martha Schoonmaker
1970 Twin Peaks Drive
Tahoe City, CA
(530) 581-3884

Sliding Scale offered on a case-by-case basis

Martha Schoonmaker
1970 Twin Peaks Drive
Tahoe City, CA
(530) 581-3884

Medicare accepted
Debra Brioza, LMFT
10363 High Street #5
Truckee, CA 96161
(530) 582-4977

Polly Ryan, LMFT
10956 Donner Pass Road #360
Truckee, CA 96161
(530) 587-1978

Indigo Waters Counseling
Kirsten Livak
13406 Donner Pass Road
Truckee, CA
(530) 475-6678

Jane Kingston, LMFT
10770 Donner Pass Road #205
Truckee, CA 96161
(530) 562-4139

Alan Redstone, LMFT
10956 Donner Pass Road #360
Truckee, CA 96161
(530) 587-0111

Jan Susman, LMFT
10098 Jiboom Street #103
Truckee, CA 96161
(530) 913-2831

Bruce Hill, LMFT
425 North Lake Boulevard
Tahoe City, CA
(530) 320-4041

Placer County Behavioral Health
(916) 787-8860

Nevada County Behavioral Health
(530) 582-7882

Sierra Mental Wellness Group
2690 Lake Forest Road #B
Tahoe City, CA 96145
(530) 581-4054

Lake Tahoe Counseling Center
Barbara, Draheim, PhD
3080 North Lake Boulevard
Tahoe City, CA
(530) 581-0385

1-2 chronic pain patients per month for sliding scale availability

Meditation group at For Goodness Sake
Cost is what one can afford
Group meets every other Sunday

Experienced in working with patients who have chronic pain
Sliding scale available

Biofeedback/neurofeedback
Possible sliding scale offered

$40-50 lowest amount per session
Hypnosis, relaxation

$50 lowest amount per session
Interested in doing a group if needed

$50 lowest amount per session

Free 1-hour consultation and discounted rate after
Over 30 years in practice
Karin Sable, LMFT  
3080 North Lake Boulevard  
Tahoe City, CA 96145  
(530) 581-0339

Victoria Mercer, PhD  
1604 Christy Hill Road  
Olympic Valley, CA 96146  
(530) 563-6769

Center for Health and Sports Performance  
10710 Donner Pass Road  
Truckee, CA  
(530) 587-3769

For Goodness Sake  
10157 Donner Pass Road  
Truckee, CA  
(530) 550-8981

Tahoe Yoga and Wellness Center  
10770 Donner Pass Road and  
50 Trimont Lane  
Truckee, CA  
(530) 550-8333

Allison Lightcap  
(530) 412-1950

Lowest is $80/session  
Offers an emotional regulation group for women—pay what you can

relaxation/deep breathing

Center for Health and Sports Performance  
10710 Donner Pass Road  
Truckee, CA  
(530) 587-3769

For Goodness Sake  
10157 Donner Pass Road  
Truckee, CA  
(530) 550-8981

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10770 Donner Pass Road and  
50 Trimont Lane  
Truckee, CA  
(530) 550-8333

Allison Lightcap  
(530) 412-1950

Discounted rates available  
tfh.com/os-center.asp  
Various classes

Schedule: goodnesssake.org

Classes offered at a discounted rate

local's discount, family plan and sliding scale

May offer $5 drop-in meditation/relaxation group  
tahoehealing.com

supervised exercise programs

Center for Health and Sports Performance  
10710 Donner Pass Road  
Truckee, CA  
(530) 587-3769

MIXD Bodywork  
Stephanie May  
(530) 562-5052

Discounted rates available  
Schedule: tfhd.com/os-center.asp

Local's discount, family plan and sliding scale

support groups

Chronic Pain/Illness Support Group  
Center for Health and Sports Performance  
10710 Donner Pass Road  
Truckee, CA  
(530) 587-3769

Every 2nd and 4th Tuesday at 10:00-11:30 am
For Goodness Sake
10157 Donner Pass Road
Truckee, CA
(530) 550-8981

Provided by specific psychotherapist
More info: goodnesssake.org

Class schedule: goodnesssake.org

tai chi

For Goodness Sake
10157 Donner Pass Road
Truckee, CA
(530) 550-8981

yoga

Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

Various classes
Discounted rates available
tfhd.com/os-center.asp

Tahoe Yoga and Wellness Center
10770 Donner Pass Road and
50 Trimont Lane
Truckee, CA
(530) 550-8333

$13 drop-in rate for community classes.
Community class 10-pack for $120
tahoeyoga.com

Studio Tahoe
10775 Pioneer Trail Suite 106 B
Truckee, CA
(530) 587-1891

Community class rates: yogastudiotahoe.com

Namaste Yoga
10368 Donner Pass Road
Truckee, CA
(530) 448-9014

Offers community classes regularly
$5 drop-in for Yin Yoga
Community yoga 5-class package for $25

tahoehealing.com

Allison Lightcap
(530) 412-1950

Discounted private yoga sessions