<table>
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<tr>
<th><strong>NEURO-EEG FEEDBACK</strong></th>
<th>Monterey Bay Neurofeedback Center: (831) 622-9877</th>
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<td>Santa Cruz Neurofeedback Center: (831) 464-1419</td>
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<td>Peninsula Primary Care Neurology: (831) 620-0700</td>
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<th><strong>OCCUPATIONAL THERAPY</strong></th>
<th>Community Hospital of the Monterey Peninsula Peninsula Wellness Center: (831) 883-5656</th>
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<tr>
<td></td>
<td>Joy Colangelo, MS: (831) 643-9643</td>
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| **OSTEOPATHIC MANIPULATIVE MEDICINE** | Monterey Integrated Sports and Pain Associates: (831) 333-2100 |

| **PELVIC REHABILITATION THERAPY** | Therapy for Life: (831) 372-0651 |

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<th><strong>PHYSICAL THERAPY</strong></th>
<th>Precision Physical Therapy: (831) 464-8200</th>
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<td>Amy Altschuler, PT: (831) 620-0744</td>
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<td>Community Hospital of the Monterey Peninsula Peninsula Wellness Center: (831) 883-5656</td>
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| **WELLNESS** | Community Hospital of the Monterey Peninsula Varies by class & location: (831) 624-5311 |

The Prescribe Safe initiative was created by Monterey County law enforcement, administration of the four Monterey County hospitals, and local physicians in response to concerns about prescription medication misuse in our county. Prescribe Safe is meant to guide, educate, and provide resources for our local physicians and patients in the safe use of prescription medications and promote safe and effective pain management in Monterey County. For questions regarding the Prescribe Safe initiative, please contact the team of practitioners at prescribe safe@chomp.org.

For more information please visit:
https://www.chomp.org/for-healthcare-professionals/prescribe-safe/#.VxUXbkyDGko

Updated: 12/13/17
PAIN MANAGEMENT PHYSICIANS
MONTEREY / SALINAS

Gary Chang, MD, Monterey Spine & Joint
Monterey/Salinas.............(831) 648-7200
Salar Deidar, MD, Pacific Rehab & Pain
Monterey.........................(831) 275-4050
Victor Li, MD, PRIME Pain Institute
Capitola............................(831) 464-7246
Salar Deidar, MD, Pacific Rehab & Pain
Sanitas..............................(831) 287-2843
William Heller, MD, PRIME Pain Institute
Capitola............................(831) 464-7246
Salinas.............................(831) 287-2843
Lisa Kroopf, MD, RehabOne Programs
Monterey.........................(831) 758-6990
John Lubben, MD
Monterey.........................(831) 884-8290
Howard, Rosen MD
Monterey.........................(831) 373-7246
Clarence Nicodemus, DO, Advanced Osteopathy
Monterey.........................(831) 644-9614
Michael Scannell, MD
Monterey.........................(831) 206-1939
Kalle Varav, MD, Monterey Spine & Joint
Monterey/Salinas...............(831) 648-7200
Patrick Wong MD, Monterey Spine & Joint
Monterey/Salinas...............(831) 648-7200

COMPLEMENTARY PRACTITIONERS / SERVICES

ACUPUNCTURE
Flowing Waters Wellness Center ........(831) 333-0409
Pacific Grove Acupuncture Clinic ....(831) 373-3038
Cook’s Chiropractic & Acupuncture
Wellness Center ......................(831) 375-5117
Acupuncture Clinic by the Sea .......(831) 646-1077
Acupuncture Clinic of Carmel ..........(831) 625-6161
Soquel Health Ctr Acupuncture ......(831) 475-2230
Optimal Health Acupuncture .........(831) 655-3208

CHIROPRACTIC
Montellesse Family Chiropractic ....(831) 655-3255
The Back & Neck Ctr of Monterey ....(831) 657-0191
Brunke Chiropractic .................(831) 222-5039
Susan Nilmieier, DC ..................(831) 372-6699
Lynn Boughton, DC ..................(831) 648-1000
Cook’s Chiropractic & Acupuncture
Wellness Center ......................(831) 375-5117
Edward Jarvis, DC .................(831) 375-9582
Wilson Smith, DC, PhD ..............(831) 659-5180

CHRONIC PAIN THERAPY
Jody Royee Consulting ...............(831) 240-4253

COMPREHENSIVE WELLNESS SERVICES
The Healing Collaborative
Pacific Grove .......................(831) 648-8100

ENERGY MEDICINE
Biospiritus ..............................(831) 818-6980
Lyon Thibaut .........................(831) 264-7000
Soul Guidance & Transformational
Healing ..................................(831) 642-2622

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The Lester Clinic .................................(831) 724-1164
Robert Rosett, MD .....................(831) 751-3505

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Monterey County Behavioral Health ..................

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