

# Adjunct Pain Management Resources

## Acupuncture

- Chung Ying (Fred) Tsai, LAc, DPT
  - Accepts commercial insurances, Healthfirst Essential, can verify by phone
  - Physical therapy and acupuncture
  - Multiple offices in midtown and Brooklyn
    - Midtown Office: 212-235-1088
  - Schedule via ZocDoc or [www.cypaus.com](http://www.cypaus.com)
  
- Li Na Zhao, LAc
  - 330 E 85th St Apt C, New York, NY 10018
  - 212-996-2988
  - Takes BCBS, Cigna, Healthfirst 65+, Emblem Health Dual Eligible, and potentially more, can verify by phone
  - Out of pocket: \$60 per visit
  
- Harlem Chi
  - <https://www.harlemchi.com/>
  - 360 West 125th Street, 2<sup>nd</sup> Floor
  - 212-280-7900
  - Do not accept insurance but provides insurance receipts for patients to submit for reimbursement
  - Services range from \$55-\$95; senior citizen/student discounts provided
  
- New York College of Health Professions
  - <https://www.nycollege.edu/teaching-clinic-fees.php>
  - 462 1<sup>st</sup> Avenue, 8<sup>th</sup> Floor, New York, NY 10016
  - 212-213-8800
  - Acupuncture by supervised students at discounted prices (\$25-\$35); further discounted for seniors and veterans

## **Aquatherapy**

- Sutton Place Physical Therapy
  - 212-317-1600
  - 333 E. 56<sup>th</sup> Street, New York, NY 10022
  - Accepts insurance
- Hansborough Recreation Center
  - 35 West 134th Street, New York, NY 10037
  - <https://www.nycgovparks.org/facilities/recreationcenters/M131>
  - 212-234-9602 or 212-234-9603
  - Annual membership for all centers for seniors 62+ and people with disabilities is \$25
  - Gym, fitness classes, indoor pool, adaptive programs for disabilities (CURRENTLY ON HOLD DUE TO COVID PANDEMIC)
  - Pool has adaptive aquatics, water aerobics, learn-to-swim programs, etc
- Aqua Health Rehabilitation Center
  - Coney Island Office: 2753 Coney Island Ave, Brooklyn, NY 11235, 718-769-8400
  - Ocean Ave Office: 15 Ocean Ave Brooklyn, NY 11225, 718-879-8855
  - [www.aquahealththerapy.com](http://www.aquahealththerapy.com)
  - Accepts insurance

## **Massage**

- New York College of Health Professions
  - <https://www.nycollege.edu/teaching-clinic-fees.php>
  - 462 1<sup>st</sup> Avenue, 8<sup>th</sup> Floor, New York, NY 10016
  - 212-889-1005
  - \$30 or less, further discounted for seniors and veterans

## Gym

- YMCA Harlem
  - <http://www.ymcanyc.org/harlem>
  - 180 West 135th Street, New York, NY 10030
  - 212-912-2100
  - \$69 per month, discounted membership for youth, seniors, and families
  - Access to group exercise classes and pool, water exercise for seniors
  
- Hansborough Recreation Center
  - 35 West 134th Street, New York, NY 10037
  - <https://www.nycgovparks.org/facilities/recreationcenters/M131>
  - 212-234-9602 or 212-234-9603
  - Annual membership for all centers for seniors 62+ and people with disabilities is \$25
  - Gym, fitness classes, indoor pool, adaptive programs for disabilities
  - Pool has adaptive aquatics, water aerobics, learn-to-swim programs, etc
  
- Shape Up NYC
  - NYC Parks program with free fitness classes across 5 boroughs. Currently offering outdoor classes with limited attendance due to Covid-19 pandemic.
  - <https://www.nycgovparks.org/programs/recreation/shape-up-nyc>
  
- Silver Sneakers
  - <https://www.silversneakers.com/>
  - For seniors 65+
  - Partners with more than 60 Medicare plans to provide unlimited access to more than 14,000 fitness locations for free
  - Includes gym memberships, exercises classes, tai chi, yoga, water aerobics, Zumba

## Yoga & Mindfulness

- Harlem Yoga Studio
  - 44 W 125th St, 3rd Floor, 917-538-0457
  - Modified classes for patients with health problems/physical disabilities, weekly free outdoor yoga classes, smoking cessation yoga at Harlem Hospital,
  - Cost: community classes by donation
  - Online classes available
- Yoga to the People
  - <https://yogatothepeople.com/>
  - Donation-based yoga classes (\$10 suggested donation) at various locations in Manhattan and Brooklyn
- NYC Department of Parks & Recreation
  - <https://www.nycgovparks.org/programs/recreation/shape-up-nyc>
  - Free, drop-in yoga classes through Shape Up NYC Program; do not need to be a member
- Yoga for Mental Wellness (YMW)
  - <https://yogaformentalwellness.org/>
  - 15 West 26th Street, 10th Floor, NYC
  - 551-358-2269
  - Free classes twice a week, specifically geared towards people living with mental illness
  - Must register first
- Urban Yoga Foundation
  - <http://www.urbanyogafoundation.org/>
  - Various locations and some free classes on mindfulness, meditation, and yoga
- Free Online Yoga Videos
  - [www.yogawithadriene.com](http://www.yogawithadriene.com)