

# OPIOIDS

## ALTERNATIVES DIRECTORY



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## INTRODUCTION

In 2016, more than 46,000 people died from an opioid overdose (1). More than twice as many Americans have died from this prescription opioid overdose epidemic than during the Vietnam War. From 2000 to 2015, Utah has experienced a nearly 400% increase in deaths from the misuse and abuse of prescription drugs. In 2014, 32% of Utah adults aged 18 years and older had been prescribed an opioid pain medication in the last 12 months (2). Every month in Utah, 23 individuals die from prescription drug overdoses.

Currently, the Bear River Health District (Box Elder, Cache, and Rich counties) ranks 6th in the state for opioid overdose deaths. Opioid abuse reaches beyond stereotypes of “addicts and drug seekers”. Friends and family members supply two – thirds of all the opioids issued and abused by Utahns.

In many cases, there are much safer and more effective alternatives to help manage pain. This resource guide lists multiple options for alternatives to opioids in Box Elder, Cache, and Rich counties. In addition to alternatives, this resource guide also provides a link to the 2018 Utah Clinical Prescribing Guidelines. We encourage you to read the new Utah prescribing guidelines and refer to it when needed. Please contact the provider for cost and insurance information.

# PHYSICAL THERAPY



# BOX ELDER COUNTY

## Back at Work Physical Therapy

**451 W 600 N Tremonton, Ut 84337 ( Located in Results Gym) • 435-213-3850**

*backatworkpt.com*

**Services Provided:** Manual Therapy • Trigger Point Dry Needling • Therapeutic Exercises • Aquatic Pool Therapy • Orthotics • Braces • Taping • Modalities

**Providers:** Greg Shroeder, PT, DPT, OCS • Spencer Craig Despain, PT, DPT

## Colvin Roger

**990 Medical Dr. #U4, Brigham City UT 84302 • 435-723-6487**

*rlcphysicaltherapy.com*

**Services Provided:** Physical Therapy • Massage Therapy • Graston Technique • Arthritis Pain Treatment • Sports Injuries Treatment

**Providers:** Roger Colvin, PT

## Mountain Star Therapy

**990 Medical Dr. Suite 100, Brigham City UT 84302 • 435-723-1902**

*brighamcityhospital.com*

**Services Provided:** Comprehensive Orthopedic Care • Post-surgical Rehabilitation • Comprehensive Spine rehab • Total joint replacement education and rehabilitation • Stroke and Neurologic rehabilitation with unweighted treadmill training • Vertigo and vestibular evaluation and treatment • Work site analysis and work-related rehabilitation • Hand therapy services with custom splint fabrication • Running evaluation and treatment with video analysis • Golf evaluations and treatment with video analysis • Sports injury prevention and treatment • Sports performance training programs including high-speed treadmill training • Kinesio Taping

**Providers:** Rob Malan, DPT • Darin Chase DPT

## Mountain West Physical Therapy

**451 W 600 N, Brigham City UT 84302 • 435-257-3809**

**Services Provided:** Comprehensive Orthopedic Care • Post-surgical Rehabilitation • Comprehensive Spine rehab • Total joint replacement education and rehabilitation • Stroke and Neurologic rehabilitation with un-weighted treadmill training • Vertigo and vestibular evaluation and treatment • Work site analysis and work-related rehabilitation • Hand therapy services with custom splint fabrication • Running evaluation and treatment with video analysis • Golf evaluations and treatment with video analysis • Sports injury prevention and treatment • Sports performance training programs including high-speed treadmill training • Kinesio Taping • Dry Needling

**Providers:** Perry Crawford, MSPT



# CACHE COUNTY

## Aqua Worx Physical Therapy & Fitness

**209 W 300 N, Logan, UT 84321 • 435-716-8535**  
[sunshineterminance.org/physical-therapy](http://sunshineterminance.org/physical-therapy)

**Services Provided:** Outpatient Therapy • Therapy Pool • Fitness Center

**Providers:** Mike Mumford, DPT • Angela Smith, DPT

## Back at Work Physical Therapy

**630 E 1400 N Suite 140, Logan, UT 84341 • 435-213-3850**  
[backatworkpt.com](http://backatworkpt.com)

**Services Provided:** Manual Therapy • Trigger Point Dry Needling • Therapeutic Exercises • Modalities • Braces, Orthotics, & Taping • Alter G Weightless Treadmill

**Providers:** Gregory Schroeder, PT, DPT, OCS

## Berryhill Physical Therapy

**1177 S Main St., Smithfield, UT 84335 • 435-563-0750**

**Services Provided:** Manual Physical Therapy • Various Types of Massage Therapy • Joint Mobilization • Gait Training • Manual Stretch • Dynamic Balance • Static Balance • Myofascial Release • Kinesiotaping • Post Surgical Wound Management • Cervical and Lumbar Traction

**Providers:** John Berryhill, MPT, PT • Tyler J. Martin, PTA

## Cache Valley Hospital: Mountain West Physical Therapy

**2310 N 400 E B, Logan, UT 84341 • 435-787-9030**  
[cachevalleyhospital.com/service/physical-therapy](http://cachevalleyhospital.com/service/physical-therapy)

**Services Provided:** Aquatic Therapy • Comprehensive Musculoskeletal Orthopedics • Functional Capacity Evaluation (FCE) • Golf Evaluation with Video Analysis • Headache Rehabilitation • Home Health Physical Therapy • Industrial Therapy • Ergonomic Work Station Evaluation • Hearing Screens • Pre-Employment Screenings • Work Hardening • Lymphedema • Neuro-Rehab • Occupational Therapy • Splints • Orthotics • Osteoporosis Treatment and Prevention • Pelvic Pain • Pre/Post Natal • Run Evaluations with Video Analysis • Spine Rehabilitation • Sports Injury and Prevention Treatment • Surgical Rehabilitation • Urinary Incontinence • Vertigo and Vestibular Treatment • Women's Health • Dry Needling

**Providers:** Larry Hunter, PT, DPT • Sheila Waddoups, PT • Allison Mason, PT, DPT • Ryan Green, MSPT • Craig Pabst, MSPT • Brad Thomas, PT, MSPT • Tiera Jolley, PTA • Ryan Godfrey, MS, OTR/L, CHT • Pauline Jonsson, CHT, OTR/L • Genessa Oak, OT • Brock Christensen, OT

## High Country Physical Therapy

585 W 100 N F, Providence, UT 84332 • 435-535-3225

[highcountryphysio.com](http://highcountryphysio.com)

**Services Provided:** Physical Therapy

**Providers:** Brett Petersen, PT, DPT

## Logan Regional Rehabilitation

1300 N 500 E #130, Logan, UT 84341 • 435-716-2880

[intermountainhealthcare.org/locations/logan-regional-hospital/medical-services/sports-medicine-and-performance/](http://intermountainhealthcare.org/locations/logan-regional-hospital/medical-services/sports-medicine-and-performance/)

**Services Provided:** Physical Therapy & Sports Medicine • Women's Health • Balance and Vestibular Rehabilitation • Lymphedema Therapy • Hand/UE Therapy • Occupational therapy • Audiology • Pediatric Rehabilitation • Speech Language Pathology

**Providers:** Douglas Stromberg, PT • Nathan Young, PT • Shane Boyce, PT • George Ross, PT • Swen Sandberg, DPT • Breeann Allred, DPT • Sarah Harrison, DPT • Kasha Hulse, DPT • Shaun Dahle, PT • Charlie Edwards, PT • Wess Greene, DPT • Tracy Walker, DPT • Erin Campbell, DPT • Ben Owens, OTR • Jay Andersen, OT • Greg Blotter, OT • Todd Williams, OTR • Debra Holt, OT • Audrey Hivner, SLP • Annie Jorgensen, MS • Steven Jensen, AuD • Brian Balls, PTA • Allison Saunders, PTA • Kevin Hall, PTA • Todd Taylor, PTA • Paul Gregory, OTA • Terel Anderson, RD • Jessican Hatch, RD

## Mountain West Physical Therapy at Sports Academy

1655 N 200 E #2, Logan, UT 84341 • 435-753-1844

[cachevalleyhospital.com/service/physical-therapy](http://cachevalleyhospital.com/service/physical-therapy)

**Services Provided:** Aquatic Therapy • Comprehensive Musculoskeletal Orthopedics • Functional Capacity Evaluation (FCE) • Golf Evaluation with Video Analysis • Headache Rehabilitation • Home Health Physical Therapy • Industrial Therapy • Ergonomic Work Station Evaluation • Hearing Screens • Pre-Employment Screenings • Work Hardening • Lymphedema • Neuro-Rehab • Occupational Therapy • Splints • Orthotics • Osteoporosis Treatment and Prevention • Pelvic Pain • Pre/Post Natal • Run Evaluations with Video Analysis • Spine Rehabilitation • Sports Injury and Prevention Treatment • Surgical Rehabilitation • Urinary Incontinence • Vertigo and Vestibular Treatment • Women's Health

**Providers:** Camille Porter, DPT • Chandler Squires, DPT

## Spring Creek Medical Center

267 Spring Creek Pkwy, Providence, UT 84332 • 435-792-9400

[springcreekmedical.com](http://springcreekmedical.com)

**Services Provided:** Multi-disciplinary health clinic specializing in pain management • Chiropractic Therapy • Physical Therapy • Massage Therapy

**Providers:** Megan Bressel, PT • Amy Gibb, PT • Tiffany Schulz, NP

## Teamworks Therapy LLC

642 N 1000 W #107, Logan, UT 84321 • 435-753-1556

[teamworkstherapy.com](http://teamworkstherapy.com)

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**Services Provided:** Physical Therapy • Occupational Therapy

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**Providers:** Sheridan L. Peck, MS, OTR/L • Todd P. Campbell, DPT • Elizabeth Deffinger, PTA • Audrey Saunders, OTA

## Utah State Student Health Services

850 E 1200 N, Logan, UT 84322 • 435-797-1600

[health.usu.edu/physical-therapy](http://health.usu.edu/physical-therapy)

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**Services Provided:** Sports medicine and orthopedic rehabilitation for the students and the athletes on campus.

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**Providers:** Brian T. Larsen, MS, DPT • Mark Tureson, MHA, PTA

## RICH COUNTY

### Bear Lake Physical & Sports

90 W Logan Rd, Garden City, UT 84028

35 N Main St, Randolph, UT 84064

710 N 4th St, Montpelier, ID 83254

435-946-2777

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**Services Provided:** Physical Therapy using various techniques.

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**Providers:** Kam Jarman, PT



# CHIROPRACTIC CARE



# BOX ELDER COUNTY

## Advantage Medical Center

**70 S 200 E, Brigham City, UT 84302 • 435-734-2095**  
*advantagemedicalcenter.com*

**Services Provided:** Chiropractic Care • Sports Medicine • Back Pain • Car Accident  
• Physical Therapy • Decompression Therapy • Headache • Weight Loss

**Providers:** Jeremiah Hoopes, DC

## Brigham City Chiropractic & Accident Rehabilitation

**75 E 600 S, Brigham City, UT 84302 • 435-200-1094**

**Services Provided:** Chiropractic Care • Acupuncture • Chines Medicine • Certified to  
work in pediatrics and pregnancy

**Providers:** Craig A. Johnson, DC

## Kowallis Chiropractic & Massage

**806 E Main St., Tremonton, UT 84337 • 435-257-7463**  
*wendykowallis.clickfunnels.com*

**Services Provided:** Chiropractic Care • Laser Light • Electric Stem Therapy

**Providers:** Cameron Kowallis

## Liebelt Chiropractic

**1149 450 W #207, Brigham City, UT 84302 • 435-723-6033**

**Services Provided:** Natural Chiropractic Heath care utilizing cutting edge technology to  
improve your quality of life.

**Providers:** James A. Liebelt

## Rigby Chiropractic

**25 N 570 E, Tremonton, UT 84337 • 435-257-2131**  
*rigbychiropractic.com*

**Services Provided:** Chiropractic Care • Computerized Axial Traction Therapy  
• Physiotherapy

**Providers:** Micah Rigby, DC

## Sports & Family Chiropractic

**990 Medical Dr. Suite UL1, Brigham City, UT 84302 • 435-723-2311**

*brighamchiropracticgroup.com*

**Services Provided:** Chiropractic Adjustments • Massage Therapy • Sports Injuries • Work Injuries • Active Release Technique • Graston/IASTM

**Providers:** Kyle Klien, DC • Roger Ellis, DC • Brian Vranes, DC • Damon Hendrickson, DC

## Tremonton Chiropractic Center

**805 W Main St. Suite C, Tremonton, UT 84337 • 435-257-0106**

*tremontonchiropractic.com*

**Services Provided:** Chiropractic Care • Auto Injury • Laser Fat Removal • Energy Work • Cold Laser Therapy

**Providers:** Lelann Phelps, DC

## CACHE COUNTY

## Active Family Chiropractic: Stephanie A. Hoglund, DC

**3935 N 75 W, Hyde Park, UT 84318 • 435-232-0732**

*activefamchiro.com*

**Services Provided:** Chiropractic Care • Acupuncture

**Providers:** Stephanie A. Hoglund, DC

## Advanced Spine & Health Center

**1652 S Hwy 165, Providence, UT 84332 • 435-752-5522**

*ashofcachevalley.com*

**Services Provided:** Chiropractic Care • Deep Tissue Massage • Trigger Point Massage • Sports Injuries • Swedish Massage • Nutrition

**Providers:** Thomas Fullmer, DC

## Back to Health Chiropractic & Wellness

**2050 N Main St., Logan, UT 84341 • 435-752-1105**

*nolanwhitedc.com*

**Services Provided:** Chiropractic Therapy • Diversified Technique • Neuro Emotional Technique • Cold Laser Therapy • Applied Kinesiology

**Providers:** Nolan White, DC

## Body Balance Chiropractic

**1300 N 200 E #110, Logan, UT 84341 • 435-755-3432**

*body-balancechiropractic.com*

**Services Provided:** Adjustments of the Spine and Extremities • Advanced Self Affirmation Techniques • Allergy/Sensitivity Elimination and Reprogramming Technique • Applied Kinesiology • Applied Neurology • Biocranial Technique • Biosonic Repatterning (Sound) • Cervical Disc Techniques • Chi Therapy • Chromotherapy (Color) • Cold Laser Therapy / LLLT • Couples Reintegration Technique • Craniosacral Therapy • Detoxification Therapy • Electrical Muscle Stimulation • Emotional Therapy • Endonasal Therapy • Environmental Medicine • Enzyme Therapy • Eyelight Therapy • 5 Minute Phobia Cure • Guided Imagery • Herbal medicine • Homeopathy • Injury Recall Technique • Ionic Hydrotherapy • Low Force Instrument Adjusting • Lumbar Disc Techniques • Lymphatic Massage • Magnetic Field Therapy • Myofascial Release • Nutritional consultation • Orthotics • Ocular Release • Pain Desensitization • Pelvic Blocking • Positive Point Therapy • Rehabilitation • Scar Tissue Release • Scoliosis Repatterning • Therapeutic Massage • Visceral Manipulation

**Providers:** Robert T. Allred, DC

## Cache Valley Chiropractic: Erickson Neil L, DC

**169 Gateway Dr #223, Providence, UT 84332 • 435-752-2772**

*cachevalleychiropractic.net*

**Services Provided:** Chiropractic Manipulation • Physical Therapy • Exercise Training • Myofascial Release • Orthotics • Flexion/Distracton • Spinal Manipulation • Whole Food Nutritional Counseling

**Providers:** Erickson Neil L, DC

## Dr. Morgan Carlson, DC

**3985 N 75 W, Hyde Park, UT 84318 • 435-563-4141**

**Services Provided:** Chiropractic Care • Homeopathic Injections • Gym

**Providers:** Morgan Carlson, DC • Stephanie Hogle, DC • Michael Earley, DC

## Gerald Fiagle, DC

**129 E 100 N, Providence, UT 84332 • 435-752-4606**

**Services Provided:** Chiropractic Care

**Providers:** Gerald Fiagle, DC

## Integrity Chiropractic and Wellness

**565 W 465 N #140, Providence, UT 84332 • 435-213-9645**

*cachevalleywellness.com*

**Services Provided:** Chiropractic Care • Posture Correction • Spinal & Posturing Screenings • Corrective Exercises • Lifestyle Advice • Nutritional Counseling

**Providers:** Spencer Wade, DC

## LeFevre Chiropractic

**1415 N 400 E A, Logan, UT 84341 • 435-752-4747**

*loganutahchiropractor.com*

**Services Provided:** Chiropractic Care • Lifestyle Advice • Nutritional Counseling • Spinal and Posture Screenings • Acupuncture

**Providers:** Evan J. La Fevre, DC

## Lyman Health

**585 W 100 N Suite E, Providence, UT 84332 • 435-750-6909**

**Services Provided:** Chiropractic Care • Rehabilitation Exercises • Athlete Training • Nutritional Counseling

**Providers:** Brian T, DC

## Murdock Family Chiropractic

**555 W 100 N Suite C, Providence, UT 84332 • 435-213-9582**

*murdockfamilychiro.com*

**Services Provided:** Chiropractic Adjustments • Corrective Exercises • Wellness Care • Physical Therapy • Back Pain • Auto Accidents

**Providers:** Brett Murdock, DC

## Peterson Wellness Center

**1515 N 400 E #106, Logan, UT 84341 • 435-787-1787**

*petersonwellness.com*

**Services Provided:** Chiropractic Care • Naturopathic Care • Bio-Meridian Stress Assessment • Nambudripad's Allergy Elimination Techniques • Magnesphere • Prolozone Injections for Pain

**Providers:** Jeff Norman, DC • Jared Hall, DC • Eric Ohling, ND

## Rocky Mountain Pain & Joint Center

109 E 1600 N, North Logan, UT 84341 • 435-563-6363

[rockymountainpainandjointcenter.com](http://rockymountainpainandjointcenter.com)

**Services Provided:** Chiropractic Care • Cryotherapy • Acupuncture • Degenerative Disc Disease • Spinal Decompression • Therapeutic Exercise

**Providers:** Jace Ferguson, DC

## Smithfield Chiropractic

1177 S Main St., Smithfield, UT 84335 • 435-563-2514

[smithfieldchiropractic.com](http://smithfieldchiropractic.com)

**Services Provided:** Chiropractic Care • Corrective Exercises • Nutritional Counseling • Massage Therapy • Spinal & Posturing Screening • Acupuncture

**Providers:** Ira J. Crawford, DC • Josh Hoopes, DC

## Smithfield Chiropractic: Jeremy Gibbons, DC

1177 S Main St., Smithfield, UT 84335 • 435-563-2514

[gibbonschiropractic.com](http://gibbonschiropractic.com)

**Services Provided:** Chiropractic Care • Various typed of therapies • Rehabilitation

**Providers:** Jeremy Gibbons, DC

## SMR Chiropractic

1634 N Main St., North Logan, UT 84341 • 435-713-6438

[smrchiropractic.com](http://smrchiropractic.com)

**Services Provided:** Chiropractic Care • Sports Injuries • Corrective Exercises • Active Release Technique • Pregnancy Care • Auto Accident Injuries • Laser Therapy • Dance Medicine

**Providers:** Trent Stevens, DC • Darcee Schmidt, DC

## Spinal Solutions: Kingston Cory P, DC

981 S Main St. #180, Logan, UT 84321 • 435-752-5731

**Services Provided:** Chiropractic Care

**Providers:** Kingston Cory P, DC



## Spring Creek Medical Center

**267 Spring Creek Pkwy, Providence, UT 84332 • 435-792-9400**

*springcreekmedical.com*

**Services Provided:** Multi-disciplinary health clinic specializing in pain management •  
Chiropractic Care • Physical Therapy • Massage Therapy

**Providers:** Steven S. Garvert, DC

## Stevens Chiropractic

**1635 N 200 E, North Logan, UT 84341 • 435-755-7654**

*stevens-chiropractic.com*

**Services Provided:** Chiropractic Care • Massage Therapy

**Providers:** Chad Cannon, DC

## Stucky Chiropractic

**130 N 800 E, Hyrum, UT 84319 • 435-245-3500**

*bewellutah.com*

**Services Provided:** Chiropractic Care • Nutritional Counseling • Corrective Exercises  
• Spinal & Postural Screenings • Lifestyle Advice • Robotic Chair Massage

**Providers:** Jon Stucky, DC

## Synergy Soft Tissue Center

**1260 N 200 E Suite 16, Logan, UT 84321 • 435-245-7555**

*synergystc.com*

**Services Provided:** Chiropractic Care • Decompression Table • Specializes in bulging  
discs and using low force

**Providers:** Tim Bailey, DC



# MASSAGE THERAPY



# BOX ELDER COUNTY

## Attitudes Hair, Nails, Etc.

**31 E 600 S, Brigham City, UT 84302 • 435-723-2900**  
*attitudeshairandnails.weebly.com*

**Services Provided:** Massage Therapy

**Providers:** Joann Burnett, LMT

## Barbara Pincombe, LMT Cht

**18 N 200 E #310 Tremonton, UT 84337 • 435-279-6620**  
*website*

**Services Provided:** Hypnotherapy • Reiki • Traditional Massage

**Providers:** Barbara Pincombe, LMT Ch

## Brigham City Chiropractic & Accident Rehabilitation

**75 E 600 S, Brigham City, UT 84302 • 435-734-2095**

**Services Provided:** Swedish Massage • Sports Massage • Trigger Point Massage  
• Multiple other types of massage therapy

**Providers:** Aubrey Martinez, LMT • Holly Haycock, LMT

## Elise Peterson, LMT

**770 S 200 E, Brigham City, UT 84302 • 435-232-3763**  
*elisepetersonlmt.business.site*

**Services Provided:** Trigger Point Massage • Myofascial Massage • Specializes in decreasing chronic pain and increasing range of motion

**Providers:** Elise Peterson, LMT

## In Touch Massage by Lisa Olsen, LMT

**169 S Main St, Mantua, UT 84324 • 435-730-4156**  
*elisepetersonlmt.business.site*

**Services Provided:** Massage Therapy

**Providers:** Lisa Olsen, LMT

## Kowallis Chiropractic & Massage

**806 E Main St, Tremonton, UT 84337 • 435-257-7463**  
*wendykowallis.clickfunnels.com/landing-page*

**Services Provided:** Massage Therapy

**Providers:** Wendy Kowallis, LMT • Amber Smith, LMT

## Life House Healing

**862 S Main St. #5, Brigham City, UT 84302 • 435-239-0353**

*lighthousehealing.weebly.com*

**Services Provided:** Deep Tissue Massage • Gem Stone Therapy • Hot Stone Massage • Reiki • Reflexology • Energy Wellness Reading • Reflexology • Paranormal Readings

**Providers:** Samantha G. Britt, LMT

## Orthopedic Therapy & Sports Performance

**1030 Medical Dr. #B, Brigham City, UT 84302 • 435-538-5111**

*orthopaedictherapysportsperformance.com*

**Services Provided:** Physical Therapy • Massage Therapy • Personal Trainer • Water Aerobics • Acupuncture • Cupping • Laser Treatment

**Providers:** Hilary Harlan Gerhardt, LMT

## Refuge Therapy

**123 S Main St., Brigham City, UT 84302 • 801-726-1417**

*facebook.com/refugetherapy*

**Services Provided:** Trigger Point Massage • Rehabilitation • Reflexology • Energy Work • Chair Massage • Out Calls

**Providers:** Jeff Clark, LMT

## Soul Delight

**805 W Main St. Suite E, Tremonton, UT 84337 • 435-230-9261**

**Services Provided:** Foot Zoning

**Providers:** Heidi Smith, Foot Zone Practitioner

## Spoiled Energy and Day Spa

**805 W Main St. Suite E, Tremonton, UT 84337 • 435-257-5367**

*spoiledenergyanddayspa.com*

**Services Provided:** Deep Tissue Massage • Swedish Massage • Couples Massage • Hot Stone Massage • Lomi Lomi • Four Hand Lomi Lomi • Thai Massage • Sports Massage • Pregnancy Massage • CranioSacral • Myofascial Release • Detox Foot Therapy • Mineral Mud Facial • Mineral Mud Foot Therapy • Back Detox with Massage • Anti-Aging Facial • Energy Work • AromaTouch Technique • Emotion Code • VSER Foot Technique • Personal Angel Card Reading • Ear Candeling • Guided Meditation • Zyto Compass Scan • Kundalini Yoga • Traditional Yoga

**Providers:** Amy Poen, LMT

## Sports and Family Chiropractic Group

990 Medical Dr, Brigham City, UT 84302 • 435-723-2311

[brighamchiropracticgroup.com](http://brighamchiropracticgroup.com)

**Services Provided:** Overall wellness and relaxation • Various types of massage therapy

**Providers:** Sarah Wilson, LMT • Melissa Holdaway, LMT • Amanda Tesch, LMT

## Tender's Bodywork & Massage LLC

805 W Main St. Suite E, Tremonton, UT 84337 • 435-452-1513

[tendersbodywork.com](http://tendersbodywork.com)

**Services Provided:** Swedish Massage • Couples Massage • Deep Tissue Massage • Fire and Ice Massage • VSER Foot Technique • Hot Stone Therapy • Back Detox with Massage • Ionic Foot Bath Detox • Zen Alkaline Foot Detox • Thai Massage • Four Hand Lomi Lomi • CranioSacral • Energy Work/Meridian Balance • ACE Cellular Memory • Head to Toe Relaxation • Modere Mini Face Treatment • Detoxifying Mud Mask • Ojavan Contour Mud Mineral Wrap • Ovajan Salt Glow • Mlis Contour Wrap • Foot Zone Therapy • Aroma Touch • Kangen Water Distributor • Meditation • Kundalini Yoga • Beginners/Basic Yoga

**Providers:** Yvonne Vincent, LMT

## Tranquility Massaging

13615 N 5400 W, Garland, UT 84312 • 435-730-3595

**Services Provided:** Swedish Massage • Deep Tissue Massage • Sports Massage • Several Modalities • Consultation • Energy Work

**Providers:** Amy Adair, LMT

# CACHE COUNTY

## Absolute Care Massage Therapy

19 W Center St. Suite 103b, Logan, UT 84321 • 435-994-1439

[absolutecaremassage.com](http://absolutecaremassage.com)

**Services Provided:** (By Appointment Only) Full Body Massage • Targeted Massage • Deep Tissue Massage • Sports Massage • Trigger Point Therapy • Seated Massage

**Providers:** Rachael King, LMT

## Advanced Spine and Health Center

1652 S Hwy 165, Providence, UT 84332 • 435-752-5522

[ashcofcachevalley.com](http://ashcofcachevalley.com)

**Services Provided:** Deep Tissue Massage • Trigger Point Massage • Sports Injuries • Swedish Massage

**Providers:** David Undhjem LMT • Mckay Maxey, LMT • Cynthia Hoopes, LMT

## Aveda Essence Salon & Day Spa

2068 N 1600 E, North Logan, UT 84341 • 435-753-6789

[avedaessencesalon.com](http://avedaessencesalon.com)

**Services Provided:** Seated Chair Massage • Stress Fix Massage • Chakra Massage • Prenatal Massage • Head-Stone Massage • Thai Massage

## Chinese Massage

1300 N Main St., Logan, UT 84341 • 626-461-2871

**Services Provided:** Massage Therapy

## Daydream Massage

550 N Main St., Logan, UT 84321 • 435-512-2940

**Services Provided:** Swedish Massage • Hot Stone Massage • Deep Tissue Massage • for more information, please call

**Providers:** Kimi Clark, LMT

## FrontRunner Fitness & Massage

258 280 N, Providence, UT 84332 • 435-554-1241

[frfitonline.com](http://frfitonline.com)

**Services Provided:** Chair Massage • Swedish Massage • Deep Tissue/Trigger Point Massage • Prenatal Massage • Manual Medical Massage Therapy • Personal Training

**Providers:** Aaron Hatch, CPT, MMP, LMT



## Healing Essential LLC

184 N 100 E Suite A, Logan, UT 84321 • 435-535-1678

[healingessential.me](http://healingessential.me)

**Services Provided:** Deep Tissue Massage • Prenatal Massage • Therapeutic Swedish Massage • Herbal Coaching • Holistic Iridology

**Providers:** Sarah Biggs, LMT, cH, cBHI

## Hyrum Muscle Therapy

202 W 300 N, Hyrum, UT 84319 • 435-245-7702

**Services Provided:** Various Techniques of Massage

**Providers:** Sarah Mortensen, LMT

## Integrity Chiropractic and Wellness

565 W 465 N #140, Providence, UT 84332 • 435-213-9645

[cachevalleywellness.com](http://cachevalleywellness.com)

**Services Provided:** Deep Tissue Massage Therapy

**Providers:** Aaron Hatch, LMT

## LeFevre Chiropractic

1415 N 400 E Suite A, Logan, UT 84341 • 435-752-4747

[loganutahchiropractor.com](http://loganutahchiropractor.com)

**Services Provided:** Various Modalities of Massage Therapy

**Providers:** Diane Kirby, LMT

## Leilani Salon & Spa

146 N 100 E, Logan, UT 84321 • 435-713-6969

[leilanisalon.com](http://leilanisalon.com)

**Services Provided:** Couples Massage • Swedish Massage • Deep Tissue Massage • Trigger Point Massage • Prenatal Massage • Full Body Massage • Hot Stone and Sugarscrub Treatment

**Providers:** Cindy Merrill, LMT • Morgan Allen, LMT

## Massage Pro

Hyde Park, UT • 801-949-5974

[darrenwchristensen.wix.com](http://darrenwchristensen.wix.com)

**Services Provided:** Injury Massage • Deep Tissue Massage • Sports Massage • Swedish Massage

**Providers:** Darren W. Christensen

## Millennial Wellness Center

925 W 200 N Suite A5, Logan, UT 84321 • 800-932-1483

[millennialwellnesscenter.com](http://millennialwellnesscenter.com)

**Services Provided:** BodyTalk Sessions • Foot Zoning • Massage Therapy • Facial Zoning

**Providers:** Mallory Campbell, LMT • Spencer Watson, CBP • Janet Easeman, CBP • Tonnya Atwood, Certified Foot Zoner • Cara Cash, Certified Facial Zoner

## Namaste Holistic Wellness & Massage

2150 N Main St. Suite 8, Logan, UT 84341 • 832-776-1881

[namastebodyworktemple.com](http://namastebodyworktemple.com)

**Services Provided:** Therapeutic Massage • Cranial Sacral Massage • Seated Massage • Trigger Point Therapy Massage • Reiki • Bio-Electro-Magnetic-Energy- Regulation (BEMER)

**Providers:** Laura Vongertmeten, LMT

## Positive Vybz

550 E 1400 N, Logan, UT 84341 • 435-535-3565

[positivevybz.com](http://positivevybz.com)

**Services Provided:** All Automated Massages • Dreamwave Massage • Hydro Massage • Fare Infared Massage • Electro Therapy • Yu-Me Massage • Vibro Acoustic Therapy

**Providers:** Haven Pierce

## Revitalize - Therapeutic Massage, LLC

2825 N 2150 E, North Logan, UT 84341 • 801-450-8270

[facebook.com/myrevitalizemassage](https://facebook.com/myrevitalizemassage)

**Services Provided:** Soft Tissue Fascia Massage • Swedish Massage • Aroma Therapy Massage • Deep Release Massage • Hot Stone and Aroma Therapy Massage • Reflexology Foot Massage • Reiki • Energy Work Coaching

**Providers:** Krystal Knitte, LMT

## Rocky Mountain Pain & Joint Center

109 E 1600 N, North Logan, UT 84341 • 435-563-6363

[rockymountainpainandjointcenter.com](http://rockymountainpainandjointcenter.com)

**Services Provided:** Chiropractic Massage Therapy • Cryotherapy • Electrical Stimulation • Acupuncture • Cold Laser Therapy • Degenerative Disc Disease • Spinal Adjustments & Manipulation • Spinal Decompression • Therapeutic Exercise • Therapeutic Ultrasound

**Providers:** Mallory Campbell, LMT • Britton Schenk, LMT • Holly DeGrass, LMT

## Sports Academy Inc

1655 N 200 E, North Logan, UT 84341 • 435-753-7500

[sportsacademy.com](http://sportsacademy.com)

**Services Provided:** Relaxation Massage • Deep Tissue Massage • Sports Massage • Prenatal Massage • Hot Stone • Foot Zoning • Gym • Personal Training • Gymnastics and Tumbling • Pilates • Tennis Lessons • Swimming Lessons • Preschool

**Providers:** Jenny Christensen, LMT • Bridgette Kirk, LMT • Nikki Moysh, LMT • Amber Nelson, LMT • Erin Olsen, LMT • Tara Olsen, LMT

## Spring Creek Medical Center

267 Spring Creek Pkwy, Providence, UT 84332 • 435-792-9400

[springcreekmedical.com](http://springcreekmedical.com)

**Services Provided:** Multi-disciplinary health clinic specializing in pain management • Chiropractic Therapy • Physical Therapy • Massage Therapy

**Providers:** Allyson George, LMT • Kaycia Barben, LMT

## Twin Spirit Healing

277 W 780 S, Logan, UT 84321 • 435-881-5149

[twinspirithealing.com/contact-me](http://twinspirithealing.com/contact-me)

**Services Provided:** Massage Therapy

**Providers:** Shona Spark, LTM

## REFERENCES

1. Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health: 1999- 2015 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2017 January].
1. Utah Department of Health Violence and Injury Prevention Program Prescription Medication Program Database.

*Bear*  
*Health River*  
*Department*