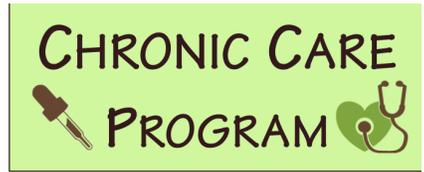


Services Offered at Ithaca Free Clinic

Through the Chronic Care Program, you have access to conventional medical care and alternative, holistic care via a managed care program. The Ithaca Free Clinic is an integrated medical center that offers a healthy variety of choices.



CHIROPRACTIC

Chiropractors are health professionals focused on the diagnosis and treatment of neuromuscular disorders. They seek to reduce pain and improve functionality. Treatments usually involve manual spinal adjustments, like the one pictured here, and joint manipulation.

PRIMARY CARE

In addition to all of the alternative services listed here, the Chronic Care Program offers conventional medical care with consistent primary care for the uninsured. This is provided by medical doctors, nurse practitioners and physician assistants.

ENERGY WORK

Energy work involves focusing healing energy and releasing suppressed emotions in order to promote health and relaxation. This treatment can help with problems such as aggression, addiction, unexplained sadness.

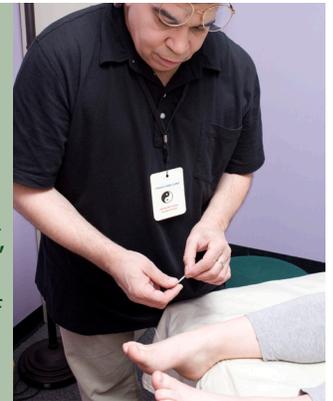


HERBAL MEDICINE

Herbalists are health care practitioners who use plants for medicinal purposes. Herbal medicines can be taken in many different preparations, including teas, tinctures, and capsules.

ACUPUNCTURE

Acupuncturists treat patients by inserting thin needles into the body. It is often used for pain relief, but can be used for a wide range of conditions.



MENTAL HEALTH COUNSELING

Mental health counselors address and treat emotional and mental disorders to promote mental health. This individualized and flexible therapy can help patients with problem resolution, change, crisis management, and mental health issues.

NUTRITIONAL COUNSELING

Registered dieticians provide dietary counseling to patients and can help them make better dietary choices. Nutritional advice can be helpful for patients with trouble losing weight or health concerns such as diabetes and vitamin deficiencies.



REIKI

During Reiki treatments, the practitioner gently places their hands on fully clothed patients. Reiki uses the life force energy that circulates throughout our bodies. People report feeling relaxed or energized after Reiki.



OCCUPATIONAL THERAPY

Occupational therapists help patients develop daily living and work skills, enabling them to live better with their injury or illness. Therapists can help identify and eliminate barriers to independence and participation in daily activities.

MASSAGE THERAPY

Massage involves putting pressure on various parts of the body. Massages have been shown to relieve pain and reduce anxiety, in addition to other therapeutic benefits. The patient lies on the massage table while a massage therapist uses their hands and elbows.



FINANCIAL ADVOCACY

While this is not a health service, the clinic also has financial advocates who assist people with medical bills. There are also certified application counselors who can help people enroll in health insurance.

Do you want to learn more or would like to schedule an appointment?

Call 607-330-1254 or email ChronicCare@IthacaHealth.org

The Free Clinic relies solely on volunteer practitioners and not all services are available at all times.