



Integrative Care Clinic

Holistic Therapy for Optimal Health



A Complementary Approach to Your Child's Health

Our Integrative Care Clinic at Cincinnati Children's Hospital Medical Center offers the benefits of holistic health care to support and enhance a child's natural health and healing process. We use safe, proven complementary and alternative therapies that work in harmony with traditional medical treatments.

Integrative Care Clinic

Cincinnati Children's Hospital Medical Center
3430 Burnet Avenue | Cincinnati, OH 45229
513-803-1990 | icclinic@cchmc.org

www.cincinnatichildrens.org/integrative-care



How Integrative Care Can Help

Integrative Care blends complementary holistic health therapies with your child's regular medical treatments. From general wellness to complex or chronic illness, we help children by giving them the opportunity to be active participants in their health care. Our clinical services provide therapies that encourage optimal health, including:

- Helping to manage pain and discomfort
- Improving circulation
- Addressing tissue restrictions and muscle stiffness
- Providing comfort and reducing stress



Our Services

Our Integrative Care team draws from a variety of clinical services in developing a personalized plan for every child. Our therapies:

- **Massage Therapy** is offered by our licensed therapists. Massage Therapy is a gentle, hands-on manipulation of muscle and tissue to increase blood flow, decrease pain and promote relaxation. Other touch therapies offered are deep tissue massage, tissue release, gentle massage, infant massage, craniosacral therapy and lymphatic drainage therapy.
- **Pediatric Yoga** is offered by practitioners who are certified by the Yoga for the Special Child® program. Pediatric Yoga teaches the child and the parents a variety of yoga poses that can increase strength, flexibility and coordination.
- **Biofeedback** is offered by our certified practitioners. Biofeedback training teaches children techniques that can improve health and performance by using signals from their own bodies to help control heart rate, blood pressure, temperature and muscle tension.



Information and Appointments

Integrative Care services can be provided to children while they are hospitalized at Cincinnati Children's as part of the overall treatment plan.

Services are also available on an outpatient basis with a referral from your physician. The Integrative Care Clinic is located at 3430 Burnet Avenue.

For more information about our services or to schedule an appointment:

Call: 513-803-1990

Email: icclinic@cchmc.org

Fax physician referrals: 513-803-1111

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