

### Self Management Continued

**Life is Now** – Physiotherapy for People with Chronic Pain, Therapeutic Yoga, Pain Management Workshops, Yoga Retreats. [lifeisnow.ca](http://lifeisnow.ca)

### Complementary

**Kerry Lee** – Private Yoga Therapy for Chronic Pain & Stress Management. Trail, Rossland, Fruitvale, Salmo, Castlegar, 250-512-9644

**Are there resources you'd like to see on this list?**

Email [kbdctors@divisionsbc.ca](mailto:kbdctors@divisionsbc.ca)

# Let's work together to treat **Chronic Pain**

## SERVICES IN THE LOWER COLUMBIA & AREA



## Medical

**Dr. Joel Kailia, Dr. Devon Christie – RISE BC** – Full spectrum of services including functional medicine, osteopathy, yoga therapy, kinesiology, myofascial, prolotherapy, counselling and mindfulness based stress reduction for chronic pain. Nelson, 250-352-5259, [risebc.com](http://risebc.com)

**Dr. Rodica Janz – Solis Integrative Health Centre** – Bsc (Kinesiology), MD, CCFP, CGIMS, chronic pain management through assessment of body alignment, education and counselling, strengthening exercises, Gunn IMS (intramuscular stimulation), trigger point and Botox injections, joint injections, medication management, prolotherapy and perineural injections. Nelson, 778-774-7442 [solishealth.ca](http://solishealth.ca)

### Cognitive Therapy/Coaching

**Trail Mental Health Chronic Pain Group** – 10 week group sessions focused on cognitive therapy skills to manage pain. Contact Kiro Wellness Centre, 250-364-6256 or through Intake Services for Mental Health - 250-364-6262

**Bounce Back** – Free skill-building program to help individuals experiencing mild to moderate depression or anxiety. Province-wide, physician or Mental Health referral required, [bouncebackbc.ca](http://bouncebackbc.ca)

**Connect for Health** – Pain BC, Free 24hr telephone service to connect people in pain to the resources they need. Province-wide, Toll-free: 1-844-430-0818

**Coaching for Health** – Pain BC, Free service to help people in pain learn self-management skills, regain function and improve their well-

being. Province-wide, physician referral required, [painbc.ca/coaching](http://painbc.ca/coaching)

### Body Work

**Trail Integral Therapeutics** – Myofascial, deep tissue, visceral manipulation, joint mobilizations, neuromuscular release, lymphatic drainage. Trail, 250-364-1433, [trailintegraltherapeutics.ca](http://trailintegraltherapeutics.ca)

**The Living Line** – Occupational Therapy, Structural Integration and Rolf Somatic Movement Education. Trail, Rossland, Castlegar, Nelson, 250-362-2291, [thelivingline.ca](http://thelivingline.ca)

**The Essential Body** – Swedish massage, myofascial release, cranial-sacral, visceral manipulation, breathing, posture and movement. Rossland, 250-362-7238, [essentialbody.ca](http://essentialbody.ca)

**Kootenay Health Services** – Case management and coordination of rehab services for clients with chronic pain. Nelson, 250-352-1116, [kootenayhealth.com](http://kootenayhealth.com)

**Trail Home & Community Care – Occupational Therapy** – Environmental adaptations in home, energy conservation techniques, postural awareness and alignment education, activity pacing and activity grading information. 250-364-5141

**Rossland Manual Therapy Clinic, Sandi Jewell, Jane Scott** – Spinal and Pelvic Alignment work, postural training, custom orthotics, Therapeutic exercise, manual therapy, Gunn IMS, Cold Laser therapy. Trail, Rossland, Fruitvale, Warfield, 250-362-2143, [rosslandmanualtherapy@gmail.com](mailto:rosslandmanualtherapy@gmail.com)

**Kootenay Columbia Therapeutics** – Physiotherapy, Massage therapy, Acupuncture, Chinese Herbal Medicine,

and wellness coaching. Trail, 250-364-1516, [kootenaycolumbiatherapeutics.com](http://kootenaycolumbiatherapeutics.com)

**Infinity Physio Centre** – Specializing in myofascial manipulation for chronic pain syndromes. Also provide Scenar Therapy, hand held, biofeedback device to reduce reliance on medication for pain. Trail, Rossland, 250-362-7333, [infinityphysio.ca](http://infinityphysio.ca)

**Evergreen Sports and Physical Therapy** – Physiotherapy, manual therapy, electrotherapy, vestibular rehabilitation, exercise programs, knew bracing, orthotics, fracture casts. Trail, 250-368-8862, [evergreenphysio.org](http://evergreenphysio.org)

**ProActive Rehab** – Physiotherapy guided Active Rehabilitation. Focuses on education, self management, exercise prescription, gradual progression, injury and fall prevention. Rossland, 250-231-7916

**City Centre Chiropractic** – Chiropractic manipulation, active release technique, graston technique, kinesiotaping, cold laser therapy, rehab exercise, nutrition and supplementation, custom orthotics and correct toes, massage therapy. Trail, 250-368-5528, [citycentrechiro.ca](http://citycentrechiro.ca)

**Joanna Linardis – Massage Therapist** – Myofascial release, posture, structural alignment, rehabilitative exercise. Fruitvale, 250-521-0102 or email for appointments [jlinardis@hotmail.com](mailto:jlinardis@hotmail.com)

**Valhalla Physiotherapy** – Physiotherapy, acupuncture, custom

bracing and orthotics, vertigo. Castlegar, Fruitvale, 250-367-0269, [valhallaphysiotherapy.com](http://valhallaphysiotherapy.com)

**Elite Physiotherapy** – Ultrasound, IFC, TENS/EMS, Traction (mechanical), exercise prescription, hot/cold therapy and many hands on techniques. Trail, 778-456-2222, [elitephysiotherapy.ca](http://elitephysiotherapy.ca)

**movin'mountains** – Occupational Therapy, Speech-Language Pathology, Physical therapy, Pelvic Floor and

Functional rehab. Trail, 778-456-0020, [movinmountainstherapy.com](http://movinmountainstherapy.com)

**Elevate Sport and Health** – Massage therapy, training, athletic therapy, exercise programs. Trail, 250-364-3380, [elevate-sport.ca](http://elevate-sport.ca)

**Solis Integrative Health Centre** – Acupuncture/Chinese Medicine, Kinesiology, Physiotherapy, Indigenous Medicine, Kundalini Yoga, Osteopathy. Nelson, 778-774-7442 [solishealth.ca](http://solishealth.ca)

### Self Management

**Live Plan Be** – Learn about the science behind chronic pain, Keep track of your symptoms and their impacts., Develop a plan for better pain management and quality of life. Connect with a like-minded community of others who live with pain. [liveplanbe.ca](http://liveplanbe.ca)

**Regional Workshops** – The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. [selfmanagementbc.ca/upcomingworkshops](http://selfmanagementbc.ca/upcomingworkshops)