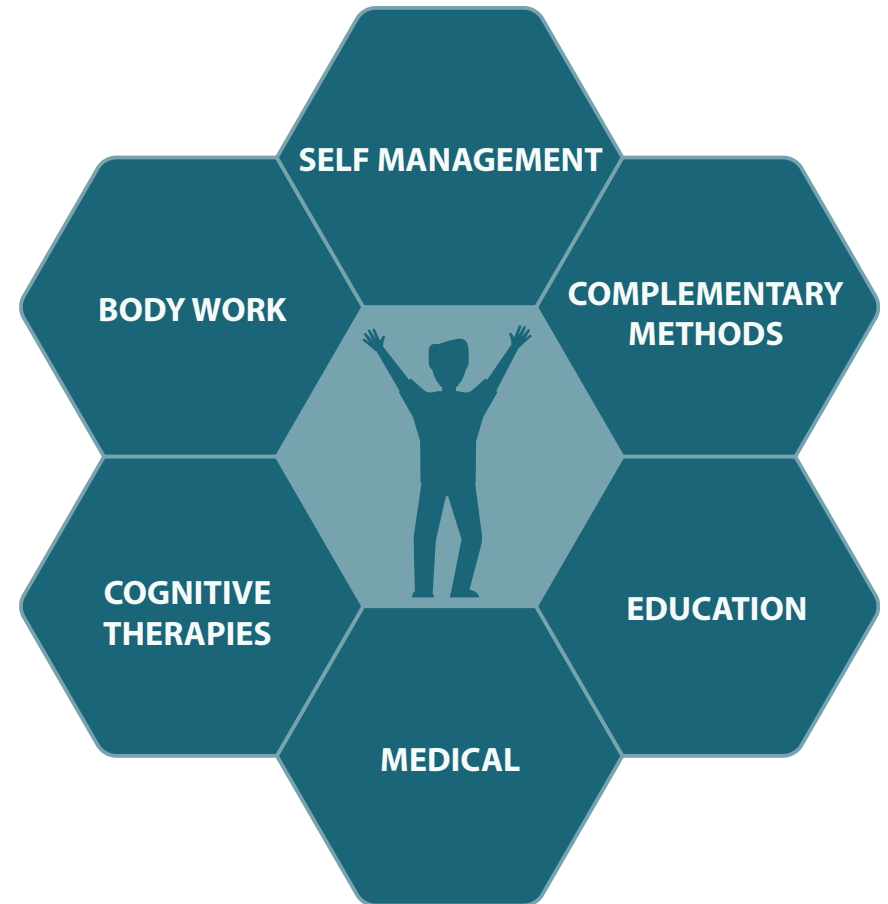


Let's work together to treat **Chronic Pain**

SERVICES IN THE LOWER COLUMBIA & AREA



Medical

Dr. Joel Kailia – RISE BC – Full spectrum of services including osteopathy, yoga therapy, kinesiology, myofascial, prolotherapy and counselling for chronic pain. Nelson, 250-352-5259, www.risebc.ca

Cognitive Therapy

Trail Mental Health Chronic Pain Group – 10 week group sessions run 3 times per year, focused on cognitive therapy skills to manage pain. Contact Nancy Bowie, Kiro Wellness Centre, 250-364-6256

Body Work

Trail Integral Therapeutics – Myofascial, deep tissue, visceral manipulation, joint mobilizations, neuromuscular release, lymphatic drainage. Trail, 250-364-1433, www.trailintegraltherapeutics.ca

The Living Line – Occupational Therapy, Structural Integration and Rolf Somatic Movement Education. Trail, Rossland, Castlegar, Nelson, 250-362-2291, www.thelivingline.ca

The Essential Body – Swedish massage, myofascial release, cranial-sacral therapy, visceral manipulation, breathing, posture and movement. Rossland, 250-362-7238, www.essentialbody.ca

Kootenay Health Services – Case management and coordination of rehab services for clients with chronic pain. Nelson, 250-352-1116, www.kootenayhealth.com

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

Sandi Jewell, Physiotherapist – Spinal and Pelvic Alignment work, postural training, custom orthotics, therapeutic exercise, manual therapy, Gunn IMS. Trail, Rossland, Fruitvale, Warfield. sandijewellrpt@gmail.com

Kootenay Columbia Therapeutics – Physiotherapy, Massage therapy, Acupuncture, Chinese Herbal Medicine, Yoga therapy and wellness coaching. Trail, 250-364-1516, www.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, www.infinityphysio.ca

Evergreen Sports and Physical Therapy – Physiotherapy, manual therapy, electrotherapy, vestibular rehabilitation, exercise programs, knee bracing, orthotics, fracture casts. Trail, 250-368-8862, www.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, 259-368-5528, www.citycentrechiro.ca

Joanna Linardis – Massage Therapist – Myofascial release, posture, structural alignment, rehabilitative exercise. Fruitvale, 250-521-0102 or email for appointments jlinardis@hotmail.com

Valhalla Physiotherapy – Physiotherapy, acupuncture, custom bracing and orthotics, vertigo. Castlegar, Fruitvale, 250-367-0269, www.valhallaphysiotherapy.com

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

Elevate Sport and Health – Massage therapy, training, athletic therapy, exercise programs. Trail, 250-364-3380, www.elevate-sport.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. www.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. www.selfmanagementbc.ca/upcomingworkshops

Life is Now – Physiotherapy for People with Chronic Pain, Therapeutic Yoga, Pain Management Workshops, Yoga Retreats. www.lifeisnow.ca

Complementary

Marnie Laser – Kinesiology fused with hatha yoga to create individualized therapeutic movement programs, yoga classes. Rossland, Warfield, 250-513-0236, www.facebook.com/UMove-1679703258928096/?fref=ts

Kerry Turner – Yoga Therapy for Chronic Pain & Stress Management. Trail, Rossland, Fruitvale, Salmo, Castlegar, 250-512-9644, www.kerryyoga.com

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

Email kbdoctors@divisionsbc.ca