




















Resources* for Chronic Non-Cancer Pain











LHIN 8 - Central


The inclusion of these resources does not entail endorsement by the Centre for Effective Practice, the Ontario College of Family Physicians, the Nurse Practitioners' Association of Ontario or LHIN 8 - Central. This document is a list of all resources located in your LHIN and it is up to you as a provider to determine the most appropriate resource to refer your patient to.

Chronic pain management clinics


1	Allevio Pain Management Clinic	 Location(s)	
	This evidence-based multidisciplinary pain management clinic provides interventions (e.g., nerve blocks, epidurals), pharmacotherapy, psychological therapies (e.g., CBT, mindfulness, psychotherapy), naturopathic services, osteopathic services, chiropractic services, acupuncture, massage therapy, nutritional counseling, and occupational health assessments.		North York
	http://allevioclinic.com/		
2	Altum Health Pain Management Program	 Location(s)	
	Altum Health's Pain Management Program provides an interdisciplinary approach to chronic pain management for those that have not returned to work within usual course of recovery (more than 6 months from time of injury or accident) or those struggling while at work. The program is time limited and goal directed, with a cognitive behavioural and functional restoration focus.		Thornhill
	www.altumhealth.com/pain-management/		
3	The Canadian Centre for Integrative Medicine	 Location(s)	
	This multidisciplinary centre integrates conventional medicine (medications and interventions) with complementary medicine (acupuncture, physiotherapy, chiropractic, osteopathy, naturopathy, and Traditional Chinese Medicine) to treat patients with chronic pain.		Markham
	http://www.drkoprp.com/		
4	Humber Valley Medical Centre	 Location(s)	
	This family physician's office provides a referral-based pain management service.		Toronto
	http://www.manta.com/ic/mtqg2lr/ca/humber-valley-medical-centre		
5	Jacobs Pain Centre	 Location(s)	
	This pain clinic provides interventions (Botox, interventional nerve blocks), medication and mindfulness training to manage chronic pain.		Markham
	http://www.jacobspaincentre.ca/		
6	Karmy Chronic Pain Medical Clinic	 Location(s)	
	This chronic pain clinic provides interventional management, independent pain assessments, and medico-legal assessments.		Toronto
	http://karmyclinic.com/		
7	Lifemark Physiotherapy Dufferin & Castlefield	 Location(s)	
	This clinic's services include physiotherapy, massage therapy, occupational therapy, chiropractic, and other rehabilitation services.		Toronto
	https://www.lifemark.ca/Dufferin-And-Castlefield		


8	Massage 4 Health	 Location(s)
<p>This clinic provides massage therapy for stress reduction, physical injuries, chronic pain, and general personal wellness.</p> <p>http://www.centralhealthline.ca/display/service.aspx?id=131124</p>		Newmarket
9	Novo Healthnet	 Location(s)
<p>Clinics in this network provide diagnostics and rehabilitation programs to fully restore movement and function to people with musculoskeletal or neurological impairments.</p> <p>https://novohealthnet.com/NovoHealthnet/find-a-clinic-near-you/</p>		Richmond Hill, Vaughan
10	Nymark Medical Centre	 Location(s)
<p>The physician at this walk-in clinic provides pain management services.</p> <p>http://www.dr.alloo.ca</p>		Toronto
11	Pain Management & Fibromyalgia Clinic - Physiomobility Health Group	 Location(s)
<p>This clinic offers physiotherapy and massage therapy for fibromyalgia or chronic pain.</p> <p>http://www.physiomobility.com/contact-pain-management-fibromyalgia.html</p>		Toronto
12	Physiomobility Don Mills - Physiomobility Health Group	 Location(s)
<p>This multidisciplinary clinic has a team of medical doctors, pain management specialists, physiotherapists, psychotherapists, and other healthcare professionals. They provide medication, nerve blocks, physiotherapy, massage therapy, chiropractic, acupuncture, exercise therapy, meditation, and CBT.</p> <p>http://www.physiomobility.com/contact-physiomobility-donmills.html</p>		Toronto
13	Physiomobility Thornhill - Physiomobility Health Group	 Location(s)
<p>This multidisciplinary clinic has a team of medical doctors, pain management specialists, physiotherapists, psychotherapists, and other healthcare professionals. They provide medication, nerve blocks, physiotherapy, massage therapy, chiropractic, acupuncture, exercise therapy, meditation, and CBT.</p> <p>http://www.physiomobility.com/contact-physiomobility-thornhill.html</p>		Thornhill
14	Pinnacle Health Sciences Centre	 Location(s)
<p>This pain clinic offers interventional pain management, rehabilitation and therapeutic programs, and medical imaging.</p> <p>https://www.pinnaclehsc.com/</p>		Richmond Hill
15	Richmond Hill Headache & Neck Pain Clinic	 Location(s)
<p>This pain clinic specializes in headache and neck pain.</p> <p>https://www.manta.com/ic/mt692n3/ca/richmond-hill-headache-neck-pain-clinic</p>		Richmond Hill
16	The Shapero Markham Headache and Pain Treatment Centre	 Location(s)
<p>The Shapero Markham Headache and Pain Treatment Centre is a facility specializing in the multidisciplinary treatment of chronic head, neck, facial, and myofascial pain syndromes. The approach to the management of headache and chronic pain is comprehensive, incorporating physical, psychological, and pharmacological rehabilitation. Patient education and counseling are fundamental components of the program.</p> <p>http://shaperoheadache.com/</p>		Markham
17	Silver Medical Group Centre for Pain Care	 Location(s)
<p>This multidisciplinary clinic offers interventions (e.g., nerve blocks, epidural steroid injections) and medications.</p> <p>http://silverpaincare.com/</p>		Toronto


18	The Interventional Pain Specialists	 Location(s)	Richmond Hill
<p>This pain clinic provides interventional pain management (e.g., epidural steroid injections, joint injections, nerve blocks, radiofrequency ablations, Botox, and viscosupplementation).</p> <p>https://tipsmed.com/</p>			
19	The Pain Clinic	 Location(s)	Toronto
<p>This pain clinic provides chronic pain consults and treatment, including interventional pain management. It specializes in low back pain, neck pain, headache and radiculopathy.</p> <p>http://champagnecentre.com/tenant-directory/the-pain-clinic/</p>			
20	Toronto Headache & Pain Clinic	 Location(s)	North York
<p>This pain and headache clinic is located in North York, Ontario.</p> <p>https://www.yelp.ca/biz/toronto-headache-and-pain-clinic-north-york</p>			
21	Toronto Poly Clinic	 Location(s)	Thornhill, Toronto
<p>This multidisciplinary pain clinic offers interventions, medications, physical therapy, psychological therapy, and education on coping skills.</p> <p>http://www.torontopolyclinic.com/</p>			
22	Universal Health & Rehabilitation	 Location(s)	Toronto
<p>This pain clinic, staffed by chiropractors, provides physiotherapy, orthopaedic devices (e.g., orthotics, cervical traction), and manual physical medicine (e.g., chiropractic, acupuncture, exercise) to help manage chronic pain.</p> <p>http://www.pain-drs.com/pain-management</p>			
23	Vaughan Pain Clinic	 Location(s)	Vaughan
<p>This clinic works with family physicians to provide comprehensive pain management. When appropriate and coordinated with the family physician, it provides medication including narcotics. It also provides nerve blocks, trigger point injections, joint injections and botox injections for our patients. The clinic has a working relationship with physiotherapists, acupuncturists, chiropractors, massage therapists and nutritionists.</p> <p>http://www.vaughanpainclinic.ca/</p>			
24	Wellmedica Woodbridge	 Location(s)	Woodbridge
<p>This clinic provides a variety of health care services including chronic pain management and acupuncture.</p> <p>http://wellmedica.ca/</p>			
25	Wilderman Medical Clinic	 Location(s)	Thornhill
<p>This multidisciplinary clinic offers chiropractic, naturopathy, auriculotherapy, acupuncture, ultrasound-guided injections, physiotherapy, orthotics/podiatry services, message therapy and psychotherapy.</p> <p>http://drwilderman.com/</p>			
26	York Medical Health Centre	 Location(s)	Newmarket
<p>This medical health centre has a chronic pain clinic.</p> <p>http://www.centralhealthline.ca/displayservice.aspx?id=131986</p>			
27	York Rehab	 Location(s)	Newmarket
<p>This is a multidisciplinary centre for physical rehabilitation.</p> <p>http://www.yorkrehab.com/</p>			


28	Inter-professional Spine Assessment and Education Clinics (ISAEC)	 Location(s)
<p>The Inter-professional Spine Assessment and Education Clinics (ISAEC) is an upstream, shared-care model of care in which patients receive rapid low back pain assessment (less than two weeks on average), education and evidence-based self-management plans. It is designed to decrease the prevalence of unmanageable chronic low back pain, reduce unnecessary diagnostic imaging as well as unnecessary specialist referral.</p> <p>http://www.isaec.org/</p>		Ontario-wide


Substance abuse & drug addiction clinics, and withdrawal services


29	Community Opioid Treatment Program - Addiction Services for York Region	 Location(s)
<p>This program provides services to people and families who struggle with opioid abuse or dependence issues. The program offers drug substitution treatment, tapering, counselling, and holistic treatment options.</p> <p>https://www.asyr.ca/programs/community-opioid-treatment-program/</p>		Aurora, Keswick, North York, Thornhill


30	Ontario Addiction Treatment Centres (OATC)	 Location(s)
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p> <p>https://www.oatc.ca/</p>		Alliston, Keswick, Newmarket, North York

31	Rapid Access Addiction Medicine (RAAM) - Addiction Services for York Region	 Location(s)
<p>Addiction Services for York Region is working in partnership with hospitals in the region to offer RAAM clinics. These clinics are drop-in clinics for people looking for help with problematic substance use.</p> <p>https://www.asyr.ca/programs/rapid-access-addiction-medicine-raam/</p>		Alliston, Markham, Newmarket, Richmond Hill, Toronto






32	TrueNorth Medical Centres	 Location(s)
<p>Services include a methadone/Suboxone program that is focused on the treatment of opioid dependence and chronic pain. It is a multidisciplinary team environment that includes counselors, psychiatrist and addiction medicine specialists.</p> <p>https://www.truenorthmedical.com/</p>		North York, Richmond Hill, Toronto

33	Connex Ontario Drug & Alcohol Helpline	 Location(s)
<p>Connex Ontario provides free, confidential, and anonymous information about drug and alcohol treatment services across Ontario.</p> <p>http://www.connexontario.ca/</p>		Ontario-wide




34	Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)	 Location(s)
<p>This is a provincial initiative to support clinicians in treating patients with substance use disorders. This website provides information about rapid access addiction medicine (RAAM) clinics across the province.</p> <p>http://www.metaphi.ca/raam-clinics/</p>		Ontario-wide

35	Ontario Naloxone Program for Pharmacies	 Location(s)
<p>Provincial program to provide naloxone kits through pharmacies.</p> <p>https://www.ontario.ca/page/get-naloxone-kits-free</p>		Ontario-wide

Self-management workshops

36	Chronic Disease Self-Management Program - North York General Hospital	 Location(s)	Toronto
<p>This program offers six week interactive workshops for people with chronic health conditions. Topics include physical activity, healthy eating, medication management, future planning, communicating with your health care provider, action planning, depression management and pain management.</p> <p>http://www.nygh.on.ca/Default.aspx?cid=1390&lang=1</p>			
37	Healthy Living Now	 Location(s)	LHIN-wide
<p>Stanford-model peer-led 6-week workshop on managing chronic pain for patients. Healthcare professional resources such as Brief Action Planning training and "choices and changes" training (supporting patients who are engaged in self-management programs). Has "recommended reading" list for health professionals and 1-page handout for referring patients to the program.</p> <p>http://www.healthy-living-now.ca/</p>			
38	Living Well with Chronic Diseases - Chronic Disease Self-Management in Chinese Community - Yee Hong Centre for Geriatric Care	 Location(s)	Markham, Richmond Hill
<p>Stanford-model peer-led 6-week workshop on managing chronic disease for patients.</p> <p>https://www.yeehong.com/centre/community-services/chronic-disease-self-management-program/</p>			
39	NeuroNova Centre for Mindful Solutions	 Location(s)	Ontario-wide
<p>This centre utilizes the Mindfulness-Based Chronic Pain Management (MBCPM) program to help patients manage their chronic pain conditions. They also facilitate training for practitioners who wish to include the program in their practices.</p> <p>http://www.neuronova.ca/</p>			
40	Online Chronic Disease Self-Management Program of Ontario	 Location(s)	Ontario-wide
<p>This online program is based on the live Stanford model of chronic disease management, but provides the program completely online.</p> <p>https://www.selfmanagementontario.ca/</p>			

Provider education programs

41	Medical Mentoring for Addictions and Pain (MMAP)	 Location(s)	Ontario-wide
<p>The MMAP is a network that connects family physician mentees to psychiatrist and family physicians with a focused practice in pain and addictions mentors through telephone, email and fax. Mentees may contact their mentors on an informal basis for guidance and support. Formal continuing professional development (CPD) workshops, small group teleconferences and sessions take place regularly in order to foster group cohesion. These tools help to support and augment the case by case mentoring program. Advice in the areas of diagnosis, psychotherapy and pharmacology is provided to mentees. Mentees are matched with mentors based on clinical interests and/or geographic location. Please note this is not a referral service.</p> <p>http://ocfp.on.ca/cpd/collaborative-networks/mmap</p>			
42	Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)	 Location(s)	Ontario-wide
<p>This is a provincial initiative to support clinicians in treating patients with substance use disorders. This website provides clinical tools and ongoing education resources for substance use disorder for health care providers.</p> <p>http://www.metaphi.ca/provider-education.html</p>			
43	NeuroNova Centre for Mindful Solutions	 Location(s)	Ontario-wide
<p>This centre utilizes the Mindfulness-Based Chronic Pain Management (MBCPM) program to help patients manage their chronic pain conditions. They also facilitate training for practitioners who wish to include the program in their practices.</p> <p>http://www.neuronova.ca/</p>			

44 Ontario Pain Foundation ● Location(s)

This not-for-profit charity provides information on the treatment and management of chronic pain, links to chronic pain resources from other organizations, raises awareness of chronic pain, operates a chronic pain support group and presents an Academic Pain Day to instruct physicians in management of chronic pain. Ontario-wide

<http://ontariopainfoundation.ca/>

45 OTNhub Ontario eConsult Program ● Location(s)

The Ontario eConsult Program connects requesting providers to specialists through a private and secure web portal, providing the opportunity to inform clinical decision making without sending the patient to see the specialist in person. Ontario-wide

<https://otnhub.ca/patient-care/>

46 Project ECHO Chronic Pain & Opioid Stewardship ● Location(s)

This physician network provides primary care providers in Ontario with the knowledge and support to manage chronic pain safely and effectively. It uses Telehealth technology to offer weekly two-hour videoconferences where local practice leaders ("spokes") present a brief didactic session followed by two or three de-identified case presentations, plus a yearly "Chronic Pain Basics Boot Camp" It also provides continuing education credits and fast-track specialist referrals for complex cases. Ontario-wide

<https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/>

Other

47 Calea 🍁 Location(s)

This pharmacy provides a broad and diverse range of intravenous therapies, nutritional services and medical supplies to meet the needs of clients requiring long term or temporary care. Canada-wide

<http://www.calea.ca/>

*These supporting materials are hosted by external organizations and, as such, the accuracy and accessibility of their links are not guaranteed. The CEP will make every effort to keep these links up to date.

This Resource was developed as part of the Knowledge Translation in Primary Care Initiative, led by the Centre for Effective Practice with collaboration from the Ontario College of Family Physicians and the Nurse Practitioners' Association of Ontario. Clinical leadership for the development of the resource was provided by Dr. Arun Radhakrishnan, MSc, MD, CM CCFP and was subject to external review by health care providers and other relevant stakeholders. This Resource was funded by the Government of Ontario as part of the Knowledge Translation in Primary Care Initiative.

This resource was developed for licensed health care professionals in Ontario as a guide only and does not constitute medical or other professional advice. Health care professionals are required to exercise their own clinical judgment in using this Resource. Neither the Centre for Effective Practice ("CEP"), Ontario College of Family Physicians, Nurse Practitioners' Association of Ontario, Government of Ontario, nor any of their respective agents, appointees, directors, officers, employees, contractors, members or volunteers: (i) are providing medical, diagnostic or treatment services through this Resource; (ii) to the extent permitted by applicable law, accept any responsibility for the use or misuse of this Resource by any individual including, but not limited to, primary care providers or entity, including for any loss, damage or injury (including death) arising from or in connection with the use of this Resource, in whole or in part; or (iii) give or make any representation, warranty or endorsement of any external sources referenced in this Resource (whether specifically named or not) that are owned or operated by third parties, including any information or advice contained therein.



Management of Chronic Non-Cancer Pain is a product of the Centre for Effective Practice. Permission to use, copy, and distribute this material for all non-commercial and research purposes is granted, provided the above disclaimer, this paragraph and the following paragraphs, and appropriate citations appear in all copies, modifications, and distributions. Use of the Management of Chronic Non-Cancer Pain for commercial purposes or any modifications of the Resource are subject to charge and use must be negotiated with the Centre for Effective Practice (Email: info@effectivepractice.org).

For statistical and bibliographic purposes, please notify the Centre for Effective Practice (info@effectivepractice.org) of any use or reprinting of the Resource. Please use the below citation when referencing the Resource:
Reprinted with Permission from Centre for Effective Practice. (July 2018). Management of Chronic Non-Cancer Pain(CNCP): Ontario. Toronto: Centre for Effective Practice.

Developed by:



In collaboration with:

