



Musculoskeletal  
Central Intake &  
Assessment Centre

## **Conservative Management Resources for Hip and Knee Osteoarthritis Ontario West - Hamilton Niagara Haldimand Brant Burlington**

January 2023

**For more information regarding this resource, or to provide updates please contact:**

Ontario West - Hamilton Niagara Haldimand Brant Burlington (HNHBB) Musculoskeletal Central Intake and Assessment Centre

1-888-868-5568

[hnhbmskciac@hhsc.ca](mailto:hnhbmskciac@hhsc.ca)

[www.mskciac.ca](http://www.mskciac.ca)

**Disclaimer:** While names of clinics and services are provided as resources, they were not assessed for their quality. The Ontario West - Hamilton Niagara Haldimand Brant Burlington (HNHBB) Musculoskeletal Central Intake and Assessment Centre does not endorse one clinic, or service over another.

## Table of Contents

Overview .....	4
1. Physiotherapy and Exercise Resources.....	5
Publicly-Funded Community Physiotherapy Clinics .....	5
Publicly-Funded Community Physiotherapy Clinic Locations.....	6
Community Health Centre Physiotherapy and Occupational Therapy Programs .....	6
Privately-Funded Physiotherapy Clinics.....	6
GLA:D Program.....	7
The LiveWell In Motion Program – YMCA .....	8
Burlington Family Health Team Physiotherapy - Living Better with Pain.....	9
Six Nations Health Services – Therapy Services.....	10
Mac H <sup>2</sup> OPE Clinic .....	10
MacSeniors Exercise and Wellness Program .....	11
2. Weight Loss Management Resources.....	12
Wharton Medical Clinic.....	12
Ontario Bariatric Network.....	12
3. Hip and Knee Injection Referral Resources .....	13
Referral to Orthopedic Surgeons .....	13
Referral to Other Physician Specialists Performing Hip/Knee Injections .....	13
4. Bracing and Assistive Device Resources .....	14
Ontario Assistive Devices Program .....	14
Prosthetics and Orthotics Program.....	14
Niagara Prosthetics & Orthotics / Align Home Health Care .....	15
The Non-Insured Health Benefits Program – First Nations and Inuit.....	16
Adult Complex Wheelchair and Seating Clinic.....	16
Brantwood Seating Clinic.....	16
Private Physiotherapy Clinics.....	17
5. Additional Therapy Resources .....	18
Ontario Chiropractic Association of Ontario .....	18
Ontario Association of Osteopathic Manual Practitioners .....	18

Registered Massage Therapists’ Association of Ontario .....	18
College of Traditional Chinese Medicine and Acupuncturists of Ontario .....	18
6. Community Programs and Education Resources.....	19
Ontario West - HNHBB -Wide Resources.....	19
Arthritis Society-Arthritis Rehabilitation and Education Program .....	21
Ontario West - HNHBB Home and Community Care .....	22
VON Canada .....	23
YMCA.....	24
Brant Sub-Region .....	25
Burlington Sub-Region .....	25
Haldimand-Norfolk Sub-Region .....	25
Hamilton Sub-Region .....	26
Niagara Sub-Region.....	26
Niagara North-West Sub-Region.....	26
Ontario Health Care Professional Associations – Find A Practitioner .....	27
Appendix A.....	28
Ontario West - HNHBB Community Physiotherapy Clinics.....	28
Appendix B .....	33
Ontario West - HNHBB Community Health Centre Physiotherapy and Occupational Therapy Programs .....	33
Appendix C .....	35
Registry of Ontario West - HNHBB Hip and Knee Arthroplasty Surgeons .....	35

## Overview

Ontario West - Hamilton Niagara Haldimand Brant Burlington (HNHBB) **Musculoskeletal Central Intake and Assessment Centre (MSK CIAC)** is the one central point of contact for the receipt of all referrals for hip/knee arthroplasty assessment for patients with moderate to severe osteoarthritis. Patients are assessed within four weeks of referral by an Advanced Practice Provider (Physiotherapist) with specialized training in hip and knee osteoarthritis. The goals of MSK CIAC are to improve access to specialty musculoskeletal care, reduce wait times and to improve patient experience.

Currently, 40% of patients referred to MSK CIAC and assessed by an Advanced Practice Provider are determined to be non-surgical hip/knee arthroplasty candidates at time of assessment. This document was developed as an information resource for HNHBB patients and healthcare providers including primary care providers, advanced practice providers, and orthopedic surgeons to help direct these patients to local resources to get the care they need to manage their hip or knee osteoarthritis.

This document outlines conservative management resources for hip and knee osteoarthritis available within Ontario West - HNHBB. Resources are categorized according to best practice treatment recommendations, including:

1. Physiotherapy and exercise,
2. Weight loss management,
3. Hip and knee injections,
4. Bracing and assistive devices,
5. Additional therapy resources, and
6. Community programs and education resources.

**Disclaimer:** While names of clinics and services are provided as resources, they were not assessed for their quality. The Ontario West - Hamilton Niagara Haldimand Brant Burlington (HNHBB) Musculoskeletal Central Intake and Assessment Centre does not endorse one clinic, or service over another.

## 1. Physiotherapy and Exercise Resources

### Publicly-Funded Community Physiotherapy Clinics

Funding for clinic-based physiotherapy in Ontario is based on an *Episode of Care* model. This means funding is provided to cover an entire course of treatment instead of individual visits.

An Episode of Care refers to all clinically related health services used to treat one patient who has been diagnosed with distinct conditions arising from injury or health-related issues. An Episode of Care lasts from the physiotherapist's assessment and diagnosis of the symptoms, and the delivery of treatment until the patient has reached their goals as indicated by the treatment plan and is discharged.

Patients are not limited to a specific number of visits per Episode of Care under publicly-funded clinic-based physiotherapy. The number and frequency of visits provided will be determined by the treating physiotherapist in consultation with the patient. It will be based on the physiotherapist's professional skill and clinical judgment, and the patient's individual needs.

#### Eligibility

In order to qualify for the publicly funded Community Physiotherapy Clinic program patients must:

1. First be referred by a physician or nurse practitioner, based on the findings of an assessment which shows that they require physiotherapy services;
2. Be further assessed by a physiotherapist, where the assessment concludes that they require physiotherapy as a result of a recent illness, injury, surgery, or a flare up of a chronic condition that has become progressively worse, leading to a decrease in function or mobility.

In addition, patients must also be insured under the Ontario Health Insurance Plan (OHIP) and be within one of the following categories:

- Aged 65 years and older;
- Aged 19 years and younger; or
- Recently discharged as an inpatient from a hospital after an overnight stay in the last twelve months, and require physiotherapy for the condition, illness or injury directly as a result of the reason for the hospitalization

Or

- Approved for funding under the Ontario Disability Support (ODSP) or Ontario Works (OW) programs.

## **Publicly-Funded Community Physiotherapy Clinic Locations**

A list of publicly-funded Community Physiotherapy Clinic locations by Ontario West - HNHBB sub-region is provided in [Appendix A](#).

Publicly-funded community physiotherapy clinics can also be searched using the following link:

<https://www.hnhbhealthline.ca/listServices.aspx?id=11019>

A list of publicly-funded community physiotherapy locations in Ontario can be found at

[https://www.health.gov.on.ca/en/public/programs/physio/pub\\_clinics.aspx](https://www.health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx)

## **Publicly-Funded vs Privately Funded Physiotherapy Services**

Should a patient not meet the eligibility criteria or no longer need physiotherapy services under their Episode of Care, they may purchase services privately. Community Physiotherapy Clinics are allowed to offer privately funded services in addition to publicly-funded services.

## **Community Health Centre Physiotherapy and Occupational Therapy Programs**

Please see [Appendix B](#) for a listing of Community Health Centres that offer physiotherapy and/or occupational therapy programs, and their specific referral criteria.

## **Privately-Funded Physiotherapy Clinics.**

Clinic listings available through Canada 411 [www.canada411.ca](http://www.canada411.ca) and via online search.

## GLA:D Program

<http://GLADcanada.ca/>

The GLA:D (Good Life with Arthritis in Denmark) program is a community-based education and exercise program for people who experience any level of hip and/or knee osteoarthritis symptoms. The program was originally developed in Denmark.

The GLA:D program offers an 8-week supervised group exercise and education program led by a certified therapist to help people with hip or knee osteoarthritis.

- Initial assessment
  - Physical assessment to ensure the patient has hip or knee osteoarthritis symptoms that will respond to the program.
- Education sessions
  - Two or three 90-minute education sessions about osteoarthritis management led by a certified therapist.
- Group exercise
  - Twelve 60-minute neuromuscular group exercise sessions twice a week for 6 weeks.
  - Maximum 6 participants per group.
  - The exercise session includes warm-up, circuit training and cool down.

### Eligibility

- Hip or knee osteoarthritis

### Referral

- Referrals are accepted directly from clients, as well as any health professional

### Participant Fees

The total average participant fee is \$375 (average initial assessment \$80, group sessions \$295). The cost of the program is set by the clinic so there may be costs associated with attending. However, for those clients who have access to benefits, insurance companies will often cover the cost of the program.

### Ontario West - HNHBB Locations and Contact Information

HNHBB Sub-Region	Clinic Location	Address	Phone
Brant	Mobility Orthopedic Rehab Centre	270 King George Road, Brantford	519-304-5767
Burlington	Burlington Family Health Team	Joseph Brant Hospital Community Health Centre Lower Level, B21	905-639-7113



HNHBB Sub-Region	Clinic Location	Address	Phone
		1182 North Shore Blvd, East, Burlington	
Burlington	Fairview Chiropractic Clinic	Fairview Business Park 2289 Fairview Street Suite 425/426, Burlington	905-637-9900
Hamilton	Altum Health UHN – Hamilton Queensdale	688 Queensdale Ave East, Hamilton	289-396-9437
Hamilton	McMaster PACE	1280 Main Street West, Room A114, Hamilton	905-525-9140 ext. 27223
Hamilton	Revive Physiotherapy	318 Dundurn St. South, Unit 9, Hamilton	
Hamilton	Wilson Medical Centre	130 Wilson St, Lower Level, Hamilton	905-526-6250

## The LiveWell In Motion Program – YMCA

<https://www.ymcahbb.ca/health-fitness/livewell-health-management>

The YMCA LiveWell In Motion program is designed for people with chronic bone and joint health problems such as arthritis and osteoporosis. It is also appropriate for those wanting to improve their health before and after having hip or knee replacement surgery.

All participants will meet with a YMCA staff member for an intake interview to discuss medical history. Participants may join the program at any time, education sessions occur weekly. A Primary Care Provider's approval is strongly recommended.

The LiveWell In Motion program will allow participants access to:

- GentleFit, Hydrotherapy and WalkFit classes along with individualized exercise plans on the fitness floor with YMCA staff assistance
- Education sessions led by a Hamilton Health Sciences physiotherapist.

## Participant Fees

The LiveWell In Motion programs are included with a YMCA membership. Membership fees are \$25.25 bi-weekly plus a one-time \$100 building fee for new members provided membership does not lapse for more than six months. For those unable to afford full membership fees, assistance may be available. Family memberships are available. No contract required.

## Ontario West - HNHBB Locations and Contact Information

HNHBB Sub-Region	YMCA Location	Address	Phone
Brantford	Laurier Brantford YMCA	100 Water Street, Brantford	519-512-4891
Burlington	Ron Edwards Family YMCA	500 Drury Lane, Burlington	905-632-5000

HNHBB Sub-Region	YMCA Location	Address	Phone
Hamilton	Flamborough Family YMCA	207 Parkside Drive, Waterdown	905-690-3555
Hamilton	Hamilton Downtown Family YMCA	79 James St. South, Hamilton	905-529-7102
Hamilton	Les Chater Family YMCA	356 Rymal Road East, Hamilton	905-667-1515

## Burlington Family Health Team Physiotherapy - Living Better with Pain

<https://www.burlingtonfht.com/physiotherapy>

Patients of Family Physicians in Burlington have access to community-based pain management programming for chronic musculoskeletal issues. Living Better with Pain is a 6 week, research based program for people with chronic and/or persistent pain. It includes group and 1:1 session with education and exercise therapy.

Programs offered through the Burlington Family Health Team are delivered in group format by a team of health care providers including physiotherapists, kinesiologists, and occupational therapists.

### Referral Criteria

- Adults between the ages of 19-64 with any condition requiring physiotherapy
- Adults 65+ and have a stable chronic condition requiring physiotherapy
- All clients must be medically and functionally appropriate to exercise in a community setting, and cognitively appropriate for a group-based program
- Medical referral required

### Exclusions

- Currently receiving physiotherapy treatment through extended health benefits, Workplace Safety Insurance Board or motor vehicle accident claims
- Eligible for OHIP-funded physiotherapy (e.g. ages < 19 years or > 65 years, Ontario Disability Support Program/Ontario Works recipients, recently discharged from hospital and now qualify for OHIP-funded physiotherapy).

### Participant Fees

None.

### Ontario West - HNHBB Location and Contact Information

HNHBB Sub-Region	Address	Phone	Fax	Email
Burlington	1182 North Shore	289-861-5611 extension 5512	1-855-764-8360	Email: <a href="mailto:physiotherapy@burlingtonfht.com">physiotherapy@burlingtonfht.com</a>

HNHBB Sub-Region	Address	Phone	Fax	Email
	Boulevard East, Burlington			

## Six Nations Health Services – Therapy Services

<https://www.snhs.ca/community-health-and-wellness/therapy-services>

Six Nations Health Services implements community health programs and support services under the authority of the Six Nations of the Grand River elected council.

Provides physiotherapy and occupational therapy services.

### Referral Criteria

Physiotherapy services are provided for individuals who do not have any form of insurance coverage through:

- Worker's Safety and Insurance Board (WSIB)
- Personal insurance coverage
- Coverage under spouse/family member

### Ontario West - HNHBB Location and Contact Information

HNHBB Sub-Region	Address	Phone	Fax
Brant	1745 Chiefswood Rd., Ohsweken	519-445-4779	519-445-0368

## Mac H<sup>2</sup>OPE Clinic

### McMaster Helping Hamiltonians through Occupational Therapy and Physiotherapy Services

<https://srs.healthsci.mcmaster.ca/clinical/mac-h2ope-clinic>

Occupational therapy and physiotherapy services for adults who do not have access to OHIP funded services or extended health insurance coverage. Services are provided by registered therapists and student therapists under their supervision.

### Eligibility

Hamilton residents 19 years or older who are in financial need, are not receiving other community-based occupational therapy or physiotherapy, and do not require rehabilitative services due to a work-related injury or motor vehicle collision.

### Referral Criteria

Call or email for referral.

## Ontario West - HNHBB Location and Contact Information

HNHBB Sub-Region	Address	Phone	Email
Hamilton	Stonechurch Family Health Centre 1475 Upper Ottawa Street Hamilton	289-426-3053	<a href="mailto:machopeclinic@mcmaster.ca">machopeclinic@mcmaster.ca</a>

## MacSeniors Exercise and Wellness Program

<https://pace.mcmaster.ca/programs/macseniors>

MacSeniors is an exercise and wellness program which provides supervised aerobic and resistance training for individuals 55 years of age and older. Personalized programs are designed using specialized exercise equipment based on the needs and fitness levels of each individual.

### Membership Services

- Supervised exercise sessions
- Access to highly trained exercise specialists
- Physical Activity Centre of Excellence Faculty Lecture Series

### Fee for Service Options

- Assessment and treatments with a Registered Physiotherapist
- Personal training sessions
- Computerized resistance exercise monitoring
- Balance assessment and training

### Referral Criteria

Primary Care Provider referral required.

### Participant Fees

- Initial physiotherapy assessment \$100
- Membership \$40/month (12 month commitment); \$45/month (6 month commitment)

## Ontario West - HNHBB Location and Contact Information

HNHBB Sub-Region	Address	Phone
Hamilton	McMaster Physical Activity Centre of Excellence (PACE) Ivor Wynne Centre, E114 1280 Main St. West, Hamilton	905-525-9140 extension 27223

## 2. Weight Loss Management Resources

### Wharton Medical Clinic

<https://whartonmedicalclinic.com/>

The Wharton Medical Clinic provides assessment and treatment for patients with obesity and diabetes. The clinic's goal is to improve health, by treating obesity and diabetes and decreasing cardiovascular risk factors, such as high blood pressure and high cholesterol. They have a multi-disciplinary team that uses methods that are proven through evidence-based medicine and approved by the Canadian Practice Guidelines for Obesity and the Canadian Diabetes Association Guidelines.

#### Participant Fees

OHIP covered

#### Referral Criteria

Primary Care Provider referral required

#### Ontario West - HNHBB Locations and Contact Information

HNHBB Sub-Region	Address	Contact
Burlington	2951 Walkers Line, Main Floor, Burlington	Toll Free Central Booking Line: 1-833-962-5359 Toll Free Central Fax Line: 1-888-825-1505
Hamilton	35 Upper Centennial Parkway, Suite 2C - 2nd Floor, Stoney Creek *VIRTUAL*	
Niagara	180 Vine Street South, Suite 203 - 2nd Floor, St. Catharines *VIRTUAL*	

### Ontario Bariatric Network

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

The Ontario Bariatric Network provides comprehensive medical and surgical bariatric services for persons suffering from obesity and obesity-related disease, and advance patient care in Ontario through education and research.

#### Participant Fees

OHIP covered

#### Referral Criteria

Online Primary Care Provider referral portal

#### Ontario West - HNHBB Location and Contact Information

HNHBB Sub-Region	Address	Phone
Hamilton	St. Joseph's Healthcare, Hamilton Bariatric Centre of Excellence 100 West 5 <sup>th</sup> Avenue Hamilton	905-522-1155 extension 33240 or toll free at 1-800-810-0000

### **3. Hip and Knee Injection Referral Resources**

#### **Referral to Orthopedic Surgeons**

A registry of Ontario West - HNHBB hip/knee arthroplasty surgeons accepting referrals for injection for osteoarthritis management is provided in [Appendix C](#).

#### **Referral to Other Physician Specialists Performing Hip/Knee Injections**

MSK CIAC Advanced Practice Providers may recommend referral to other (non-surgeon) physician specialists including physiatrists, rheumatologists or sports medicine physicians for hip or knee injection. The recommendation would be provided to the patient at time of MSK CIAC assessment and to their Primary Care Provider in the assessment consultation note for subsequent referral. Currently, Ontario West - HNHBB does not maintain a registry of other physician specialists performing injections.

## 4. Bracing and Assistive Device Resources

### Ontario Assistive Devices Program

<https://www.ontario.ca/page/assistive-devices-program>

The Ontario Assistive Devices Program (ADP) helps people with long-term physical disabilities pay for customized equipment. For eligible patients, 75% of the cost for equipment and supplies is covered. For these items, the Assistive Devices Program is billed directly by the supplier and patient pays 25%. If the client is receiving provincial social assistance (ODSP/ACSD, OW), the Assistive Devices program will fund 100% of the cost of an eligible device. Funded through The Ministry of Health and Long Term Care. Income is not considered when accessing ADP funding.

#### Eligibility

- Ontario resident with a valid Ontario health card
- Have a long-term physical disability requiring the equipment or supplies for six months or longer

#### Exclusions

- Already qualify for or are receiving financial support for the same equipment or supplies from the Workplace Safety and Insurance Board
- Are a Group “A” veteran and already qualify for or are receiving financial support from Veterans Affairs Canada for the same equipment or supplies

### Prosthetics and Orthotics Program

<https://www.hamiltonhealthsciences.ca/areas-of-care/rehabilitation/outpatient/prosthetics-orthotics/>

Provides outpatient prosthetic and orthotic services for all levels of orthotic treatment such as: Hand and Arm Orthosis, Foot, Ankle, Knee and Hip Orthosis, Custom Shoe Modifications, Cranial Orthosis, Cervical and Thoracic/Lumbar Bracing. The department offers services to pediatric and adult patients.

#### Referral Criteria

- Physician referral is required

#### Ontario West - HNHBB Locations and Contact Information

HNHBB Sub-Region	Address	Phone	Fax
Brant	Brantford General Hospital, 200 Terrace Hill Street, D-Wing,	905-751-5523	519-751-5859

HNHBB Sub-Region	Address	Phone	Fax
Hamilton	Hamilton Health Sciences, Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton	905-521-2607 905-521-2100 extension 77571	905-521-2355

## Niagara Prosthetics & Orthotics / Align Home Health Care

[www.niagarapo.com](http://www.niagarapo.com)

<https://alignhomehealthcare.ca/locations/st-catharines>

Niagara Prosthetics & Orthotics offers custom-designed and fabricated prosthetic, orthotic, bracing, and compression therapy devices. Its partner company, Align Home Health Care (formerly Niagara Wheelchairs & Seating) provides guidance, products and service for mobility and at-home safety, including wheelchairs, scooters, lifts, and bedroom and bathroom support products, as well as in-home consultations and service.

### Referral Criteria

- Referrals from any allied healthcare practitioners are accepted.

### Ontario West - HNHBB Locations and Contact Information

HNHBB Sub-Region	Address	Phone	Fax
Niagara	Niagara Prosthetics & Orthotics ,St. Catharines Hospital Site, 1200 Fourth Avenue, St. Catharines	905-688-3288	905-346-2825
Niagara	Niagara Prosthetics & Orthotics – Hotel Dieu Shaver Rehabilitation Centre,547 Glenridge Avenue, St. Catharines	905-688-2553	905-688-3230
Niagara	Align Home Health Care – 7 Secord Drive St. Catharines	289-786-0088	289-622-1786
Niagara	Align Home Health Care Satellite Office at Hotel Dieu Shaver Rehabilitation Centre, 547 Glenridge Avenue, St. Catharines	289-786-0088	289-622-1786



## The Non-Insured Health Benefits Program – First Nations and Inuit

<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information/non-insured-health-benefits-nihb-program-general-information-questions-answers-first-nations-inuit-health-canada.html>

The Non-Insured Health Benefits Program is a national program that provides coverage to registered First Nations and Inuit people for a specified range of medically necessary items and services that are not covered by other plans and programs.

## Adult Complex Wheelchair and Seating Clinic

<https://www.hamiltonhealthsciences.ca/areas-of-care/rehabilitation/outpatient/adult-complex-wheelchair-and-seating-clinic>

This service focuses on the prescription of power wheelchairs, manual wheelchairs, and postural seating supports (modular and custom), including facilitating access to funding through the Assistive Device Program. The seating clinic is staffed by Occupational Therapists who are registered with the College of Occupational Therapists of Ontario and an Occupational Therapist/Physiotherapist Assistant. The OT will carry out the assessment and develop a prescription for the equipment you require for basic and essential daily functional mobility.

### Referral Criteria

- Physician referral is required

### Participant Fees

There is no cost to the client for the clinic however clients are responsible for any non-funded portion of equipment that is prescribed.

### Ontario West - HNHBB Location and Contact Information

HNHBB Sub-Region	Address	Phone	Fax
Hamilton	Hamilton Health Sciences, Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton	905-521-2100 extension 77128	905-577-8231

## Brantwood Seating Clinic

<https://www.brantwood.ca/programs-services/mobility-services/seating-clinic>

This service, which includes assessment, recommendations, design, fabrication and installation of custom seating and mobility products, is available to any individual or facility that requires specialized seating or adaptive equipment. Brantwood is authorized to assess and prescribe mobility devices under the Assistive Device Program of the Ontario Ministry of Health. Their seating team consists of an occupational therapist consultant, a kiniseologist who have many

years of experience in assessing and solving complex seating conditions. There is also two technicians, an OTA/PTA and custom upholsterer who are responsible for the fabrication and upholstery of the custom devices.

### **Referral Criteria**

- Referral is required and can be requested when calling to request an assessment

### **Ontario West - HNHBB Location and Contact Information**

<b>HNHBB Sub-Region</b>	<b>Address</b>	<b>Phone</b>	<b>Fax</b>
Brant	Brantwood Community Services 25 Bell Lane Brantford	519-753-2658 extension 146	519-753-5639

### **Private Physiotherapy Clinics**

Clinic listings available through Canada 411 [www.canada411.ca](http://www.canada411.ca) and via online search.

## 5. Additional Therapy Resources

- Chiropractic treatment
- Osteopathic treatment
- Massage therapy
- Acupuncture

Private clinic listings available through Canada 411 [www.canada411.ca](http://www.canada411.ca) and via online search.

### Ontario Chiropractic Association of Ontario

Chiropractor Locator

<https://www.chiropractic.on.ca/chiropractorlocator/>

### Ontario Association of Osteopathic Manual Practitioners

Find a Practitioner

<https://osteopathyontario.org/site/findapractitioner>

### Registered Massage Therapists' Association of Ontario

Find a Registered Massage Therapist

<http://www.rmtfind.com/>

### College of Traditional Chinese Medicine and Acupuncturists of Ontario

Find a Practitioner

<https://www.ctcmpao.on.ca/publicregistersrc/>

## **6. Community Programs and Education Resources**

### **Ontario West - HNHBB -Wide Resources**

#### **Ontario West - HNHBB Musculoskeletal Central Intake and Assessment Centre**

<http://www.mskciac.ca>

Phone: 1-888-868-5568

#### **HNHB Healthline – Health Services**

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

#### **Ontario West - HNHBB Physiotherapy, Exercise and Falls Prevention Programs**

<https://www.hnhbhealthline.ca/listServices.aspx?id=10986>

#### **Arthritis Society**

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

Phone: 1-800-321-1433

#### **Arthritis Society – Support and Education**

<https://arthritis.ca/support-education>

Provides detailed information to help support patients in their journey with arthritis, including how to find a doctor, accessing medications, learning to advocate, finding care and the Arthritis Society Helpline. There are online courses on mental health, fatigue, chronic pain management and more.

#### **Bone and Joint Canada - Osteoarthritis**

<http://boneandjointcanada.com/osteoarthritis/>

#### **Canadian Orthopaedic Foundation**

<https://whenithurtstomove.org/>

Phone: 1-800-461-3639 x221

#### **Canadian Orthopaedic Foundation - Quit Smoking Before Surgery**

<http://whenithurtstomove.org/my-surgery/tips-for-preparing-for-surgery/quit-smoking/>

Phone: 1-800-461-3639 x221

#### **Canada's Food Guide**

<https://food-guide.canada.ca/en/>

#### **Canadian Physical Activity Guidelines**

<http://csepguidelines.ca/>

## **Falls Prevention**

<https://www.hnhbhealthline.ca/listservices.aspx?id=10974>

## **Health Care Connect**

[https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner?\\_ga=2.234508698.549326005.1666276019-1460639891.1666276019](https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner?_ga=2.234508698.549326005.1666276019-1460639891.1666276019)

- For patients who do not have a family physician, Health Care Connect refers Ontarians to a family health care provider who may be accepting new patients
- Visit online link to register, or call 1-800-445-1822 from Monday to Friday, 9am to 5pm

## **McMaster Optimal Aging Portal**

<https://www.mcmasteroptimalaging.org/>

## **Ontario Osteoporosis Strategy – Fracture Screening and Prevention Program**

<https://www.ostestrategy.on.ca/fracture-screening-sites/> Phone - 1-800-463-6842

## **Osteoporosis Canada**

<https://osteoporosis.ca/>

Phone: 1-800-463-6842

## **ParticipACTION**

<https://www.participaction.com/en-ca>

## **Rehabilitative Care Alliance – Rehabilitative Care in Ontario**

[www.rehabcareontario.ca](http://www.rehabcareontario.ca)

## **Take Control Take Charge- Living with Chronic Pain and Disease Self-Management Program**

<http://takecontroltakecharge.ca/>

Phone: 1-855-333-2376

## **Wait Times for Surgeries and Procedures – Health Quality Ontario**

[www.hqontario.ca/System-Performance/Wait-Times-for-Surgeries-and-Procedures](http://www.hqontario.ca/System-Performance/Wait-Times-for-Surgeries-and-Procedures)

- Surgical wait times by hospital, city or postal code are publicly reported on the Health Quality Ontario website

## **YMCA Balance+ Falls Prevention Program**

<https://www.ymcahbb.ca/health-fitness/livewell-health-management>

- Balance+ is a free program for both members and non-members of the YMCA.
- The 12-week community exercise program consists of two group exercise sessions each week to help build strength, balance, flexibility and endurance and reduce the risk of falls.
- The YMCA has partnered with the Ontario West - HNHBB to provide this program at the five YMCA locations in Hamilton, Burlington, Flamborough and Brantford.

## Arthritis Society-Arthritis Rehabilitation and Education Program

[www.arthritis.ca/arep](http://www.arthritis.ca/arep)

The goal of the Arthritis Rehabilitation and Education Program is to help people with arthritis minimize the impact of this chronic disease on their lives. Focus in on teaching clients the skills to maximize their independence, enhance their mobility, and improve their self-esteem and self-confidence. Clients with a diagnosis of osteoarthritis are triaged to a therapeutic education group as available and/or to an individual assessment. The program does not provide assessment or management for clients presenting with musculoskeletal pain or postoperative joint replacement rehabilitation.

### Referral Criteria

- Valid Ontario Health Card
- Confirmed diagnosis of arthritis and arthritis should be the primary presenting problem
- Referrals are accepted directly from clients, as well as any health professional

### Participant Fees

There is no fee for services for eligible clients; however, clients will be required to pay for splints and equipment if required

### Ontario West - HNHBB Locations and Contact Information

Regional Phone Line: 1-800-321-1433 Extension 1301

Regional Fax Number: 1-888-519-6869

HNHBB Sub-Region	Address
Brant	Arthritis Society, Grand River Community Health Centre, 363 Colborne St, Brantford
Brant	Arthritis Society, Gane Yohs Community Health Centre, 1769 Chiefswood Rd, Ohsweken
Burlington	Arthritis Society, 2289 Fairview St, Suite 316, Burlington
Haldimand-Norfolk	Arthritis Society, Delhi Community Health Centre, 105 Main St., Delhi
Niagara	Arthritis Society, 2 Lakeshore Road, Unit 6, St. Catharines

In addition to the regional Arthritis Society offices, Arthritis Rehabilitation and Education Program services are offered at several community locations throughout Ontario West - HNHBB based on availability.

## Ontario West - HNHBB Home and Community Care

<https://healthcareathome.ca/region/hamilton-niagara-haldimand-brant/>

Access to health care support at home or in the community. Care Coordinators work with people in the community or leaving hospital to determine what help is needed and arrange for care. Care is provided in community setting such as the home, residential facility or Ontario West - HNHBB community clinic. Referral to other community services when appropriate is provided.

Services available to eligible patients may include:

- nursing
- nurse practitioner
- personal support
- physiotherapy and occupational therapy
- social work
- nutrition and food counseling (dietitians)
- medical supplies and equipment (patient-specific supplies for Ontario West - HNHBB care such as catheters, ostomy bags, or wound care supplies)
- access to long-term care homes
- access to supported living (adult day programs, supportive housing, retirement homes, and assisted living)
- specialized services for people living with specific health conditions
- referral to other community supports

## Information and Referral

Ontario West - HNHBB offers information and services through My Health GPS. The public can access My Health GPS any day from 8:30am-8:30pm for system navigation, access to community resources, and assistance with referrals.

<https://www.hnhbhealthline.ca/myhealthgps/register.aspx>

## Participant Fees

Covered by OHIP

## Ontario West - HNHBB Locations and Contact Information

Regional Phone Line: 1-800-810-0000

HNHBB Sub-Region	Address	Phone	Fax
Brant	Home and Community Care, Brant Branch, 195 Henry St., Unit 4, Building 4, Brantford.	519-759-7752	519-759-7130

HNHBB Sub-Region	Address	Phone	Fax
Burlington	Home and Community Care, Burlington Branch, 440 Elizabeth St., 4 <sup>th</sup> Floor, Burlington	905-639-5228	905-639-8704
Haldimand-Norfolk	Home and Community Care , Haldimand-Norfolk Branch, 76 Victoria St., Simcoe	519-426-7400	519-426-4384
Hamilton	Home and Community Care, Hamilton Branch, 211 Pritchard Rd., Unit 1, Hamilton	905-523-8600	905-528-1883
Niagara and Niagara North West	Home and Community Care, Niagara Branch, 149 Hartzel Rd., St. Catharines	905-684-9441	905-684-8463

## VON Canada

[www.von.ca](http://www.von.ca)

VON provides supports for older adults, and adults with disabilities to help people remain independent in their own homes for as long as possible. VON also facilitates referral to other community services.

### Services and Programs

- Adult Day Programs
- Caregiver Support and Education
- Caregiver Support Group
- Congregate Dining
- Falls Prevention and Exercise Programs
- In-Home Adult Respite
- Meals on Wheels
- Overnight Respite Services
- Tele-Touch - Safety Reassurance
- Visiting Nursing
- Volunteer Transportation
- Volunteer Visiting

### Referral

Call, no referral required

### Participant Fees

Varies by program

HNHBB Sub-Region	Address	Phone
Brant	VON Brantford, 446 Grey St, Suite 204, Brantford	519-759-7750 or toll free 1-888-866-9861



HNHBB Sub-Region	Address	Phone
Haldimand-Norfolk	VON Haldimand-Norfolk, 69 Robinson Street, Simcoe	519-426-8111
Hamilton	VON Hamilton, 414 Victoria Ave N, Suite M2, Hamilton	905-529-0700 or toll free 1-888-866-8515
Niagara	VON Niagara, 7 Neilson Ave. Unit A, St. Catharines	905-641-0630 or toll free 1-800-263-7202

## YMCA

YMCA members have access to programs at the branch where membership has been obtained and guest privileges at all Canadian YMCAs.

### Adult Membership Includes:

- Three complimentary YMCA Fitness Coaching sessions to help meet health and fitness goals
- Unlimited drop-in adult fitness and aquatics classes
- Member discount on certification programs
- Complimentary exercise program reviews
- Open gym time and recreational sports
- Open and lane swims
- Sauna, whirlpool and steam room (varies by location)
- Use of day lockers and General Change Rooms
- Unlimited guest passes (2 visits per guest per calendar year)
- Three free YMCA coaching sessions

### Participant Fees

Membership fees are \$25.25 bi-weekly plus a one-time \$100 building fee for new members provided membership does not lapse for more than six months. For those unable to afford full membership fees, assistance may be available. Family memberships are available. No contract required.

### Ontario West - HNHBB Locations and Contact Information

HNHBB Sub-Region	YMCA Location	Address	Phone Number	Website
Brantford	Laurier Brantford YMCA	100 Water Street, Brantford	519-512-4891	<a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a>
Burlington	Ron Edwards Family YMCA	500 Drury Lane, Burlington	905-632-5000	<a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a>
Hamilton	Flamborough Family YMCA	207 Parkside Drive, Waterdown	905-690-3555	<a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a>

<b>HNHBB Sub-Region</b>	<b>YMCA Location</b>	<b>Address</b>	<b>Phone Number</b>	<b>Website</b>
Hamilton	Les Chater Family YMCA	356 Rymal Road East, Hamilton	905-667-1515	<a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a>
Hamilton	Hamilton Downtown Family YMCA	79 James Street South, Hamilton	905-529-7102	<a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a>
Niagara	Niagara Centre YMCA Welland	310 Woodlawn Road, Welland	905-735-9622	<a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a>
Niagara	Port Colborne YMCA	550 Elizabeth Street, Port Colborne	905-835-9622	<a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a>
Niagara North West	Niagara West YMCA Grimsby	325 Main Street East, Grimsby	905-309-9622	<a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a>

## **Brant Sub-Region**

### **City of Brantford- Recreation**

<https://www.brantford.ca/en/things-to-do/recreational-programs.aspx>

### **Beckett Adult Leisure Centre-Brantford**

<https://www.brantford.ca/en/things-to-do/beckett-adult-leisure-centre.aspx>

### **Six Nations Health Services**

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

Phone: 519-445-2418

### **Wayne Gretzky Sports Centre**

<http://waynegretzkysportscentre.ca/>

Phone: 519-756-9900

## **Burlington Sub-Region**

### **Adults 55+ Community**

<https://www.burlington.ca/en/live-and-play/Adult-55.asp>

Phone: 905-335-7888

### **Live Play Burlington**

<https://www.burlington.ca/en/live-and-play/live-and-play.asp>

Phone: 905-335-7888

## **Haldimand-Norfolk Sub-Region**

### **Health Unit Haldimand-Norfolk**

<https://hnhu.org/>

### **Leisure Activity Guide – Haldimand County**

<https://ca.apm.activecommunities.com/haldimand/home>

### **Senior Support Services**

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

- Haldimand 1-800-265-2818
- Norfolk 1-866-929-0849

### **Hamilton Sub-Region**

#### **Hamilton Resources for Seniors and Older Adults**

<https://www.hamilton.ca/people-programs/adults-55-services/senior-and-older-adult-resources>

#### **Parks and Recreation Hamilton**

<https://www.hamilton.ca/parks-recreation>

#### **Sackville Hill Seniors Centre**

<https://www.hamilton.ca/things-do/recreation/locations/seniors-centres-clubs>

Phone: 905-546-2541

### **Niagara Sub-Region**

#### **Community Programs for Seniors**

<https://www.niagararegion.ca/living/seniors/community-programs.aspx>

#### **St. Catharines Recreation and Leisure**

<https://www.stcatharines.ca/en/recreation-and-leisure/recreation-programs.aspx>

#### **Welland Community Wellness Complex**

<https://wellness.welland.ca/wcwc.asp>

Phone: 905-735-1700

### **Niagara North-West Sub-Region**

#### **Town of Grimsby Recreation and Leisure**

<https://www.grimsby.ca/Recreation-and-Leisure/Main/>

#### **Town of Lincoln Recreation**

<https://lincoln.ca/recreation>

## Ontario Health Care Professional Associations – Find A Practitioner

### College of Physicians and Surgeons of Ontario

Doctor Search

<https://doctors.cpso.on.ca/?doctors>

### Ontario Physiotherapist Association

Find a Physiotherapist

<https://physiotherapists.opa.on.ca/physiotherapists/>

### College of Occupational Therapists of Ontario

How to Find an Occupational Therapist

<https://www.coto.org/you-and-your-ot/how-to-find-an-ot>

### Ontario Chiropractic Association of Ontario

Chiropractor Locator

<https://www.chiropractic.on.ca/chiropractorlocator/>

### Health Care Connect

Family Doctor or Nurse Practitioner Locator

<https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

For patients who do not have a primary health care provider, Health Care Connect refers Ontarians to a family health care provider (family doctor or nurse practitioner) who may be accepting new patients.

Visit online link to register, or call 1-800-445-1822 from Monday to Friday, 9am to 5pm.

## Appendix A

### Ontario West - HNHBB Community Physiotherapy Clinics

Sub-Region	Clinic Name	Address	City	Phone	Fax	Email/Website
Brant	CBI Health Centre Brantford West	325 West Street, Building A, Suite 300	Brantford	519-756-5450	519-756-1444	Email: <a href="mailto:brantford@cbi.ca">brantford@cbi.ca</a> Website: <a href="http://www.cbi.ca/web/physiotherapy-brantford-west">www.cbi.ca/web/physiotherapy-brantford-west</a>
Brant	Kneaded Care	174 Stanley Street, Units 101 and 102	Brantford	519-757-1869	519-757-1018	Email: <a href="mailto:heal@kneadedcare.com">heal@kneadedcare.com</a> Website: <a href="https://www.kneadedcare.com/">https://www.kneadedcare.com/</a>
Brant	Scott Physiotherapy Clinic	35 Morrell Street	Brantford	519-759-2155	519-759-5646	Email: <a href="mailto:scottphysioclinic@gmail.com">scottphysioclinic@gmail.com</a> Website: <a href="http://www.scottphysio.ca">www.scottphysio.ca</a>
Burlington	PT Health - Brant 730 Physiotherapy	2015 Mount Forest Drive	Burlington	905-632-1734 or toll free at 1-866-749-7461	905-632-1735	Email: <a href="mailto:Brant730physio@pthealth.ca">Brant730physio@pthealth.ca</a> Website: <a href="http://www.pthealth.ca/clinic/brant-730-physiotherapy-pt-health/">http://www.pthealth.ca/clinic/brant-730-physiotherapy-pt-health/</a>
Haldimand-Norfolk	PT Health - Dunnville Physiotherapy	420 Lock St. West	Dunnville	905-701-7939 or toll free 1-866-749-7461	905-701-7938	Email: <a href="mailto:dunnvillephysio@pthealth.ca">dunnvillephysio@pthealth.ca</a> Website: <a href="http://www.pthealth.ca/clinic/dunnville-physiotherapy-and-rehabilitation-pt-health/">www.pthealth.ca/clinic/dunnville-physiotherapy-and-rehabilitation-pt-health/</a>
Haldimand-Norfolk	South Coast Physiotherapy	216 West Street, Unit 305	Simcoe	519-428-1234 519-428-1166	519-428-5678	Email: <a href="mailto:info@southcoastphysiotherapy.ca">info@southcoastphysiotherapy.ca</a> Website: <a href="https://southcoastphysiotherapy.ca/">https://southcoastphysiotherapy.ca/</a>

## Ontario West - HNHBB Community Physiotherapy Clinics Continued

Sub-Region	Clinic Name	Address	City	Phone	Fax	Email/Website
Hamilton	Charlton Physiotherapy	230 James Street South, 3rd Floor	Hamilton	905-528-5271		Email: <a href="mailto:info@charltonphysiotherapy.com">info@charltonphysiotherapy.com</a>  Website: <a href="https://hamiltonphysiotherapist.ca/">https://hamiltonphysiotherapist.ca/</a>
Hamilton	Hamilton Physio and Rehab	200 James Street South, Suite 207	Hamilton	905-529-0521	905-529-7946	Email: <a href="mailto:hamiltonphysiorehab@gmail.com">hamiltonphysiorehab@gmail.com</a>  Website: <a href="http://www.hamiltonphysiorehab.ca">www.hamiltonphysiorehab.ca</a>
Hamilton	Innova Health Clinic	309 Main Street West, Hamilton	Hamilton	905-389-9489	905-389-8790	Email: <a href="mailto:info@innovahc.ca">info@innovahc.ca</a>  Website: <a href="http://www.innovahc.ca/">www.innovahc.ca/</a>
Hamilton	LifeMark Physiotherapy - Hamilton Main East and Kenilworth	1440 Main St. East, Unit 5	Hamilton	905-544-0053 or toll free 1-866-693-9073	905-544-3897	Email: <a href="mailto:hamilton-maine@lifemark.ca">hamilton-maine@lifemark.ca</a>  Website: <a href="http://www.lifemark.ca/Main-East-and-Kenilworth">www.lifemark.ca/Main-East-and-Kenilworth</a>
Hamilton	LifeMark Physiotherapy Hamilton Mohawk and Upper Wellington	210 Mohawk Road East, Unit 3	Hamilton	905-388-3902 or toll free 1-866-974-1238	905-388-3680	Email: <a href="mailto:mohawk@lifemark.ca">mohawk@lifemark.ca</a>  Website: <a href="http://www.lifemark.ca/Mohawk-And-Upper-Wellington">www.lifemark.ca/Mohawk-And-Upper-Wellington</a>

## Ontario West - HNHBB Community Physiotherapy Clinics Continued

Sub-Region	Clinic Name	Address	City	Phone	Fax	Email/Website
Hamilton	PT Health - Flamborough Physiotherapy and Rehabilitation	80 Hamilton Street North, Unit 5	Waterdown	289-812-4929 289-431-1072	905-690-1034	Email: <a href="mailto:flamboroughphysio@pthealth.ca">flamboroughphysio@pthealth.ca</a>  Website: <a href="http://www.pthealth.ca/clinic/flamborough-physiotherapy-and-rehabilitation-pt-health/">www.pthealth.ca/clinic/flamborough-physiotherapy-and-rehabilitation-pt-health/</a>
Hamilton	PT Health - Mountain Physiotherapy and Rehabilitation	520 Upper Sherman Avenue	Hamilton	905-389-0143 289-278-3861	905-389-6647	Email: <a href="mailto:mountainrehab@pthealth.ca">mountainrehab@pthealth.ca</a> Website: <a href="http://www.pthealth.ca/clinic/mountain-physiotherapy-and-rehabilitation-pt-health/">www.pthealth.ca/clinic/mountain-physiotherapy-and-rehabilitation-pt-health/</a>
Hamilton	PT Health - Queenston Physiotherapy and Rehabilitation	15 Mountain Avenue South, Unit 105	Stoney Creek	905-662-2011 289-271-9632	905-662-0954	Email: <a href="mailto:queenstonphysio@pthealth.ca">queenstonphysio@pthealth.ca</a> Website: <a href="http://www.pthealth.ca/clinic/queenston-physiotherapy-and-rehabilitation-pt-health/">www.pthealth.ca/clinic/queenston-physiotherapy-and-rehabilitation-pt-health/</a>
Hamilton	PT Health - Victoria Community Physical Rehab and Physiotherapy	414 Victoria Avenue North, Level 2	Hamilton	905-525-5572 289-801-3661	905-525-2515	Email: <a href="mailto:victoriaphysio@pthealth.ca">victoriaphysio@pthealth.ca</a> Website: <a href="http://www.pthealth.ca/clinic/victoria-community-physical-rehab-and-physiotherapy-pt-health/">www.pthealth.ca/clinic/victoria-community-physical-rehab-and-physiotherapy-pt-health/</a>

## Ontario West - HNHBB Community Physiotherapy Clinics Continued

Sub-Region	Clinic Name	Address	City	Phone	Fax	Email/Website
Hamilton	West End Physiotherapy Clinic	10 Ewen Road, 2 <sup>nd</sup> Floor	Hamilton	905-524-2365	905-524-2367	Email: <a href="mailto:hamiltonewen@cbi.ca">hamiltonewen@cbi.ca</a>  Website: <a href="https://www.cbihealth.ca/locations/west-end-physiotherapy-clinic">https://www.cbihealth.ca/locations/west-end-physiotherapy-clinic</a>
Niagara	LifeMark Physiotherapy Fonthill	209 Highway 20 East, Unit 6	Fonthill	905-892-4431 or toll free 1-866-738-4608	905-892-4891	Email: <a href="mailto:fonthill@lifemark.ca">fonthill@lifemark.ca</a>  Website: <a href="http://www.lifemark.ca/Fonthill">www.lifemark.ca/Fonthill</a>
Niagara	Niagara Health System, Douglas Memorial Hospital Site	Douglas Memorial Site, 230 Bertie Street	Fort Erie	905-378-4647 extension 50269	905-991-0623	
Niagara	Niagara Physiotherapy and Sports Clinic	1517 Niagara Stone Road, Hwy 55	Virgil	905-468-7979	905-468-3649	Email: <a href="mailto:niagara.physiotherapy@gmail.com">niagara.physiotherapy@gmail.com</a>  Website: <a href="http://www.niagaraphysiotherapyanddsportsclinic.ca/">http://www.niagaraphysiotherapyanddsportsclinic.ca/</a>
Niagara	Physiotherapy Rehabilitation Centre	17 Vaughan Road	Welland	905-788-1985	905-788-3668	Email: <a href="mailto:info@wellandphysio.com">info@wellandphysio.com</a>  Website: <a href="http://www.wellandphysio.com/">www.wellandphysio.com/</a>
Niagara	St. Catharines Physiotherapy Centre	145 Carlton Street, Unit 4A	St. Catharines	905-685-4733 or toll free 1-866-753-5056	905-685-1114	Email: <a href="mailto:scpt@lifemark.ca">scpt@lifemark.ca</a>  Website: <a href="http://www.stcatharinesphysio.on.ca/">www.stcatharinesphysio.on.ca/</a>



### Ontario West - HNHBB Community Physiotherapy Clinics Continued

Sub-Region	Clinic Name	Address	City	Phone	Fax	Email/Website
Niagara	Fortius Physiotherapy & Wellness	3-660 Garrison Road	Fort Erie	905-991-1887		Email: <a href="mailto:info@fortiusphysio.ca">info@fortiusphysio.ca</a> Website: <a href="http://fortiusphysio.ca/">http://fortiusphysio.ca/</a>
Niagara	The Clinic on Elm	380 Elm Street	Port Colborne	905-834-5551	905-834-8086	Website: <a href="https://www.thecliniconelm.ca/">https://www.thecliniconelm.ca/</a>
Niagara	Thorold Medical Facilities Ltd.	60 Albert Street West	Thorold	905-227-5255	905-227-2070	Email: <a href="mailto:thoroldmedicalclinic@cogeco.net">thoroldmedicalclinic@cogeco.net</a>

## Appendix B

### Ontario West - HNHBB Community Health Centre Physiotherapy and Occupational Therapy Programs

Sub-Region	Community Health Centre Program	Address	City	Contact	Eligibility Criteria
Hamilton	Centre De Santé Communautaire Hamilton Occupational Therapy Services	1320 Barton Street East	Hamilton	Phone: 905-528-0163 extension 3236 or toll free 1-866-437-7606 Fax: 905-528-9001	Accept all francophone Occupational Therapy referrals that can be addressed in clinic or at a client's residence. Referral by phone or fax to Occupational Therapy directly. Website: <a href="http://www.cschn.ca">www.cschn.ca</a>
Hamilton	North Hamilton Community Health Centre Physiotherapy Program, and Occupational Therapy Program	438 Hughson Street North	Hamilton	Phone: 905-523-1184	Physician or self-referral from current primary care client of North Hamilton Referred by North Hamilton staff Community referral for: New immigrant/refugee claimant, Women living in women's shelter, people belonging to the 2SLGBTQ+ community who face barriers.
Niagara	Bridges Community Health Centre Physiotherapy Program	1485 Garrison Road	Fort Erie	Phone: 905-871-7621 extension 2260 Fax: 905-871-9135	Healthcare professional or self-referral for individuals who do not have health insurance coverage or have exhausted insurance coverage. Email: <a href="mailto:info@bridgeschc.ca">info@bridgeschc.ca</a> Website: <a href="https://www.bridgeschc.ca/physiotherapyandexercise">https://www.bridgeschc.ca/physiotherapyandexercise</a>
Niagara	Bridges Community Health Centre Physiotherapy Program	380 Elm Street	Port Colborne	Phone: 289-479-5017 extension 2425 Fax: 905-835-7756	Healthcare professional or self-referral for individuals who do not have health insurance coverage or have exhausted insurance coverage. Email: <a href="mailto:info@bridgeschc.ca">info@bridgeschc.ca</a> Website: <a href="https://www.bridgeschc.ca/physiotherapyandexercise">https://www.bridgeschc.ca/physiotherapyandexercise</a>

**Ontario West - HNHBB Community Health Centre Physiotherapy and Occupational Therapy Programs**  
**Continued**

Sub-Region	Community Health Centre Program	Address	City	Contact	Eligibility Criteria
Niagara	Centre De Santé Communautaire Hamilton Occupational Therapy Services	810 Main Street East	Welland	Phone 905 734-1141, extension 2227 or toll free 1-866-885-5947  Fax 905-734-1017	Accept all francophone Occupational Therapy referrals that can be addressed in clinic or at a client's residence. Referral by phone or fax to Occupational Therapy directly website- <a href="http://www.cschn.ca">www.cschn.ca</a>

## Appendix C

### Registry of Ontario West - HNHBB Hip and Knee Arthroplasty Surgeons

#### Accepting Referrals for Hip and Knee Injections for Osteoarthritis Management

Sub Region	City	Surgeon	Hip Intra-articular Injection	Hip Greater Trochanter Bursa Injection	Knee Injection
Brantford	Brantford	Dr. Bashar Alolabi	No	No	Yes
Brantford	Brantford	Dr. James Dill	No	No	Yes
Brantford	Brantford	Dr. Michael Hickey	No	No	No
Brantford	Brantford	Dr. Gavinn Niroopan	No	No	No
Brantford	Brantford	Dr. Mike Woolfrey	Yes	Yes	Yes
Burlington	Burlington	Dr. Mitch Armstrong	Yes	Yes	Yes
Burlington	Burlington	Dr. Ivan Dzaja	Yes	Yes	Yes
Burlington	Burlington	Dr. Daniel Hoppe	No	Yes	Yes
Burlington	Burlington	Dr. Greg Jaroszynski	No	No	Yes
Burlington	Burlington	Dr. Alex Pyper	Yes	Yes	Yes
Hamilton	Ancaster	Dr. Mitch Winemaker	Yes	Yes	Yes
Hamilton	Hamilton	Dr. Anthony Adili	No	No	Yes
Hamilton	Hamilton	Dr. Victoria Avram	No	No	Yes
Hamilton	Hamilton	Dr. Kamal Bali	Yes	Yes	Yes
Hamilton	Hamilton	Dr. Darren De SA	Yes	Yes	Yes
Hamilton	Hamilton	Dr. Vickas Khanna	No	No	Yes
Hamilton	Hamilton	Dr. Kris Rajaratnam	No	No	No
Hamilton	Hamilton	Dr. Daniel Tushinski	No	No	Yes
Hamilton	Hamilton	Dr. Dale Williams	No	No	No

**Registry of Ontario West - HNHBB Hip and Knee Arthroplasty Surgeons**  
continued

<b>Sub Region</b>	<b>City</b>	<b>Surgeon</b>	<b>Hip Intra-articular Injection</b>	<b>Hip Greater Trochanter Bursa Injection</b>	<b>Knee Injection</b>
Hamilton	Hamilton	Dr. Tom Wood	Yes	Yes	Yes
Niagara	Niagara Falls	Dr. Lucas Bristow	Yes	Yes	Yes
Niagara	Niagara Falls	Dr. Luis Flores	Yes	Yes	Yes
Niagara	Niagara Falls	Dr. Bartel Le Roux	No	No	Yes
Niagara	Niagara Falls	Dr. John Ostrowski	No	No	Yes
Niagara	St. Catharines	Dr. Prateek Goyal	Yes	Yes	Yes
Niagara	St. Catharines	Dr. Robert Josefchak	No	No	Yes
Niagara	St. Catharines	Dr. Marc Kalchman	No	Yes	Yes
Niagara	St. Catharines	Dr. David Martin	Yes	Yes	Yes
Niagara	St. Catharines	Dr. Robert Masnyk	No	No	Yes
Niagara	St. Catharines	Dr. Robert McCloy	No	Yes	Yes
Niagara	St. Catharines	Dr. Chris Robert	Yes	Yes	Yes
Niagara	Welland	Dr. Matthew Gunton	No	No	Yes
Niagara	Welland	Dr. Adam Katchky	Yes	Yes	Yes
Niagara	Welland	Dr. John Song	Yes	No	Yes