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Options for General Physical Activity, Chronic Pain Management, and Physiotherapy Services

As an alternative to Burnaby PCN Physiotherapy Services, or while on the waitlist

Physical Activity

Activity tips,
community
exercise classes
(low-cost or
free)

- **Tip sheets & information about getting active — HealthLinkBC**
(www.healthlinkbc.ca/healthy-eating-physical-activity/being-active/health-benefits-physical-activity/physical-activity)
- **Connecting Older Adults to Services (including physical activity) — Fraser Health**
(www.fraserhealth.ca/Service-Directory/Services/home-and-community-care/seniors-community-connector)
- **Osteofit Exercise Classes (for people with Osteoporosis) — City of Burnaby**
(anc.ca.apm.activecommunities.com/burnaby/activity/search?activity_select_param=2&activity_keyword=osteofit&viewMode=list)
- **Physical Activity Support Program — Choose to Move** (choosetomove.ca)
- **Entry Level Exercise Program for Balance and Mobility (for seniors) — Get Up & Go! — Fraser Health** (www.fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/get-up-and-go)

Chronic Pain Support

Education modules,
self-management
options (free of
charge), and MSP
and private pay
options for
chronic/persistent
widespread pain

- **Self-Management of Chronic Conditions — Self-Management BC** (peer-guided, telephone, or in-person) (www.selfmanagementbc.ca/chronicconditionprogram)
- **LivePlanBe** (online, self-paced education) (www.liveplanbe.ca)
- **Pain BC** (pain support line, educational resources, coaching program) (painbc.ca)
- **Chronic Fatigue and Fibromyalgia** (free, online, self-study course) (cfselfhelp.org/online-courses/treating-cfs-fm-self-study)
- **What is Chronic Pain YouTube Video Series — Dr. Andrea Furlan**, Canadian chronic pain doctor providing education and movement videos (www.youtube.com/watch?v=dXtbjKCL2UA&list=PLHgoco7_bPrqEiEFc9S3OsCxidy0Lxjbb&ab_channel=Dr.AndreaFurlan)
- **Community Virtual Self-Management Pain Program — Fraser Health, by referral only**, led by health care practitioners (www.fraserhealth.ca/Service-Directory/Services/chronic-disease-management/Pain-Services/community-pain-management-program)
- **changepain.ca**, MSP-covered Physiatrist services, select treatments (trigger point injections, nerve blocks) and group medical visits **by referral** as well as private pay allied health and advanced treatment services (changepain.ca)
- **Burnaby Rapid Access Pain Clinic — Dr. Andrew Hu**, MSP-covered consultations **by referral** and private pay pain management injections (e.g. botox) (rapidaccesspainclinic.ca)

Urgent Physiotherapy Need

In-clinic or in-home options, client can request a single visit for assessment and recommendations (fee for service)

To find a private clinic:

- **Find a Physio — Physiotherapy Association of BC** (bcphysio.org/find-a-physio-clinic)

In-home options:

- **In-Home Physiotherapy — Physio2u** (physio2u.ca)
- **Chipperfield Mobile Physiotherapy — In-Home Rehab Services** (www.chipperfieldphysio.ca)
- **Get Stronger & Stay Independent with In-Home Care for Seniors — PhysioCare at Home** (physiocareathome.com)
- **Community Therapists**, team-based care services for clients impacted by physical, cognitive and mental health limitations arising from injury or other medical conditions, offered in the home, community, workplace and clinic settings. (www.communitytherapists.com)

Child and Youth Physiotherapy Options

- **Kids Physio**, private pay clinic for youth up to age 18. Various Lower Mainland locations (www.kidsphysio.ca)
- **MyCarePath**, self-help website for self-management and education designed for children and youth (mycarepath.ca)



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