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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](http://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](http://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](http://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](http://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](http://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](http://www.selfmanagementbc.ca/chronicconditionprogram))
- **LivePlanBe** (online, self-paced education) ([www.liveplanbe.ca](http://www.liveplanbe.ca))
- **Pain BC** (pain support line, educational resources, coaching program) ([painbc.ca](http://painbc.ca))
- **Chronic Fatigue and Fibromyalgia** (free, online, self-study course) ([cfselfhelp.org/online-courses/treating-cfs-fm-self-study](http://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](http://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](http://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](http://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](http://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](http://bcphysio.org/find-a-physio-clinic))

#### **In-home options:**

- **In-Home Physiotherapy — Physio2u** ([physio2u.ca](http://physio2u.ca))
- **Chipperfield Mobile Physiotherapy — In-Home Rehab Services** ([www.chipperfieldphysio.ca](http://www.chipperfieldphysio.ca))
- **Get Stronger & Stay Independent with In-Home Care for Seniors — PhysioCare at Home** ([physiocareathome.com](http://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](http://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](http://www.kidsphysio.ca))
- **MyCarePath**, self-help website for self-management and education designed for children and youth ([mycarepath.ca](http://mycarepath.ca))



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