

Hamilton Niagara Haldimand Brant Local Health Integration Network Low Back Pain Community Resources

Please find below a listing of low back pain community resources available across the Hamilton Niagara Haldimand Brant (HNHB) Local Health Integration Network (LHIN).

HNHB LHIN-Wide Resources

ISAEC – Exercises for Low Back Pain

<http://www.isaec.org/exercise-videos1.html>

ISAEC – Tips for Low Back Pain

<http://www.isaec.org/tips-for-your-low-back.html>

Health Quality Ontario

<http://www.hqontario.ca/Quality-Improvement/Quality-Improvement-in-Action/ARTIC/ARTIC-Projects/Improving-care-for-people-with-musculoskeletal-conditions>

Publicly-Funded Physiotherapy Clinics

http://health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx

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

https://www.takecontroldtakecharge.ca/index.php?mid=1&id=46&page_type=S&lang=EN

1-855-333-2376

HNHB LHIN Exercise and Falls Prevention Programs

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

Wharton Medical Clinic – Weight Management

www.whartonmedicalclinic.com

1-833-962-5359

Canadian Orthopaedic Foundation

<https://whenithurtstomove.org/>

1-800-461-3639 x221

Canadian Orthopaedic Foundation - Quit Smoking Before Surgery

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

1-800-461-3639 x221

Arthritis Society

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

1-800-321-1433

Osteoporosis Canada

<https://osteoporosis.ca/>

1-800-463-6842

Canada's Food Guide

<http://www.unlockfood.ca/en/Articles/Canada-s-Food-Guide/Eating-well-with-Canada-s-Food-Guide.aspx>

McMaster Optimal Aging Portal

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

Canadian Physical Activity Guidelines

<http://csepguidelines.ca/>

Canadian Physical Activity Guidelines for Physical Activity throughout Pregnancy

<https://csepguidelines.ca/guidelines-for-pregnancy/>

HNHB LHIN Hospitals Performing Low Back Pain Surgery

Hamilton Health Sciences

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

905-521-2100

St. Joseph's Healthcare Hamilton

<https://www.stjoes.ca/>

905-522-1155

Hamilton Sub-Region

YMCA of Hamilton Burlington Brantford

<https://www.ymcahbb.ca>

Flamborough Family YMCA 905-690-3555

Hamilton Downtown Family YMCA 905-529-7102

Les Chater Family YMCA 905-667-1515

Parks and Recreation Hamilton

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

Michael G. DeGroot Pain Clinic

<http://www.hamiltonhealthsciences.ca/body.cfm?id=3197>

Chronic Pain Association of Canada

<http://chronicpaincanada.com/>

Sackville Hill Seniors Centre

<https://www.hamilton.ca/parks-recreation/recreation/sackville-hill-seniors-recreation-centre>

905-546-2541

Hamilton Resources for Seniors and Older Adults

<https://www.hamilton.ca/city-initiatives/strategies-actions/resources-seniors-and-older-adults>

Niagara Sub-Region

YMCA of Niagara

<http://www.ymcaofniagara.org/>

Fort Erie EJ Freeland Community YMCA 905-871-9622

Niagara Centre, Welland 905-735-9622

Niagara Falls Branch 905-358-9622

Port Colborne YMCA 905-835-9622

Walker Family Branch, St. Catharines 905-934-9622

Leisure Activity Guide – St. Catharines

<https://www.stcatharines.ca/en/playin/LeisureGuide.asp>

Welland Community Wellness Complex

<https://www.welland.ca/RecCulture/WCWC.asp>

905-735-1700

Community Programs for Seniors

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

Niagara North-West Sub-Region

YMCA of Niagara

<http://www.ymcaofniagara.org/>

Niagara West YMCA Grimsby 905-309-9622

Town of Grimsby Recreation and Leisure

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

Town of Lincoln Recreation

<https://lincoln.ca/recreation>

Haldimand-Norfolk Sub-Region

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

Health Unit Haldimand-Norfolk

<https://hnhu.org/>

Brant Sub-Region

YMCA of Hamilton Burlington Brantford

<https://www.ymcahbb.ca>

Laurier Brantford YMCA 519-512-4891

Leisure Activity Guide – Brantford

<http://www.brantford.ca/residents/leisurerecreation/LeisureGuide/Pages/default.aspx>

City of Brantford- Seniors Guide to Services

<http://www.brantford.ca/residents/family/Pages/SeniorsGuidetoServices.aspx>

Wayne Gretzky Sports Centre

<http://waynegretzkysportscentre.ca/>

519-756-9900

Burlington Sub-Region

YMCA of Hamilton Burlington Brantford

<https://www.ymcahbb.ca>

Ron Edwards Family YMCA 905-632-5000

Live Play Burlington

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

905-335-7738

Adults 55+ Community

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

905-335-7888

Listed resources are current as of October 2018.