Conservative Management Resources for Hip and Knee Osteoarthritis
Hamilton Niagara Haldimand Brant LHIN

June 2020
For more information regarding this resource, or to provide updates please contact:
HNHB LHIN Musculoskeletal Central Intake and Assessment Centre
Phone- 1-888-868-5568
Email- hnhbmskciac@hhsc.ca
Website- http://www.mskciac.ca/

Disclaimer: While names of clinics and services are provided as resources, they were not assessed for their quality. The HNHB LHIN Musculoskeletal Central Intake and Assessment Centre does not endorse one clinic, or service over another.
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HNHB LHIN-Wide Resources
Arthritis Society-Arthritis Rehabilitation and Education Program
HNHB LHIN Home and Community Care
VON Canada

VON Hamilton, 414 Victoria Ave N, Suite M2, Hamilton
905-529-0700 or toll free 1-888-866-8515

VON Niagara, 7 Neilson Ave. Unit A, St. Catharines

YMCA
Brant Sub-Region
Burlington Sub-Region
Haldimand-Norfolk Sub-Region
Hamilton Sub-Region
Niagara Sub-Region
Niagara North-West Sub-Region

Ontario Health Care Professional Associations – Find A Practitioner

Appendix A

HNHB LHIN Community Physiotherapy Clinics
HNHB LHIN Community Physiotherapy Clinics Continued
HNHB LHIN Community Physiotherapy Clinics Continued
HNHB LHIN Community Physiotherapy Clinics Continued
HNHB LHIN Community Physiotherapy Clinics Continued

Appendix B

HNHB LHIN Community Health Centre Physiotherapy and Occupational Therapy Programs
HNHB LHIN Community Health Centre Physiotherapy and Occupational Therapy Programs Continued

Appendix C

Registry of HNHB LHIN Hip and Knee Arthroplasty Surgeons
Registry of HNHB LHIN Hip and Knee Arthroplasty Surgeons continued
Overview
The Hamilton Niagara Haldimand Brant (HNHB) Local Health Integration Network (LHIN) 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 HNHB LHIN 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 HNHB LHIN (as of June 2020). 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
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 HNHB LHIN 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 HNHB LHIN 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 http://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 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.

HNHB LHIN Locations and Contact Information

<table>
<thead>
<tr>
<th>HNHB Sub-Region</th>
<th>Clinic Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Brant</td>
<td>Mobility Orthopedic Rehab Centre</td>
<td>270 King George Road, Brantford</td>
<td>519-304-5767</td>
</tr>
<tr>
<td>Burlington</td>
<td>Denise Semple and Associates Healthcare Clinic</td>
<td>2 – 3070 Mainway, Burlington</td>
<td>905-639-7113</td>
</tr>
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</table>
The Live Well InMotion Program – YMCA

https://www.ymcahbb.ca/Programs/LiveWell/InMotion

The YMCA Live Well InMotion 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 Live Well InMotion 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

Live Well programs are included with a YMCA membership. Membership fees are $46.62 per month 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.

HNHB LHIN Locations and Contact Information

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<th>HNHB Sub-Region</th>
<th>YMCA Location</th>
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<tbody>
<tr>
<td>Hamilton</td>
<td>Wilson Medical Centre</td>
<td>130 Wilson St, Lower Level, Hamilton</td>
<td>905-526-6250</td>
</tr>
<tr>
<td>Niagara</td>
<td>St. Catharines Physiotherapy Centre</td>
<td>4A-145 Carlton Street Lake, St. Catharines</td>
<td>905-685-4733</td>
</tr>
<tr>
<td>Niagara</td>
<td>Zero Gravity Physiotherapy</td>
<td>200 Fitch Street, Unit DL3C 2S2, Welland</td>
<td>905-735-6006</td>
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<th>HNHB Sub-Region</th>
<th>YMCA Location</th>
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<tbody>
<tr>
<td>Brantford</td>
<td>Laurier Brantford YMCA</td>
<td>100 Water Street, Brantford</td>
<td>519-512-4891</td>
</tr>
<tr>
<td>Burlington</td>
<td>Ron Edwards Family YMCA</td>
<td>500 Drury Lane, Burlington</td>
<td>905-632-5000</td>
</tr>
<tr>
<td>Hamilton</td>
<td>Flamborough Family YMCA</td>
<td>207 Parkside Drive, Waterdown</td>
<td>905-690-3555</td>
</tr>
<tr>
<td>Hamilton</td>
<td>Hamilton Downtown Family YMCA</td>
<td>79 James St. South, Hamilton</td>
<td>905-529-7102</td>
</tr>
<tr>
<td>Hamilton</td>
<td>Les Chater Family YMCA</td>
<td>356 Rymal Road East, Hamilton</td>
<td>905-667-1515</td>
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Burlington Family Health Team -
B-CARS: Living Better with Pain Burlington Community Access to Rehabilitative Services

Patients of Family Physicians in Burlington have access to community-based pain management programming for chronic musculoskeletal issues through the Burlington Community Access to Rehabilitative Services (B-CARS).

Programs offered through B-CARS 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
- 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.

HNHB LHIN Location and Contact Information

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<tr>
<td>Burlington</td>
<td>1182 North Shore Boulevard East, Burlington</td>
<td>289-861-5611 extension 5508</td>
<td>1-855-764-8360</td>
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</table>
Six Nations Health Services – Therapy Services
http://www.snhs.ca/TherapyServices.htm

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

HNHB LHIN Location and Contact Information

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<tr>
<td>Brant</td>
<td>1745 Chiefswood Rd., Ohsweken</td>
<td>519-445-2418</td>
<td>519-445-0368</td>
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Mac HOPE Clinic

McMaster Helping Hamiltonians through Occupational Therapy and Physiotherapy Services
www.srs-mcmaster.ca/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.

Call or email for referral.

HNHB LHIN Location and Contact Information

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<th>Email</th>
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<tbody>
<tr>
<td>Hamilton</td>
<td>YMCA of Hamilton/Burlington/Brantford Hamilton Downtown Family YMCA 79 James St. South, Hamilton</td>
<td>905-529-7102 extension 5024</td>
<td><a href="mailto:machopeclinic@mcmaster.ca">machopeclinic@mcmaster.ca</a></td>
</tr>
</tbody>
</table>
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

Primary Care Provider referral required.

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

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<tr>
<td>Hamilton</td>
<td>McMaster Physical Activity Centre of Excellence (PACE)</td>
<td>905-525-9140 extension 27223</td>
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<td></td>
<td>Ivor Wynne Centre, A114</td>
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<tr>
<td></td>
<td>1280 Main St. West, Hamilton</td>
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2. Weight Loss Management Resources

**Wharton Medical Clinic**

[https://whartonmedicalclinic.com/](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.

OHIP covered. Primary Care Provider referral required.

**HNHB LHIN Locations and Contact Information**

Toll Free Central Booking Line: 1-833-962-5359

Toll Free Central Fax Line: 1-888-825-1505

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<tr>
<th>HNHB Sub-Region</th>
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<tbody>
<tr>
<td>Burlington</td>
<td>2951 Walkers Line, Main Floor, Burlington, Ontario, L7M 4Y1</td>
</tr>
<tr>
<td>Hamilton</td>
<td>414 Victoria Avenue, Suite #M14, Hamilton</td>
</tr>
<tr>
<td>Hamilton</td>
<td>35 Upper Centennial Parkway, Suite 2C - 2nd Floor, Stoney Creek</td>
</tr>
<tr>
<td>Niagara</td>
<td>180 Vine Street South, Suite 203 - 2nd Floor, St. Catharines</td>
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**Ontario Bariatric Network**

[http://www.ontariobariatricnetwork.ca/](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.

OHIP covered. Online Primary Care Provider referral portal.

**HNHB LHIN Location and Contact Information**

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<tr>
<td>Hamilton</td>
<td>St. Joseph’s Healthcare Hamilton West 5th Campus, Medical Outpatient Department, Level 0 Block C 100 West 5th Street, Hamilton</td>
<td>905-522-1155 extension 33240 or toll free at 1-800-810-0000</td>
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3. Hip and Knee Injection Referral Resources

Referral to Orthopedic Surgeons

A registry of HNHB LHIN 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 Physiatry, Rheumatology or Sports Medicine physicians for hip/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, HNHB LHIN 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**

Prosthetics- https://www.hamiltonhealthsciences.ca/areas-of-care/rehabilitation/outpatient/prosthetics/

Orthotics- https://www.hamiltonhealthsciences.ca/areas-of-care/rehabilitation/outpatient/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
HNHB LHIN Locations and Contact Information

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<tbody>
<tr>
<td>Brant</td>
<td>Brantford General Hospital, 200 Terrace Hill Street, D-Wing,</td>
<td>905-751-5523</td>
<td>519-751-5859</td>
</tr>
<tr>
<td>Hamilton</td>
<td>Hamilton Health Sciences, Ron Joyce Children’s Health Centre, 325 Wellington Street North, Hamilton</td>
<td>905-521-2607</td>
<td>905-521-2355</td>
</tr>
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</table>

Niagara Prosthetics & Orthotics / Niagara Wheelchairs & Seating

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

Niagara Prosthetics & Orthotics offers custom-designed and fabricated prosthetic, orthotic, bracing, and compression therapy devices. Its partner company, 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.

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<tbody>
<tr>
<td>Niagara</td>
<td>Niagara Prosthetics &amp; Orthotics, St. Catharines Hospital Site, 1200 Fourth Avenue, St. Catharines</td>
<td>905-688-3288</td>
<td>905-346-2825</td>
</tr>
<tr>
<td>Niagara</td>
<td>Niagara Prosthetics &amp; Orthotics – Hotel Dieu Shaver Rehabilitation Centre, 547 Glenridge Avenue, St. Catharines</td>
<td>905-688-2553</td>
<td>905-688-3230</td>
</tr>
<tr>
<td>Niagara</td>
<td>Niagara Wheelchairs &amp; Seating at Hotel Dieu Shaver Rehabilitation Centre, 547 Glenridge Avenue, St. Catharines</td>
<td>289-786-0088</td>
<td>905-688-3230</td>
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The Non-Insured Health Benefits Program – First Nations and Inuit
https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517

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.

OTs2GO
https://www.hamiltonhealthsciences.ca/areas-of-care/seniors-care/centre-for-healthy-aging/clinics-and-services/

OTs2GO is a travelling seating and mobility service for seniors and adults who are experiencing age-related disorders. Service is provided by two full-time Occupational Therapists, both of whom are approved authorizers for the Assistive Devices Program of Ontario (ADP). A complete mobility assessment is conducted with follow-up.

Eligibility

- Aged 55 year(s) and up
- Older adults who are experiencing age-related disorders
- Self, caregiver, family, friend or health care provider can refer

Participant Fees

There is no cost to the client for the OTs2GO program however clients are responsible for any non-funded portion of equipment that is prescribed.

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<tr>
<td>Hamilton</td>
<td>Hamilton Health Sciences, St. Peter’s Hospital, 88 Maplewood Ave., Hamilton</td>
<td>905-777-3837 extension 12424</td>
<td>905-549-5080</td>
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Service is provided across the HNHB LHIN. Call for information on dates, times and locations of this service in the local area.

Private Physiotherapy Clinics

Clinic listings available through Canada 411 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/](https://www.chiropractic.on.ca/chiropractorlocator/)

**Ontario Association of Osteopathic Manual Practitioners**
Find a Practitioner
[http://membership.osteopathyontario.org/fap/map.cfm](http://membership.osteopathyontario.org/fap/map.cfm)

**Registered Massage Therapists’ Association of Ontario**
Find a Registered Massage Therapist

**College of Traditional Chinese Medicine and Acupuncturists of Ontario**
Find a Practitioner
[https://www.ctcmpao.on.ca/publicregistersrc/](https://www.ctcmpao.on.ca/publicregistersrc/)
6. Community Programs and Education Resources

**HNHB LHIN-Wide Resources**

HNHB LHIN Musculoskeletal Central Intake and Assessment Centre  
[http://www.mskciac.ca](http://www.mskciac.ca)  Phone - 1-888-868-5568

**HNHB Healthline – Health Services**  
[http://www.hnhbhealthline.ca/](http://www.hnhbhealthline.ca/)

**HNHB LHIN Physiotherapy, Exercise and Falls Prevention Programs**  

**Arthritis Society**  
[http://www.arthritis.ca/](http://www.arthritis.ca/)  Phone - 1-800-321-1433

**Arthritis Society – Support and Education**  
[https://arthritis.ca/support-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**  

**Canadian Orthopaedic Foundation**  
[https://whenithurtstomove.org/](https://whenithurtstomove.org/)  Phone - 1-800-461-3639 x221

**Canadian Orthopaedic Foundation - Quit Smoking Before Surgery**  
Phone - 1-800-461-3639 x221

**Canada's Food Guide**  

**Canadian Physical Activity Guidelines**  
[http://csepguidelines.ca/](http://csepguidelines.ca/)
Falls Prevention

Health Care Connect
https://hcc3.hcc.moh.gov.on.ca/HCCWeb/faces/layoutHCCSplash.jsp

- 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- Osteoarthritis and Exercise https://www.mcmasteroptimalaging.org/e-learning/mobility

Ontario Osteoporosis Strategy – Fracture Screening and Prevention Program
https://www.osteosurgery.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

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

- 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/Programs/LiveWell/Balance-LiveWell

- 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 HNHB LHIN 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

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

**HNHB LHIN Locations and Contact Information**

Regional Phone Line: 1-800-321-1433 Ext. 1301
Regional Fax Number: 1-888-519-6869

<table>
<thead>
<tr>
<th>HNHB Sub-Region</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brant</td>
<td>Arthritis Society, Grand River Community Health Centre, 363 Colborne St, Brantford</td>
</tr>
<tr>
<td>Brant</td>
<td>Arthritis Society, Gane Yohs Community Health Centre, 1769 Chiefswood Rd, Ohsweken</td>
</tr>
<tr>
<td>Burlington</td>
<td>Arthritis Society, 2289 Fairview St, Suite 316, Burlington</td>
</tr>
<tr>
<td>Haldimand-Norfolk</td>
<td>Arthritis Society, Delhi Community Health Centre, 105 Main St., Delhi</td>
</tr>
<tr>
<td>Niagara</td>
<td>Arthritis Society, 245 Pelham Rd, Suite 218, St. Catharines</td>
</tr>
</tbody>
</table>

In addition to the regional Arthritis Society offices, Arthritis Rehabilitation and Education Program services are offered at several community locations throughout HNHB LHIN based on availability.
HNHB LHIN Home and Community Care
www.healthcareathome.ca/hnhb/en

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 HNHB LHIN 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 HNHB LHIN 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
HNHB LHIN 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

HNHB LHIN Locations and Contact Information
Regional Phone Line: 1-800-810-0000

<table>
<thead>
<tr>
<th>HNHB Sub-Region</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Brant</td>
<td>Home and Community Care, Brant Branch, 195 Henry St., Unit 4, Building 4, Brantford.</td>
<td>519-759-7752</td>
<td>519-759-7130</td>
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<tr>
<td>Burlington</td>
<td>Home and Community Care, Burlington Branch, 440 Elizabeth St., 4th Floor, Burlington.</td>
<td>905-639-5228</td>
<td>905-639-8704</td>
</tr>
<tr>
<td>HNHB Sub-Region</td>
<td>Address</td>
<td>Phone</td>
<td>Fax</td>
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</tr>
<tr>
<td>Haldimand-Norfolk</td>
<td>Home and Community Care, Haldimand-Norfolk Branch, 76 Victoria St., Simcoe</td>
<td>519-426-7400</td>
<td>519-426-4384</td>
</tr>
<tr>
<td>Hamilton</td>
<td>Home and Community Care, Hamilton Branch, 211 Pritchard Rd., Unit 1, Hamilton</td>
<td>905-523-8600</td>
<td>905-528-1883</td>
</tr>
<tr>
<td>Niagara and Niagara North West</td>
<td>Home and Community Care, Niagara Branch, 149 Hartzel Rd., St. Catharines</td>
<td>905-684-9441</td>
<td>905-684-8463</td>
</tr>
</tbody>
</table>

**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 per program
HNHB LHIN Locations and Contact Information

<table>
<thead>
<tr>
<th>HNHB Sub-Region</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Brant and Haldimand-Norfolk</td>
<td>VON Brantford Haldimand, 446 Grey St, Suite 204, Brantford</td>
<td>519-759-7750 or toll free 1-888-866-9861</td>
</tr>
<tr>
<td>Hamilton</td>
<td>VON Hamilton, 414 Victoria Ave N, Suite M2, Hamilton</td>
<td>905-529-0700 or toll free 1-888-866-8515</td>
</tr>
<tr>
<td>Niagara</td>
<td>VON Niagara, 7 Neilson Ave. Unit A, St. Catharines</td>
<td>905-641-0630 or toll free 1-800-263-7202</td>
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</table>

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 $46.62 per month 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.
## HNHB LHIN Locations and Contact Information

<table>
<thead>
<tr>
<th>Sub-Region</th>
<th>YMCA Location</th>
<th>Address/Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brantford</td>
<td>Laurier Brantford YMCA</td>
<td>100 Water Street, Brantford, call 519-512-4891</td>
<td><a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a></td>
</tr>
<tr>
<td>Brantford</td>
<td>Ron Edwards Family YMCA</td>
<td>500 Drury Lane, Burlington, call 905-632-5000</td>
<td><a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a></td>
</tr>
<tr>
<td>Hamilton</td>
<td>Flamborough Family YMCA</td>
<td>207 Parkside Drive, Waterdown, call 905-690-3555</td>
<td><a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a></td>
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<tr>
<td>Hamilton</td>
<td>Les Chater Family YMCA</td>
<td>356 Rymal Road East, Hamilton, call 905-667-1515</td>
<td><a href="https://www.ymcahbb.ca">https://www.ymcahbb.ca</a></td>
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<tr>
<td>Niagara</td>
<td>Fort Erie EJ Freeland Community YMCA</td>
<td>1555 Garrison Road, Fort Erie, call 905-871-9622</td>
<td><a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a></td>
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<tr>
<td>Niagara</td>
<td>Niagara Centre YMCA Welland</td>
<td>310 Woodlawn Road, Welland, call 905-735-9622</td>
<td><a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a></td>
</tr>
<tr>
<td>Niagara</td>
<td>Niagara Falls YMCA</td>
<td>7150 Montrose Road, Niagara Falls, call 905-358-9622</td>
<td><a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a></td>
</tr>
<tr>
<td>Niagara</td>
<td>Port Colborne YMCA</td>
<td>550 Elizabeth Street, Port Colborne, call 905-835-9622</td>
<td><a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a></td>
</tr>
<tr>
<td>Niagara</td>
<td>Walker Family YMCA, St. Catharines</td>
<td>25 YMCA Drive, St. Catharines, call 905-934-9622</td>
<td><a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a></td>
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<tr>
<td>Niagara North West</td>
<td>Niagara West YMCA Grimsby</td>
<td>325 Main Street East, Grimsby, call 905-309-9622</td>
<td><a href="http://www.ymcaofniagara.org/">http://www.ymcaofniagara.org/</a></td>
</tr>
</tbody>
</table>

## Brant Sub-Region

City of Brantford - Recreation  

Beckett Adult Leisure Centre-Brantford  

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
Live Play Burlington

**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/city-initiatives/strategies-actions/resources-seniors-and-older-adults
Parks and Recreation Hamilton
https://www.hamilton.ca/parks-recreation
Sackville Hill Seniors Centre
https://www.hamilton.ca/parks-recreation/recreation/sackville-hill-seniors-recreation-centre
Phone -905-546-2541

**Niagara Sub-Region**
Community Programs for Seniors
https://www.niagararegion.ca/living/seniors/programs/
Leisure Activity Guide St. Catharines
Welland Community Wellness Complex
https://www.welland.ca/RecCulture/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://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/

Nurse Practitioners’ Association of Ontario
Find a Nurse Practitioner
https://npao.org/resources/find-a-nurse-practitioner/

Health Care Connect
https://hcc3.hcc.moh.gov.on.ca/HCCWeb/faces/layoutHCCSplash.jsp

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.
## Appendix A

### HNHB LHIN Community Physiotherapy Clinics

<table>
<thead>
<tr>
<th>Sub-Region</th>
<th>Clinic Name</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
<th>Fax</th>
<th>Email/Website</th>
</tr>
</thead>
</table>
| Brant      | CBI Health Centre                                | 325 West Street, Building A, Suite 300 | Brantford   | 519-756-5450 | 519-756-1444 | email: [brantford@cbi.ca](mailto:brantford@cbi.ca)  
|            | Brantford West                                  |                                        |             |              |              | website: [www.cbi.ca/web/physiotherapy-brantford-west](http://www.cbi.ca/web/physiotherapy-brantford-west) |
| Brant      | Kneaded Care                                     | 174 Stanley Street, Units 101 and 102  | Brantford   | 519-757-1869 | 519-757-1018 | email: [heal@kneadedcare.com](mailto:heal@kneadedcare.com)  
|            |                                                  |                                        |             |              |              | website: [https://www.kneadedcare.com/](https://www.kneadedcare.com/)         |
| Brant      | Scott Physiotherapy Clinic                       | 35 Morrell Street                      | Brantford   | 519-759-2155 | 519-759-5646 | email: [scottphysioclinic@gmail.com](mailto:scottphysioclinic@gmail.com)      |
| Burlington | PT Health - Brant 730 Physiotherapy              | 2015 Mount Forest Drive                | Burlington  | 905-632-1734 | 905-632-1735 | email: [Brant730physio@pthealth.ca](mailto:Brant730physio@pthealth.ca)  
| Burlington | PT Health - Drury Lane Physiotherapy             | 2250 Fairview Street, Basement         | Burlington  | 905-631-7779 | 1-866-442-4737 | email: [drurylanephysio@pthealth.ca](mailto:drurylanephysio@pthealth.ca)     
<table>
<thead>
<tr>
<th>Sub-Region</th>
<th>Clinic Name</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
<th>Fax</th>
<th>Email/Website</th>
</tr>
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<tbody>
<tr>
<td>Haldimand-Norfolk</td>
<td>South Coast Physiotherapy</td>
<td>216 West Street, Unit 305</td>
<td>Simcoe</td>
<td>519-428-1234 519-428-1166</td>
<td>519-428-5678</td>
<td><a href="mailto:email-info@southcoastphysiotherapy.ca">email-info@southcoastphysiotherapy.ca</a> website- <a href="https://southcoastphysiotherapy.ca/">https://southcoastphysiotherapy.ca/</a></td>
</tr>
<tr>
<td>Hamilton</td>
<td>Charlton Physiotherapy</td>
<td>230 James Street South, 3rd Floor</td>
<td>Hamilton</td>
<td>905-528-5271</td>
<td></td>
<td><a href="mailto:email-charlton@lifeclinics.ca">email-charlton@lifeclinics.ca</a> website- <a href="https://hamiltonphysiotherapist.ca/">https://hamiltonphysiotherapist.ca/</a></td>
</tr>
<tr>
<td>Hamilton</td>
<td>Hamilton Physio and Rehab</td>
<td>200 James Street South, Suite 207</td>
<td>Hamilton</td>
<td>905-529-0521</td>
<td>905-529-7946</td>
<td><a href="mailto:email-hamiltonphysiorehab@gmail.com">email-hamiltonphysiorehab@gmail.com</a> website- <a href="http://www.hamiltonphysiorehab.ca">www.hamiltonphysiorehab.ca</a></td>
</tr>
<tr>
<td>Hamilton</td>
<td>Innova Health Clinic</td>
<td>883 Upper Wentworth, Suite 303</td>
<td>Hamilton</td>
<td>905-389-8722</td>
<td>905-389-8790</td>
<td><a href="mailto:email-info@innovahc.ca">email-info@innovahc.ca</a> website- <a href="http://www.innovahc.ca/Main-East-and-Kenilworth">www.innovahc.ca/Main-East-and-Kenilworth</a></td>
</tr>
<tr>
<td>Hamilton</td>
<td>LifeMark Physiotherapy - Hamilton Main East</td>
<td>1440 Main St. East, Unit 5</td>
<td>Hamilton</td>
<td>905-544-0053</td>
<td>905-594-3897</td>
<td><a href="mailto:email-hamilton-maine@lifemark.ca">email-hamilton-maine@lifemark.ca</a> website- <a href="http://www.lifemark.ca/Main-East-and-Kenilworth">www.lifemark.ca/Main-East-and-Kenilworth</a></td>
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<tr>
<td>Hamilton</td>
<td>LifeMark Physiotherapy Hamilton Mohawk</td>
<td>210 Mohawk Road East, Unit 3</td>
<td>Hamilton</td>
<td>905-388-3902</td>
<td>905-388-3680</td>
<td>email:<a href="mailto:mohawk@lifemark.ca">mohawk@lifemark.ca</a> website-www.lifemark.ca/Mohawk-And-Upper-Wellington</td>
</tr>
<tr>
<td>Hamilton</td>
<td>PT Health - Flamborough Physiotherapy</td>
<td>80 Hamilton Street North, Unit 5</td>
<td>Waterdown</td>
<td>905-690-1033</td>
<td>289-812-4929</td>
<td>email:<a href="mailto:flamboroughphysio@pthealth.ca">flamboroughphysio@pthealth.ca</a> website-www.pthealth.ca/clinic/flamborough-physiotherapy-and-rehabilitation-pt-health/</td>
</tr>
<tr>
<td>Hamilton</td>
<td>PT Health - Queenston Physiotherapy</td>
<td>15 Mountain Avenue South, Unit 105</td>
<td>Stoney Creek</td>
<td>905-662-2011</td>
<td>905-662-0954</td>
<td>email:<a href="mailto:queenstonphysio@pthealth.ca">queenstonphysio@pthealth.ca</a> website-www.pthealth.ca/clinic/queenston-physiotherapy-and-rehabilitation-pt-health/</td>
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### HNHB LHIN Community Physiotherapy Clinics Continued

<table>
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<tr>
<th>Sub-Region</th>
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<th>City</th>
<th>Phone</th>
<th>Fax</th>
<th>Email/Website</th>
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</thead>
<tbody>
<tr>
<td>Hamilton</td>
<td>West End Physiotherapy Clinic</td>
<td>10 Ewen Road</td>
<td>Hamilton</td>
<td>905-524-2365</td>
<td>905-524-2367</td>
<td>email-<a href="mailto:info@westendphysio.ca">info@westendphysio.ca</a></td>
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<td>website-<a href="https://west-end-physiotherapy.com/">https://west-end-physiotherapy.com/</a></td>
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<tr>
<td>Niagara</td>
<td>LifeMark Physiotherapy Fonthill</td>
<td>209 Highway 20 East, Unit 6</td>
<td>Fonthill</td>
<td>905-892-4431</td>
<td>905-892-4891</td>
<td>email-<a href="mailto:fonthill@lifemark.ca">fonthill@lifemark.ca</a></td>
</tr>
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<td></td>
<td>website-<a href="http://www.lifemark.ca/Fonthill">www.lifemark.ca/Fonthill</a></td>
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<tr>
<td>Niagara</td>
<td>Niagara Health System, Douglas Memorial Hospital Site</td>
<td>Douglas Memorial Site, 230 Bertie Street</td>
<td>Fort Erie</td>
<td>905-378-4647 x50269</td>
<td>905-991-0623</td>
<td></td>
</tr>
<tr>
<td>Niagara</td>
<td>Niagara Physiotherapy and Sport Clinic</td>
<td>1517 Niagara Stone Road, Hwy 55</td>
<td>Virgil</td>
<td>905-468-7979</td>
<td>905-468-3649</td>
<td>email-<a href="mailto:niagaraphysiotherapy@gmail.com">niagaraphysiotherapy@gmail.com</a></td>
</tr>
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<td></td>
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<td>website-<a href="http://www.niagaraphysiotherapyandsportsclinic.ca/">http://www.niagaraphysiotherapyandsportsclinic.ca/</a></td>
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<tr>
<td>Niagara</td>
<td>Physiotherapy Rehabilitation Centre</td>
<td>17 Vaughan Road</td>
<td>Welland</td>
<td>905-788-1985</td>
<td>905-788-366</td>
<td>email-<a href="mailto:info@wellandphysio.com">info@wellandphysio.com</a></td>
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<td>website-<a href="http://www.wellandphysio.com/">www.wellandphysio.com/</a></td>
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<tr>
<td>Niagara</td>
<td>St. Catharines Physiotherapy Centre</td>
<td>145 Carlton Street, Unit 4A</td>
<td>St. Catharines</td>
<td>905-685-4733</td>
<td>905-685-1114</td>
<td>email-<a href="mailto:scpt@lifemark.ca">scpt@lifemark.ca</a></td>
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<tr>
<td></td>
<td></td>
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<td></td>
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<td>website-<a href="http://www.stcatharinesphysio.on.ca/">www.stcatharinesphysio.on.ca/</a></td>
</tr>
<tr>
<td>Sub-Region</td>
<td>Clinic Name</td>
<td>Address</td>
<td>City</td>
<td>Phone</td>
<td>Fax</td>
<td>Email/Website</td>
</tr>
<tr>
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<tr>
<td>Niagara</td>
<td>T. Mannella Physiotherapy Professional Corp.</td>
<td>4725 Dorchester Road, Unit B1</td>
<td>Niagara Falls</td>
<td>905-354-0267</td>
<td>905-354-4957</td>
<td>email: <a href="mailto:info@winhealth.ca">info@winhealth.ca</a></td>
</tr>
<tr>
<td>Niagara</td>
<td>The Clinic on Elm</td>
<td>380 Elm Street</td>
<td>Port Colborne</td>
<td>905-834-5551</td>
<td>905-834-8086</td>
<td>website: <a href="https://www.thecliniconelm.ca/">https://www.thecliniconelm.ca/</a></td>
</tr>
<tr>
<td>Niagara</td>
<td>Thorold Medical Facilities Ltd.</td>
<td>60 Albert Street West</td>
<td>Thorold</td>
<td>905-227-5255</td>
<td>905-227-2070</td>
<td>email: <a href="mailto:tmcphysio@outlook.com">tmcphysio@outlook.com</a></td>
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## Appendix B

### HNHB LHIN Community Health Centre Physiotherapy and Occupational Therapy Programs

<table>
<thead>
<tr>
<th>Sub-Region</th>
<th>Community Health Centre Program</th>
<th>Address</th>
<th>City</th>
<th>Contact</th>
<th>Eligibility Criteria</th>
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<tbody>
<tr>
<td>Hamilton</td>
<td>Centre De Santé Communautaire Hamilton Occupational Therapy Services</td>
<td>1320 Barton Street East</td>
<td>Hamilton</td>
<td>Phone 905-528-0163, extension 3236. Fax 905-528-9196</td>
<td>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></td>
</tr>
<tr>
<td>Hamilton</td>
<td>North Hamilton Community Health Centre Physiotherapy Program, and Occupational Therapy Program</td>
<td>438 Hughson Street North</td>
<td>Hamilton</td>
<td>Phone 905-523-1184</td>
<td>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.</td>
</tr>
<tr>
<td>Niagara</td>
<td>Bridges Community Health Centre Physiotherapy Program</td>
<td>1485 Garrison Road</td>
<td>Fort Erie</td>
<td>Phone 905-871-7621, extension 2260</td>
<td>Healthcare professional or self-referral for individuals who do not have health insurance coverage or have exhausted insurance coverage.</td>
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<tr>
<td>Niagara</td>
<td>Bridges Community Health Centre Physiotherapy Program</td>
<td>380 Elm Street, Rear Colborne</td>
<td>Port Colborne</td>
<td>Phone 289-479-5017, extension 2425</td>
<td>Healthcare professional or self-referral for individuals who do not have health insurance coverage or have exhausted insurance coverage.</td>
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<tr>
<td>Sub-Region</td>
<td>Community Health Centre Program</td>
<td>Address</td>
<td>City</td>
<td>Contact</td>
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<tr>
<td>Niagara</td>
<td>Centre De Santé Communautaire Hamilton Occupational Therapy Services</td>
<td>810 main Street East</td>
<td>Welland</td>
<td>Phone 905 734-1141, extension 2227. Fax 905-734-1017</td>
<td>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></td>
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### Appendix C

**Registry of HNHB LHIN Hip and Knee Arthroplasty Surgeons**

Accepting Referrals for Hip and Knee Injections for Osteoarthritis Management (June 2020)

<table>
<thead>
<tr>
<th>Sub Region</th>
<th>City</th>
<th>Surgeon</th>
<th>Hip Intra-articular Injection</th>
<th>Hip Greater Trochanter Bursa Injection</th>
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<td>Dr. Hussain Alradwan</td>
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<td>Brantford</td>
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<td>Dr. Michael Hickey</td>
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<td>Brantford</td>
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<td>Dr. Gavinn Niroopan</td>
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<td>Brantford</td>
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<td>Dr. Mike Woolfrey</td>
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<td>Burlington</td>
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<td>Dr. Doug Armstrong</td>
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<td>Hamilton</td>
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<td>Dr. Justin de Beer</td>
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<td>Hamilton</td>
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<td>Dr. Mitch Winemaker</td>
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<td>Dr. Victoria Avram</td>
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<td>Dr. Vickas Khanna</td>
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