Cambridge

UNH Rehabilitation Solutions Functional Restoration Program – Cambridge Site

405 Maple Grove Rd Unit 1
Cambridge
ON N3E 1B6
Telephone: 519.653.9203
http://www.uhnrehabssolutions.com
Referral protocols: Yes

Average wait times: varies depending on

Services available: Interdisciplinary bio-psychosocial approach to assessment and treatment of chronic pain disorder. Client centred care is emphasized. Group and individualized treatment programs available in clinic, worksite or home site setting. Services provided by interdisciplinary team of clinicians; functional activity programs, cognitive behavioural therapy, psychology, biofeedback, education, community resource access, and return to work coordinated can be provided.

Hospital/Academic affiliation: University Health Network, University of Toronto, and Centre for Research Expertise in Improved Disability Outcomes

Chatham

Chatham Kent Health Alliance, Outpatient Pain Clinic

c/o Ambulatory Care, 80 Grand Ave W., P.O. Box 2030
Chatham
ON N7M 5L9
Telephone: 519.437.6085, FAX 519.436.2545
Referral protocols: Physician referral is required accompanied by CT Scan or MRI and any other diagnostic workup.

Average wait times: 2 – 3 months

Services available: chronic pain consultation, soft tissue injections, epidural injections, lidocaine infusions, analgesia and some supportive counseling. Hours of operation: Every Wednesday, 0800 to 1700 hours

Pain Clinics in Ontario

Hamilton

Chedoke Hospital, Chronic Pain Management Unit, Hamilton Health Sciences

820 Santorium Rd.
Hamilton
ON L9C 7W7
Telephone: 905.521.2100 x74342
http://www.hhsc.ca/pain
Referral protocols: Yes
Average wait times: 6–12 weeks
Services available: large interdisciplinary pain program: physicians, psychologists, occupational therapy, social work, pharmacist, nutritionist, physiotherapist
Hospital/Academic affiliation: Hamilton Health Sciences

East End Multidisciplinary Pain Management Program

St. Joseph’s Healthcare Centre for Ambulatory Health Services
2757 King Street
Hamilton
ON L8G 5E4
Telephone: 905.627.7300
info@eastendpainclinic.com
Referral protocols:
Average wait times:
Services available:

Markham

Canadian Centre for Integrative Medicine

12 Main St. North
Markham
ON L3P 1X2
Telephone: 905.471.9355
http://www.musclepainrelief.ca

Pain Clinics in Ontario

Referral protocols: Yes to see physiatry specialists, no to see psychotherapists, accupuncturists, chiropractors, nutritionist

Average wait times: 1 to 6 months (faste

Services available: Specialized clinics in botox treatment of painful muscle spasm (includes EMG-guided injections) and in prolitherapy for low back (sacroiliac ligament laxity) and in ultrasound-guided viscosupplementation (for joint osteoarthritis); Clinics are multidisciplinary and include physiatrist, FCAMT physiotherapist, FCCRS chiropractor, osteopath–massage therapist, accupuncturist, nutritionist

Hospital/Academic affiliation: Sunnybrook Health Care Centre, St. John’s rehabilitation hospital, University of Toronto

Mississauga

UNH Rehabilitation Solutions Functional Restoration Program – Mississauga Site

989 Derry Rd E Ste 200
Mississauga
ON L5T 2J8
Telephone: 905.564.6872
http://wwwuhnrehabolutions.com
Referral protocols: Yes

Average wait times: varies depending on

Services available: Interdisciplinary bio–psychosocial approach to assessment and treatment of chronic pain disorder. Client centred care is emphasized. Group and individualized treatment programs available in clini, worksite or home site setting. Services provided by interdisciplinary team of clinicians; functional activity programs, cognitive behavioural therapy, psychology, biofeedback, education, community resource access, and return to work coordinated can be provided.

Hospital/Academic affiliation: University Health Network, University of Toronto, and Centre for Research Expertise in Improved Disability Outcomes

Health Recovery Clinic – Mississauga

Pain Clinics in Ontario

2155 Leanne Blvd
Mississauga
ON L5K 2K8
Telephone: 905.855.1807
http://www.healthrecoverygroup.com
Referral protocols: No
Average wait times: 10 days
Services available: Interdisciplinary Pain Rehabilitation Program includes physiotherapy, medical management, bio feedback, chiropractic, massage therapy, cognitive behavioural therapy, psychology, exercise therapy, occupational therapy

North York

Toronto Headache and Pain Clinic
801 York Mills Road Suite 209
North York
ON M3B 1X7
Telephone: 416.699.8843
http://www.torontopainclinic.com
Referral protocols: Yes
Average wait times: 4–6 weeks
Services available: multidisciplinary: physical therapy, chiropractic, osteopathy, psychological counselling, botox, pharmacotherapy, dietary, dental, accupuncture, occupational therapy

Ottawa

Chronic Pain Management Group Treatment Program
505 Smyth Road (The Rehabilitation Centre)
Ottawa
ON K1H 8M2
Telephone: 613.737.7359 x75673
Referral protocols:
Average wait times: 2–4 months

Pain Clinics in Ontario

Services available: Group Cognitive Behavioural, program only, outpatient only

Hospital/Academic affiliation: University of Ottawa, Ottawa Hospital

Toronto

Pain Management Program, Bridgepoint Hospital, Day Treatment

14 St. Matthews Road
Toronto
ON M4M 2B5
Telephone: 416.461.8251 x2234

Referral protocols: Yes

Average wait times: 3 months for initial

Services available: Cognitive-behavioral approach also incorporating supervised physical activity

Hospital/Academic affiliation: Bridgepoint Hospital Affiliated with U of Toronto

Greenspoon Pain Management Centre

164 Queen Street West Suite 110
Toronto
ON L6V 1B4
Telephone: 905.456.9600

Referral protocols: Yes

Average wait times: 2 weeks

Services available: Pain assessment; investigation; nerve block; medication management

UNH Rehabilitation Solutions Functional Restoration Program – Toronto Western Hospital Site

4th Floor, Room 115, Fell Pavilion – 399 Bathurst Street
Toronto
ON M5T 2S8

Pain Clinics in Ontario

Telephone: 416.603.5105
http://www.uhnrehabolutions.com
Referral protocols: Yes
Average wait times: varies depending on

Services available: Interdisciplinary bio-psychosocial approach to assessment and treatment of chronic pain disorder. Client centred care is emphasized. Group and individualized treatment programs available in clinic, worksite or home site setting. Services provided by interdisciplinary team of clinicians; functional activity programs, cognitive behaviourial therapy, psychology, biofeedback, education, community resource access, and return to work coordinated can be provided.

Hospital/Academic affiliation: University Health Network, University of Toronto, and Centre for Research Expertise in Improved Disability Outcomes

Health Recovery Clinic – Toronto
36 York Mills Rd Box 400 Unit 110
Toronto
ON M2P 2E9
Telephone: 416.226.4722
http://www.healthrecoverygroup.com
Referral protocols: No
Average wait times: 10 days

Services available: Interdisciplinary Pain Rehabilitation Program includes physiotherapy, medical management, bio feedback, chiropractic, massage therapy, cognitive behaviourial therapy, psychology, exercise therapy, occupational therapy

Sunnybook Pain Management Program
2075 Bayview Avenue
Toronto
ON M4N 3N5
Telephone: 416.480.4771
Referral protocols: Yes
Average wait times: 1–2 months

Services available: invasive procedures: CBT, MT, Accupuncture, mindfulness

Pain Clinics in Ontario

Hospital/Academic affiliation: Sunnybrook Hospital and the University of Toronto

Chronic Pain Clinic
525 University Avenue, Suite 925
Toronto
ON M5G 1X8
Telephone: 416.813.6975
Referral protocols: Yes
Average wait times: 1–6 weeks
Services available: Full complement of medical, physical therapists, psychologists, psychiatrists and nursing available

Hospital/Academic affiliation: Hospital for Sick Children and the University of Toronto

SJHC Pain Clinic
30 the Queensway
Toronto
ON M6R 1B5
Telephone: 416.530.6000 x4392
Referral protocols: Yes
Average wait times: 6–8 month for first
Services available: Alternative: acupuncture/tens, nerve blocks

Hospital/Academic affiliation: SJHC, St. Joseph Health Care Toronto

Dr. Fred Hui
421 Bloor St. East #202
Toronto
ON M4W 3T1
Telephone: 416.920.4200
http://www.drhui.com
Referral protocols: No
Average wait times: 2 months

Pain Clinics in Ontario

Services available: neural therapy, anesthetic blocks, acupuncture

Headache and Pain Management
101–124 Merton St.
Toronto
ON M4S 2Z2
Telephone: 416.322.7539
Referral protocols: Yes
Average wait times: 3 months

Services available: Counselling, cognitive behavioural therapy, meditation/relaxation, group therapy involving postural, exercise and cognitive training, pharmaco-therapy, neural blockage and point injection, botox for pain management

Toronto Poly Clinic
5460 Yonge Street Unit 204
Toronto
ON M2N 6K7
Telephone: 416.250.7171
http://www.tpclinic.com
Referral protocols: Yes
Average wait times: 2 weeks

Services available: medication consultation, injections, physical therapy, hypnotherapy, psychological therapy

Dr. Chris Aldridge MD
688 Coxwell Avenue, Suite 202
Toronto
ON
Telephone: 416.463.4632
Referral protocols: 
Average wait times: within 7 days

Pain Clinics in Ontario

Services available: Clinic Treats: Chronic Headache; Chronic Neck pain/"Whiplash"; Chronic Low back pain; Fibromyalgia; Complex regional pain syndrome (CRPS I / II). Therapeutic Modalities: Medication management (opioid and non–opioid); Nerve blocks/Trigger point injections; Therapeutic BOTOX; Active and Passive rehabilitation – Physiotherapist/Occupational Therapist/Psychologist affiliated

Toronto Rehab – Chronic Pain Service

345 Rumsey Road
Toronto
ON M4G 1R7
Telephone: 416.597.3422 x5300

Referral protocols: Yes

Average wait times: 4–8 weeks

Services available: Cognitive–Behavioural group programs to help individuals with chronic pain learn a variety of self–management techniques. Run by Occupational Therapists and Physiotherapists.

Hospital/Academic affiliation: The University of Toronto

Koppel Therapy

140 Simcoe Street
Toronto
ON M5H 4E9
Telephone: 416.591.2458

Referral protocols:

Average wait times:

Services available: koppel@koppeltherapy.com

Academy Natural Health Clinic

303 – 4920 Dundas Street West
Toronto
ON M9A 1B7
Telephone: 416.234.1451 PH, 416.234.1524 FAX
http://www.academynaturalhealth.com/

Referral protocols: No

Pain Clinics in Ontario

Average wait times: Appointment available

Services available: Low Intensity Laser Therapy is the use of light to promote healing. The light source is placed in contact with the skin allowing photon energy to penetrate into damaged tissue. Here, it interacts with various biological cells to restore normal function and enhance the body’s natural healing process.

Universal Health & Rehabilitation
28 Finch Avenue West, Suite 212
Toronto
ON M2N 2G7
Telephone: 416.628.1336, 647.430.3811 FAX

Referral protocols: Patients/doctors/facilities must call for an appointment. Treatment hours: 24/7. Patients must have a scheduled appointment. No walk-ins.

Average wait times: 3–5 days


the[clinic]
145 King Street West, Suite 1710
Toronto
ON M5H 1J8
info@theclinic-toronto.com, http://www.theclinic-toronto.com

Referral protocols: No referral required

Average wait times: 0 – 72 hours

Services available: Aqua Massage Therapy, Laser Therapy, Electrical modalities, Chiropractic Treatment, Myofascial Release, Postural instruction and Exercise therapy