

## Medical

**Dr. Joel Kailia – RISE BC** – Full spectrum of services including osteopathy, yoga therapy, kinesiology, myofascial, prolotherapy and counselling for chronic pain. Nelson, 250-352-5259, [www.risebc.ca](http://www.risebc.ca)

## Cognitive Therapy

**Trail Mental Health Chronic Pain Group** – 10 week group sessions run 3 times per year, focused on cognitive therapy skills to manage pain. Contact Nancy Bowie, Kiro Wellness Centre, 250-364-6256

## Body Work

**Trail Integral Therapeutics** – Myofascial, deep tissue, visceral manipulation, joint mobilizations, neuromuscular release, lymphatic drainage. Trail, 250-364-1433, [www.trailintegraltherapeutics.ca](http://www.trailintegraltherapeutics.ca)

**The Living Line** – Occupational Therapy, Structural Integration and Rolf Somatic Movement Education. Trail, Rossland, Castlegar, Nelson, 250-362-2291, [www.thelivingline.ca](http://www.thelivingline.ca)

**The Essential Body** – Swedish massage, myofascial release, cranial-sacral therapy, visceral manipulation, breathing, posture and movement. Rossland, 250-362-7238, [www.essentialbody.ca](http://www.essentialbody.ca)

**Kootenay Health Services** – Case management and coordination of rehab services for clients with chronic pain. Nelson, 250-352-1116, [www.kootenayhealth.com](http://www.kootenayhealth.com)

**Trail Home & Community Care – Occupational Therapy** – Assessment for environmental adaptations in home, energy conservation techniques, postural awareness and alignment education, activity pacing and activity grading information. 250-364-5141

**Sandi Jewell, Physiotherapist** – Spinal and Pelvic Alignment work, postural training, custom orthotics, therapeutic exercise, manual therapy. Trail, Rossland, Fruitvale, Warfield, 250-362-2143, [sandijewellrpt@gmail.com](mailto:sandijewellrpt@gmail.com)

**Kootenay Columbia Therapeutics** – Physiotherapy, Massage therapy, Acupuncture, Chinese Herbal Medicine, Yoga therapy and wellness coaching. Trail, 250-364-1516, [www.kootenaycolumbiatherapeutics.com](http://www.kootenaycolumbiatherapeutics.com)

**Infinity Physio Centre** – Specializing in myofascial manipulation for chronic pain syndromes. Also provide Scenar Therapy, hand held, biofeedback device to reduce reliance on medication for pain. Trail, Rossland, 250-362-7333, [www.infinityphysio.ca](http://www.infinityphysio.ca)

**Evergreen Sports and Physical Therapy** – Physiotherapy, manual therapy, electrotherapy, vestibular rehabilitation, exercise programs, knee bracing, orthotics, fracture casts. Trail, 250-368-8862, [www.evergreenphysio.org](http://www.evergreenphysio.org)

**ProActive Rehab** – Physiotherapy guided Active Rehabilitation. Focuses on education, self management, exercise prescription, gradual progression, injury and fall prevention. Rossland, 250-231-7916

**City Centre Chiropractic** – Chiropractic manipulation, active release technique, graston technique, kinesiotaping, cold laser therapy, rehab exercise, nutrition and supplementation, custom orthotics and correct toes, massage therapy. Trail, 259-368-5528, [www.citycentrechiro.ca](http://www.citycentrechiro.ca)

**Joanna Linardis – Massage Therapist** – Myofascial release, posture, structural alignment, rehabilitative exercise. Fruitvale, 250-521-0102 or email for appointments [jlinardis@hotmail.com](mailto:jlinardis@hotmail.com)

**Valhalla Physiotherapy** – Physiotherapy, acupuncture, custom bracing and orthotics, vertigo. Castlegar, Fruitvale, 250-367-0269, [www.valhallaphysiotherapy.com](http://www.valhallaphysiotherapy.com)

**Elite Physiotherapy** – Ultrasound, IFC, TENS/EMS, Traction (mechanical), exercise prescription, hot/cold therapy and many hands on techniques. Trail, 778-456-2222, [www.elitephysiotherapy.ca](http://www.elitephysiotherapy.ca)

**Elevate Sport and Health** – Massage therapy, training, athletic therapy, exercise programs. Trail, 250-364-3380, [www.elevate-sport.ca](http://www.elevate-sport.ca)

## Self Management

**Live Plan Be** – Learn about the science behind chronic pain, Keep track of your symptoms and their impacts., Develop a plan for better pain management and quality of life. Connect with a like-minded community of others who live with pain. [www.liveplanbe.ca](http://www.liveplanbe.ca)

**Regional Workshops** – The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. [www.selfmanagementbc.ca/upcomingworkshops](http://www.selfmanagementbc.ca/upcomingworkshops)

**Life is Now** – Physiotherapy for People with Chronic Pain, Therapeutic Yoga, Pain Management Workshops, Yoga Retreats. [www.lifeisnow.ca](http://www.lifeisnow.ca)

## Complementary

**Marnie Laser** – Kinesiology fused with hatha yoga to create individualized therapeutic movement programs, yoga classes. Rossland, Warfield, 250-513-0236, [www.facebook.com/UMove-1679703258928096/?fref=ts](https://www.facebook.com/UMove-1679703258928096/?fref=ts)

**Kerry Turner** – Yoga Therapy for Chronic Pain & Stress Management. Trail, Rossland, Fruitvale, Salmo, Castlegar, 250-512-9644, [www.kerryyoga.com](http://www.kerryyoga.com)

**Are there resources you'd like to see on this list?**

**Email [kbdoctors@divisionsbc.ca](mailto:kbdoctors@divisionsbc.ca)**