

Resources* for Chronic Non Cancer Pain

LHIN 8 - Central

Chronic pain management clinic

1. Allevio Pain Management	Location(s)
<p>This evidence-based multidisciplinary pain management clinic provides interventions (e.g., nerve blocks, epidurals), pharmacotherapy, psychological therapies (e.g., CBT, mindfulness, psychotherapy), naturopathic services, osteopathic services, chiropractic services, acupuncture, massage therapy, nutritional counseling, and occupational health assessments.</p> <p>Website: http://allevioclinic.com</p>	North York
2. Canadian Centre for Integrative Medicine	Location(s)
<p>This multidisciplinary centre integrates conventional medicine (medications and interventions) with complementary medicine (acupuncture, physiotherapy, chiropractic, osteopathy, naturopathy, and Traditional Chinese Medicine) to move patients from chronic pain and suffering to enhanced function and quality of life.</p> <p>Website: http://www.drkoprp.com/</p>	Markham
3. Headache and Pain Relief Centre	Location(s)
<p>This interdisciplinary pain clinic offers headache and chronic pain management and education. The team includes physicians, physiotherapists, massage therapists, a nutritionist, a psychologist, and an osteopathic therapist. It also provides a 3-step "lifetime pain relief program" that lasts 4-6 weeks.</p> <p>Website: http://www.headachepainreliefcentre.ca/</p>	Toronto
4. Health Recovery Group	Location(s)
<p>This multidisciplinary clinic, founded in 1980, was Ontario's first multidisciplinary pain clinic. It provides assessment and treatment.</p> <p>Website: http://www.healthrecoverygroup.com</p>	Vaughan
5. Humber Valley Medical Centre	Location(s)
<p>This family physician's office provides a referral-based pain management service.</p> <p>Website: http://www.manta.com/ic/mtqg2lr/ca/humber-valley-medical-centre/</p>	Toronto
6. Physiomobility - Don Mills	Location(s)
<p>This multidisciplinary clinic has a team of medical doctors, pain management specialists, physiotherapists, psychotherapists, and other healthcare professionals. They provide medication, nerve blocks, physiotherapy, massage therapy, chiropractic, acupuncture, exercise therapy, meditation, and CBT.</p> <p>Website: http://www.physiomobility.com/pain-management.html</p>	Toronto
7. Physiomobility - Thornhill	Location(s)
<p>This multidisciplinary clinic has a team of medical doctors, pain management specialists, physiotherapists, psychotherapists, and other healthcare professionals. They provide medication, nerve blocks, physiotherapy, massage therapy, chiropractic, acupuncture, exercise therapy, meditation, and CBT.</p> <p>Website: http://www.physiomobility.com/pain-management.html</p>	Toronto
8. Rothbart Centre for Pain Care Ltd.	Location(s)
<p>This multidisciplinary clinic offers interventions (e.g., nerve blocks, epidural steroid injections) and medications.</p> <p>Website: http://www.rothbart.com/</p>	Toronto

9. Jacobs Pain Centre	Location(s)
This pain clinic provides interventions (Botox, interventional nerve blocks), medication, and mindfulness training to manage chronic pain.	Markham
Website: http://www.jacobspaincentre.ca/	
10. Toronto Poly Clinic-Thornhill	Location(s)
This multidisciplinary pain clinic offers interventions, medications, physical therapy, psychological therapy, and education on coping skills. Also provides medical marijuana therapy for medically legitimate indications.	Toronto
Website: http://www.tpclinic.com	
11. Toronto Poly Clinic-North York	Location(s)
This multidisciplinary pain clinic offers interventions, medications, physical therapy, psychological therapy, and education on coping skills. Also provides medical marijuana therapy for medically legitimate indications.	Toronto
Website: http://www.tpclinic.com	
12. Universal Health and Rehabilitation	Location(s)
This pain clinic, staffed by chiropractors, provides physiotherapy, orthopaedic devices (e.g., orthotics, cervical traction), and manual physical medicine (e.g., chiropractic, acupuncture, exercise) to help manage chronic pain.	Toronto
Website: http://www.pain-drs.com/pain-management	
13. Vaughan Pain Clinic	Location(s)
This clinic works with family physicians to provide comprehensive pain management. When appropriate and coordinated with the family physician, it provides medication including narcotics. It also provides nerve blocks, trigger point injections, joint injections and botox injections for patients. The clinic has a working relationship with physiotherapists, acupuncturists, chiropractors, massage therapists and nutritionists. It works with these professionals to provide a whole body approach to pain management.	Vaughan
Website: http://www.vaughanpainclinic.ca/	
14. Wilderman Medical Clinic	Location(s)
This multidisciplinary clinic offers chiropractic, naturopathy, auriculotherapy, acupuncture, ultrasound-guided injections, physiotherapy, orthotics/podiatry services, massage therapy and psychotherapy.	Thornhill
Website: http://drwilderman.com/	
15. Karmy Chronic Pain Medical Clinic	Location(s)
This chronic pain clinic provides interventional management, independent pain assessments, and medico-legal assessments.	Toronto
Website: https://ca.linkedin.com/in/karmy	
16. Phoenix Rising Pain Clinic	Location(s)
This clinic provides interventional pain management for back, neck, and leg pain, as well as for migraine headaches. It also provides addiction counseling for prescription opioids in the context of chronic pain.	Richmond Hill
Website: http://phoenixrisinghealthcare.com/	
17. Richmond Hill Headache and Neck Pain Clinic	Location(s)
This pain clinic specializes in headache and neck pain.	Richmond Hill
Phone: (905) 737-7699	
18. The Pain Clinic	Location(s)
This pain clinic provides chronic pain consults and treatment, including interventional pain management. It specializes in low back pain, neck pain, headache and radiculopathy.	Toronto
Phone: (416) 699-8843	
19. Toronto Headache & Pain Clinic	Location(s)
This pain and headache clinic is located in North York, Ontario.	North York
Website: https://www.yelp.ca/biz/toronto-headache-and-pain-clinic-north-york	

20. Toronto Interventional Pain Specialists	Location(s)
This pain clinic provides interventional pain management (e.g., epidural steroid injections, joint injections, nerve blocks, radiofrequency ablations, Botox, and viscosupplementation).t	Richmond Hill
Website: http://www.torontointerventionalpainspecialists.com/	
21. York Medical Chronic Pain Clinic	Location(s)
This chronic pain clinic is located in Newmarket, Ontario.	Newmarket
Website: http://yorkmed.net/	
22. Altum Health Interdisciplinary Pain Program	Location(s)
Altum Health's CARF (Commission on Accreditation of Rehabilitation Facilities) accredited Interdisciplinary Pain Program provides an interdisciplinary approach to chronic pain management for those that have not returned to work within usual course of recovery (3-4 months from time of injury or accident) or those struggling while at work. The program is time limited and goal directed, with a cognitive behavioural and functional restoration focus.	Vaughan
Website: http://www.altumhealth.com/interdisciplinary-pain	
Drug addiction clinics	
23. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Alliston
Website: http://www.oatc.ca/clinic-locations/alliston-clinic/	
24. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Keswick
Website: http://www.oatc.ca/clinic-locations/keswick-clinic/	
25. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Newmarket
Website: http://www.oatc.ca/clinic-locations/newmarket-clinic/	
26. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	North York
Website: http://www.oatc.ca/clinic-locations/north-york-clinic/	
27. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Willowdale
Website: http://www.oatc.ca/clinic-locations/willowdale-clinic/	
28. trueNorth Medical Centre	Location(s)
trueNorth Medical Centre is a methodone/suboxone program that is focused on the treatment of opioid dependence and chronic pain.	North York
Website: http://www.truenorthmedical.com/opioid-find-us-s16381	

Self-management workshops

29. Healthy Living Now	Location(s)
Stanford-model peer-led 6-week workshop on managing chronic pain for patients. Healthcare professional resources such as Brief Action Planning training and “choices and changes” training (supporting patients who are engaged in self-management programs. Has “recommended reading” list for health professionals and 1-page handout for referring patients to the program. Website: http://www.healthy-living-now.ca/	Alliston
30. Yee Hong Centre for Geriatric Care - Chronic Disease Self-Management Program: Living Well with Chronic Pain	Location(s)
Stanford-model peer-led 6-week workshop on managing chronic disease for patients. Website: http://www.yeehong.com/centre/chronic_disease_self-management.php	Markham (Throughout LHIN 8)
31. Online Chronic Disease Self-Management Program of Ontario	Location(s)
This online program is based on the live Stanford model of chronic disease management, but provides the program completely online. Website: http://www.ontarioselfmanagement.ca/10/About_the_Workshop/	Online-ON Wide

Pain management program

32. Nymark Medical Centre	Location(s)
The physician at this walk-in clinic provides pain management services. Website: http://www.dr.alloo.ca/index.html	Toronto

Provider education program

33. Project ECHO Ontario Chronic Pain and Opioids
This physician network provides primary care providers in Ontario with the knowledge and support to manage chronic pain safely and effectively. It uses Telehealth technology to offer weekly 2-hour videoconferences where local practice leaders (“spokes”) present a brief didactic session followed by 2 or 3 de-identified case presentations, plus a yearly “Chronic Pain Basics Boot Camp”. It also provides continuing education credits and fast-track specialist referrals for complex cases. Website: https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx
34. Medical Mentoring for Addictions and Pain (MMAP)
The MMAP is a network that connects family physician mentees to psychiatrist and family physicians with a focused practice in pain and addictions mentors through telephone, email and fax. Mentees may contact their mentors on an informal basis for guidance and support. Formal continuing professional development (CPD) workshops, small group teleconferences and sessions take place regularly in order to foster group cohesion. These tools help to support and augment the case by case mentoring program. Advice in the areas of diagnosis, psychotherapy and pharmacology is provided to mentees. Mentees are matched with mentors based on clinical interests and/or geographic location. Please note this is not a referral service. Website: http://ocfp.on.ca/cpd/collaborative-networks/mmap

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This Resource was developed as part of the Knowledge Translation in Primary Care Initiative, led by Centre for Effective Practice with collaboration from the Ontario College of Family Physicians and the Nurse Practitioners' Association of Ontario. Clinical leadership for the development of the resource was provided by Dr. Arun Radhakrishnan, MSc, MD, CM CCFP and was subject to external review by health care providers and other relevant stakeholders. This Resource was funded by the Government of Ontario as part of the Knowledge Translation in Primary Care Initiative.

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