

Physiotherapy & Pain Management

Physiotherapists believe relief is possible for Canadians through an interdisciplinary approach that harmonizes pharmacological and non-pharmacological treatment options.

DID YOU KNOW?

Many **marginalized populations**, including Indigenous peoples, seniors, individuals with mental health and substance use disorders, veterans, women, and gender-diverse persons are disproportionately impacted by chronic pain.

Many people living with chronic pain **lack access to non-pharmacological treatment options**, and turn to substance use to cope with untreated chronic pain.

Approximately
7.6 million
Canadians
(1 in every 5) suffer from chronic pain. That number could grow to 9 million by 2030.

Recommendations to Health Decision Makers and Regulators

- A chronic care model in the health care system
- An evidence-based care approach powered by a new partnership between physicians and physiotherapists
- Adoption of innovative non-pharmacological practices
- Universal funding for non-pharmacological solutions
- Increased access for populations in greatest need
- Recognition of the value of prevention practices

Physiotherapists are ideally positioned to lead action toward better non-pharmacological pain management—as evidence-based care providers, educators and researchers.

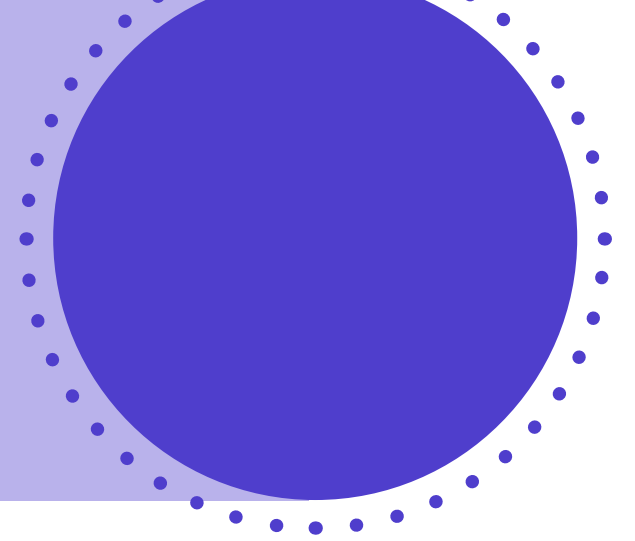


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Where Physiotherapy Can Help

As frontline workers and often the first professionals from whom patients seek care, physiotherapists deeply understand the nature and complexities of Canadians' struggles with pain.



GOAL 1:

Enable coordination, collaboration, and leadership across Canada

- Provide a non-pharmacological and rehabilitation perspective.
- Share insights and clarify opportunities for interdisciplinary partnership.

GOAL 2:

Improve access to timely, equitable and person-centered pain care

- Share knowledge and provide experience on the effectiveness of various forms of physiotherapy.

GOAL 3:

Increase awareness, education and specialized training for pain

- Bringing a non-pharmacological and rehabilitation perspective and being part of the team of educators, colleges, and regulators who build pain specialization programming.

GOAL 4:

Support pain research and strength-related infrastructure

- Consult with decision-makers as they launch new calls for research.
- Encourage better funding for physiotherapy academics in projects and advocate for funding to develop models of care catered to chronic health conditions.

GOAL 5:

Monitor population health and health system quality

- Identify and monitor outcome measures related to functional health, rehabilitation and disability.
- Track the impact of better access to non-pharmacological care versus use of opioids, surgery, and pain clinic services.

GOAL 6:

Ensure equitable approaches for populations disproportionately impacted by pain

- Provide insights on the barriers populations disproportionately affected by pain face in accessing care.

The economic burden of chronic pain is approximately **\$60 billion.**

Achievement of just a **one-percent reduction** in the number of Canadians living with chronic pain could translate into **annual savings of up to \$188.5 million** in direct healthcare costs.



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