

Appendix 1: Survey Respondents Information

Occupation (Number of Respondents)	Setting (Number of Respondents) ^a	Facility (Number of Respondents)	Organizations Represented (Number of Respondents) ^b
Alberta (15 Respondents)			
Chiropractor (11) Family physician (1) Physical therapist (1) Executive director, Primary Care Network (1) Associate professor (1)	Urban (13) Rural (3) Remote (1) Primary care (7) Secondary/tertiary care (1) Community/long-term care (3) Other (0)	Stand-alone private facility (9) Stand-alone public facility (0) Multidisciplinary pain treatment (stand-alone) (5) Multidisciplinary pain treatment (affiliated) (1) Public academic hospital or associated facility (1) Public community hospital or associated facility (1) Health care research institute (1) Ambulatory care facility (1) Community health care facility (e.g., nursing station, public health clinic, family health team) (1) Long-term care setting or chronic care facility (0) Home care setting (1) None of these facilities or settings (0) Other (0)	Alberta College and Association of Chiropractors Alberta Health Services Barclay Chiropractic Brooks Chiropractic Office College of Family Physicians of Canada Canadian Chiropractic Association (2) Chipperfield Chiropractic & Wellness Chiropractic Sport and Muscle Clinic Core Chiropractic Health First Soft Tissue & Joint Clinic Kakwa Chiropractic Oakridge Chiropractic Palliser Primary Care Network University of Alberta
British Columbia (36 Respondents)			
Physical therapist (1) Occupational therapist (5) Chiropractor (23) Chief Medical Officer (1) Assistant professor (1) Psychologist (2) Nurse practitioner (2) Chief nurse executive (1)	Urban (27) Rural (7) Remote (2) Primary care (13) Secondary/tertiary care (5) Community/long-term care (3) Other (2)	Stand-alone private facility (24) Stand-alone public facility (3) Multidisciplinary pain treatment (stand-alone) (11) Multidisciplinary pain treatment (affiliated) (2) Public academic hospital or associated facility (2) Public community hospital or associated facility (3) Health care research institute (0) Ambulatory care facility (1) Community health care facility (e.g., nursing station, public health clinic, family health team) (2) Long-term care setting or chronic care facility (1) Home care setting (3) None of these facilities or settings (0) Other (3)	Abbotsford Spine Centre Are You Better Yet Therapy Services Bayview Chiropractic Be Chiropractic Wellness British Columbia Chiropractic Association (6) College of Chiropractors of British Columbia (2) Canadian Chiropractic Association (4) Clearbrook Chiropractic and Massage Courtenay Family Chiropractic Dan Suttill DC Dr. B Caulfield's Chiropractic Corporation Enigma Consulting, Inc. Fraser Health Authority

Occupation (Number of Respondents)	Setting (Number of Respondents) ^a	Facility (Number of Respondents)	Organizations Represented (Number of Respondents) ^b
Manitoba (8 Respondents)			
			Gibsons Chiropractic, Health and Wellness Centre Interior Health Authority Ironwood Chiropractic Health & Wellness Center Island Health (2) Life Skills Therapy Long Lake Chiropractic Centre Maple Meadows Chiropractic Myodetox – Physio Room Okanagan Health and Performance Providence Health Care Seasons Health Therapies Suncoast Chiropractic Touchworks Wellness Centre University of British Columbia (2) University of Victoria Willowbrook Chiropractic WorkSafeBC
Associate professor (1) Assistant professor (1) Chiropractor (3) Psychologist (1) Anesthesiologist (2)	Urban (6) Rural (1) Remote (1) Primary care (3) Secondary/tertiary care (4) Community/long-term care (0) Other (0)	Stand-alone private facility (4) Stand-alone public facility (0) Multidisciplinary pain treatment (stand-alone) (3) Multidisciplinary pain treatment (affiliated) (1) Public academic hospital or associated facility (3) Public community hospital or associated facility (2) Health care research institute (1) Ambulatory care facility (1) Community health care facility (e.g., nursing station, public health clinic, family health team) (1) Long-term care setting or chronic care facility (0) Home care setting (1) None of these facilities or settings (0) Other (0)	Health Sciences Centre (2) Pan Am Clinic Richmond Family Chiropractic Centre Spectrum Health Centre Thompson General Hospital University of Manitoba (2)

Occupation (Number of Respondents)	Setting (Number of Respondents) ^a	Facility (Number of Respondents)	Organizations Represented (Number of Respondents) ^b
New Brunswick (24 Respondents)			
Physiotherapist (16) President (1) Occupational therapist (1) Nurse practitioner (4) Manager of Physiotherapy and Clinical Nutrition services (1) Family physician (1)	Urban (15) Rural (10) Remote (1) Primary care (8) Secondary/tertiary care (8) Community/long-term care (7) Other (0)	Stand-alone private facility (4) Stand-alone public facility (2) Multidisciplinary pain treatment (stand-alone) (0) Multidisciplinary pain treatment (affiliated) (5) Public academic hospital or associated facility (2) Public community hospital or associated facility (7) Health care research institute (1) Ambulatory care facility (2) Community health care facility (e.g., nursing station, public health clinic, family health team) (5) Long-term care setting or chronic care facility (0) Home care setting (3) None of these facilities or settings (1) Other (0)	42 Canadian Forces Health Services Centre Gagetown CAPA—Canadian Arthritis Patient Alliance CBI Health Group (2) CHUGLD The New Brunswick Extra Mural Program Fredericton Downtown Community Health Centre Hôpital Régional Chaleur/Chaleur Regional Hospital (2) Horizon Health Network (5) Nurse Practitioners of New Brunswick Executive Pt Health Regional Health Authority B Réseau de santé Vitalité/Vitalité Health Network (3) River Valley Physiotherapy Stan Cassidy Centre for Rehabilitation (2)
Nova Scotia (1 Respondent)			
Physiotherapist (1)	Urban (1) Rural (0) Remote (0) Primary care (1) Secondary/tertiary care (1) Community/long-term care (0) Other (0)	Stand-alone private facility (0) Stand-alone public facility (0) Multidisciplinary pain treatment (stand-alone) (0) Multidisciplinary pain treatment (affiliated) (0) Public academic hospital or associated facility (0) Public community hospital or associated facility (1) Health care research institute (0) Ambulatory care facility (1) Community health care facility (e.g., nursing station, public health clinic, family health team) (0) Long-term care setting or chronic care facility (0) Home care setting (0) None of these facilities or settings (0) Other (0)	IWK Health Centre Nova Scotia Physiotherapy Association

Occupation (Number of Respondents)	Setting (Number of Respondents) ^a	Facility (Number of Respondents)	Organizations Represented (Number of Respondents) ^b
Ontario (47 Respondents)			
Chiropractor (34) Family physician (3) Emergency physician (1) Neurologist (1) Assistant professor (2) Clinical pharmacist (1) Physician lead (1) Executive director Lead, Quality Standards (1) Physiotherapist (1) Senior pharmacist advisor (1) Executive director (1)	Urban (28) Rural (13) Remote (2) Primary care (21) Secondary/tertiary care (6) Community/long-term care (4) Other (1)	Stand-alone private facility (28) Stand-alone public facility (1) Multidisciplinary pain treatment (stand-alone) (13) Multidisciplinary pain treatment (affiliated) (3) Public academic hospital or associated facility (3) Public community hospital or associated facility (2) Health care research institute (3) Ambulatory care facility (0) Community health care facility (e.g., nursing station, public health clinic, family health team) (5) Long-term care setting or chronic care facility (1) Home care setting (1) None of these facilities or settings (2) Other (0)	101 Physio Medical Rehabilitation Centre Athens Family Chiropractic Clinic Canadian Chiropractic Association (7) Canadian Memorial Chiropractic College Canadian Pharmacists Association Canadian Society of Hospital Pharmacists Clear Path Chiropractic Health Centre Clements Chiropractic Clinic College of Chiropractors of Ontario (2) College of Physicians and Surgeons of Ontario Dr. Katelyn Lockwood, DC Dr. Mark E. Jones, D.C. Dufferin Area Family Health Team Dynamic Health & Performance Finch Midland Chiropractic Clinic Glebe Chiropractic Clinic Gordon Street Chiropractic Centre HealthQuarters Health Quality Ontario Inspire Chiropractic Rehabilitation & Sport Performance ISMP—Institute for Safe Medication Practices Canada

Occupation (Number of Respondents)	Setting (Number of Respondents) ^a	Facility (Number of Respondents)	Organizations Represented (Number of Respondents) ^b
			LIVA Health Ontario Locum Tenens Program Mount Sinai Hospital New Life Integrative Health Centre Noad Chiropractic Clinic Ontario College of Family Physicians Ontario Chiropractic Association (2) Perth Family Health Centre Queen's University South Huron Hospital Association Sports Medicine Centre of Excellence St Joseph's Hospital Superior Chiropractic Clinic Tottenham Chiropractic Unionville Family Chiropractic University of Toronto Victory Chiropractic Wellington Ortho & Rehab

Occupation (Number of Respondents)	Setting (Number of Respondents) ^a	Facility (Number of Respondents)	Organizations Represented (Number of Respondents) ^b
Quebec (12 Respondents)			
Assistant professor (1) Chiropractor (6) Physiotherapist (3) Professor (2)	Urban (10) Rural (3) Remote (0) Primary care (8) Secondary/tertiary care (1) Community/long-term care (0) Other (1)	Stand-alone private facility (9) Stand-alone public facility (1) Multidisciplinary pain treatment (stand-alone) (1) Multidisciplinary pain treatment (affiliated) (0) Public academic hospital or associated facility (0) Public community hospital or associated facility (0) Health care research institute (0) Ambulatory care facility (0) Community health care facility (e.g., nursing station, public health clinic, family health team) (1) Long-term care setting or chronic care facility (0) Home care setting (1) None of these facilities or settings (1) Other (1)	Action Sport Physio – West Island Canadian Chiropractic Association/ Association chiropratique canadienne (2) Clinique Chiro-santé Clinique chiropratique Cifola Clinique Chiropratique Vaillancourt McGill University Guben Pain Relief Center Université du Québec à Trois-Rivières Université Laval (2)
Saskatchewan (4 Respondents)			
Associate professor (1) Chiropractor (2) Palliative care physician (1)	Urban (4) Rural (0) Remote (1) Primary care (2) Secondary/tertiary care (1) Community/long-term care (0) Other (0)	Stand-alone private facility (1) Stand-alone public facility (0) Multidisciplinary pain treatment (stand-alone) (1) Multidisciplinary pain treatment (affiliated) (0) Public academic hospital or associated facility (0) Public community hospital or associated facility (0) Health care research institute (1) Ambulatory care facility (1)	East Quance Chiropractic Clinic. Saskatchewan Health Authority – Regina Area University of Saskatchewan
		Community health care facility (e.g., nursing station, public health clinic, family health team) (0) Long-term care setting or chronic care facility (1) Home care setting (0) None of these facilities or settings (0) Other (0)	

^aRespondents could select multiple options.

^bNumber of respondents only indicated if greater than one.

Appendix 2: Availability of Non-Pharmacological Physical Treatments in Alberta (n = 15)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Nerve block	2 (13%)	3 (20%)	7 (47%)	0	1 (7%)	0	0	1 (7%)	6 (40%)	1 (7%)	1 (7%)	5 (33%)
Deep brain stimulation	0	1 (7%)	2 (13%)	0	0	0	0	0	3 (20%)	0	4 (27%)	7 (47%)
Ultrasound	4 (27%)	6 (40%)	5 (33%)	0	3 (20%)	1 (7%)	1 (7%)	3 (20%)	8 (53%)	1 (7%)	0	4 (27%)
Shock wave therapy	2 (13%)	3 (20%)	2 (13%)	1 (7%)	1 (7%)	0	0	0	8 (53%)	0	1 (7%)	6 (40%)
Prolotherapy	2 (13%)	1 (7%)	3 (20%)	0	0	0	0	0	6 (40%)	0	2 (13%)	7 (47%)
TENS	5 (33%)	5 (33%)	5 (33%)	0	3 (20%)	2 (13%)	4 (27%)	4 (27%)	7 (47%)	2 (13%)	0	4 (27%)
Implantable nerve stimulator	0	0	3 (20%)	0	0	0	0	0	4 (27%)	0	4 (27%)	6 (40%)
Splints	4 (27%)	4 (27%)	6 (40%)	0	2 (13%)	1 (7%)	2 (13%)	2 (13%)	7 (47%)	0	0	5 (33%)
Chiropractic	3 (20%)	6 (40%)	1 (7%)	1 (7%)	3 (20%)	0	0	3 (20%)	10 (67%)	1 (7%)	0	1 (7%)
Spinal manipulation	3 (20%)	5 (33%)	3 (20%)	1 (7%)	4 (27%)	0	0	3 (20%)	10 (67%)	0	0	1 (7%)
Massage therapy	3 (20%)	3 (20%)	3 (20%)	0	4 (27%)	0	0	2 (13%)	8 (53%)	2 (13%)	0	4 (27%)
Occupational therapy	6 (40%)	5 (33%)	3 (20%)	0	3 (20%)	1 (7%)	1 (7%)	2 (13%)	7 (47%)	1 (7%)	0	4 (27%)
Osteopathy	0	1 (7%)	1 (7%)	0	0	0	0	0	3 (20%)	0	3 (20%)	8 (53%)
Acupuncture and acupressure	5 (33%)	6 (40%)	4 (27%)	0	4 (27%)	0	0	1 (7%)	7 (47%)	0	0	3 (20%)
Physical therapy	8 (53%)	5 (33%)	5 (33%)	0	4 (27%)	1 (7%)	2 (13%)	3 (20%)	7 (47%)	0	0	4 (27%)
Hot-cold treatments	8 (53%)	7 (47%)	4 (27%)	1 (7%)	5 (33%)	3 (20%)	3 (20%)	4 (27%)	9 (60%)	2 (13%)	0	4 (27%)
Positioning	4 (27%)	5 (33%)	4 (27%)	0	2 (13%)	1 (7%)	1 (7%)	1 (7%)	4 (27%)	1 (7%)	1 (7%)	8 (53%)
Hydrotherapy	4 (27%)	3 (20%)	4 (27%)	0	2 (13%)	1 (7%)	1 (7%)	1 (7%)	7 (47%)	0	0	5 (33%)
Spinal cord stimulation	0	0	2 (13%)	0	0	0	0	0	3 (20%)	0	4 (27%)	8 (53%)
Endurance exercise	4 (27%)	3 (20%)	3 (20%)	1 (7%)	5 (33%)	1 (7%)	1 (7%)	2 (13%)	6 (40%)	1 (7%)	0	5 (33%)
Strength training	4 (27%)	3 (20%)	3 (20%)	1 (7%)	6 (40%)	1 (7%)	2 (13%)	4 (27%)	7 (47%)	2 (13%)	0	3 (20%)
Movement/physical activity	6 (40%)	6 (40%)	4 (27%)	2 (13%)	6 (40%)	3 (20%)	3 (20%)	4 (27%)	9 (60%)	3 (20%)	0	2 (13%)
Yoga	2 (13%)	2 (13%)	2 (13%)	0	5 (33%)	0	0	2 (13%)	7 (47%)	1 (7%)	0	3 (20%)

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Tai chi	2 (13%)	2 (13%)	1 (7%)	0	5 (33%)	0	0	2 (13%)	6 (40%)	0	1 (7%)	3 (20%)
Personal trainer	2 (13%)	2 (13%)	1 (7%)	0	5 (33%)	0	0	3 (20%)	7 (47%)	2 (13%)	0	3 (20%)
Animal-assisted therapy	0	1 (7%)	0	0	2 (13%)	0	0	2 (13%)	5 (33%)	1 (7%)	1 (7%)	6 (40%)
Music therapy	1 (7%)	1 (7%)	0	0	1 (7%)	0	0	0	4 (27%)	0	2 (13%)	8 (53%)
Aromatherapy	1 (7%)	1 (7%)	0	0	1 (7%)	0	0	1 (7%)	5 (33%)	1 (7%)	1 (7%)	7 (47%)

TENS = transcutaneous electrical nerve stimulation.

^aIn response to the survey question "Of the following non-pharmacological physical treatments, which ones are available in your jurisdiction and in what settings?"

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 3: Availability of Non-Pharmacological Physical Treatments in British Columbia (n = 36)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Nerve block	8 (22%)	10 (28%)	15 (42%)	2 (6%)	0	0	0	0	8 (22%)	0	2 (6%)	8 (22%)
Deep brain stimulation	0	1 (3%)	4 (11%)	2 (6%)	0	0	0	0	2 (6%)	0	12 (33%)	16 (44%)
Ultrasound	12 (33%)	14 (39%)	12 (33%)	2 (6%)	3 (8%)	1 (3%)	1 (3%)	4 (11%)	10 (28%)	1 (3%)	1 (3%)	9 (25%)
Shock wave therapy	10 (28%)	6 (17%)	4 (11%)	1 (3%)	0	0	0	2 (6%)	8 (22%)	0	2 (6%)	12 (33%)
Prolotherapy	10 (28%)	9 (25%)	14 (39%)	3 (8%)	0	0	0	1 (3%)	7 (19%)	0	2 (6%)	7 (19%)
TENS	14 (39%)	10 (28%)	10 (28%)	0	5 (14%)	1 (3%)	5 (14%)	4	8 (22%)	1 (3%)	1 (3%)	8 (22%)
Implantable nerve stimulator	1 (3%)	5 (14%)	4 (11%)	1 (3%)	0	0	0	0	4 (11%)	0	7 (19%)	16 (44%)
Splints	11 (31%)	14 (39%)	7 (19%)	0	5 (14%)	4 (11%)	3 (8%)	3 (8%)	8 (22%)	2 (6%)	1 (3%)	15 (42%)
Chiropractic ^c	15 (42%)	12 (33%)	8 (22%)	1 (3%)	4 (11%)	4 (11%)	4 (11%)	11 (31%)	17 (47%)	2 (6%)	3 (8%)	6 (17%)
Spinal manipulation	15 (42%)	10 (28%)	8 (22%)	1 (3%)	3 (8%)	3 (8%)	3 (8%)	11 (31%)	14 (39%)	2 (6%)	3 (8%)	6 (17%)
Massage therapy	14 (39%)	9 (25%)	8 (22%)	0	3 (8%)	2 (%)	4 (11%)	9 (25%)	14 (39%)	0	3 (8%)	7 (19%)
Occupational therapy	13 (36%)	14 (39%)	11 (31%)	1 (3%)	10 (28%)	6 (17%)	5 (14%)	6 (17%)	12 (33%)	1 (3%)	1 (3%)	12 (33%)
Osteopathy	7 (19%)	4 (11%)	2 (6%)	0	0	0	0	1 (3%)	7 (19%)	0	8 (22%)	12 (33%)
Acupuncture and acupressure	14 (39%)	7 (19%)	7 (19%)	1 (3%)	2 (6%)	2 (6%)	1 (3%)	6 (17%)	13 (36%)	1 (3%)	3 (8%)	8 (22%)
Physical therapy	18 (50%)	18 (50%)	15 (42%)	0	5 (14%)	4 (11%)	3 (8%)	7 (19%)	13 (36%)	1 (3%)	0	10 (28%)
Hot-cold treatments	13 (36%)	11 (31%)	8 (22%)	1 (3%)	8 (22%)	6 (17%)	9 (25%)	9 (25%)	11 (31%)	3 (8%)	2 (6%)	10 (28%)
Positioning	8 (22%)	4 (11%)	7 (19%)	0	4 (11%)	3 (8%)	3 (8%)	3 (8%)	5 (14%)	1 (3%)	5 (14%)	16 (44%)
Hydrotherapy	10 (28%)	5 (14%)	7 (19%)	1 (3%)	5 (14%)	0	0	1 (3%)	7 (19%)	0	1 (3%)	14 (39%)
Spinal cord stimulation	2 (6%)	5 (14%)	4 (11%)	2 (6%)	0	0	0	1 (3%)	6 (17%)	0	6 (17%)	17 (47%)
Endurance exercise	11(31%)	6 (17%)	5 (14%)	0	7 (19%)	2 (6%)	2 (6%)	5 (14%)	11 (31%)	1 (3%)	2 (6%)	13 (36%)
Strength training	12 (33%)	7 (19%)	5 (14%)	0	10 (28%)	3 (8%)	4 (11%)	6 (17%)	10 (28%)	3 (8%)	2 (6%)	10 (28%)
Movement/physical activity	14 (39%)	10 (28%)	8 (22%)	0	12 (33%)	5 (14%)	4 (11%)	8 (22%)	12 (33%)	2 (6%)	0	8 (22%)
Yoga	11(31%)	2 (6%)	5 (14%)	0	12 (33%)	2 (6%)	3 (8%)	7 (19%)	10 (28%)	2 (6%)	1 (3%)	7 (19%)

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Tai chi	7 (19%)	1 (3%)	3 (8%)	0	13 (36%)	2 (6%)	2 (6%)	7 (19%)	10 (28%)	2 (6%)	2 (6%)	10 (28%)
Personal trainer	10 (28%)	2 (6%)	3 (8%)	0	10 (28%)	2 (6%)	4 (11%)	8 (22%)	10 (28%)	1 (3%)	3 (8%)	12 (33%)
Animal-assisted therapy	7 (19%)	6 (17%)	2 (6%)	0	5 (14%)	4 (11%)	3 (8%)	5 (14%)	7 (19%)	1 (3%)	5 (14%)	13 (36%)
Music therapy	8 (22%)	3 (8%)	2 (6%)	0	7 (19%)	2 (6%)	2 (6%)	3 (8%)	7 (19%)	1 (3%)	4 (11%)	12 (33%)
Aromatherapy	7 (19%)	1 (3%)	1 (3%)	0	7 (19%)	2 (6%)	4 (11%)	5 (14%)	9 (25%)	2 (6%)	4 (11%)	16 (44%)

TENS = transcutaneous electrical nerve stimulation.

^aIn response to the survey question "Of the following non-pharmacological physical treatments, which ones are available in your jurisdiction and in what settings?"

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

^cAccording to the president of the provincial chiropractic association, chiropractic care is available throughout British Columbia, including in rural and remote communities, with the exception of Burns Lake (Dr. Jay Robinson, President, British Columbia Chiropractic Association, Richmond, British Columbia: personal communication, 2018 Jul 31).

Appendix 4: Availability of Non-Pharmacological Physical Treatments in Manitoba (n = 8)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Nerve block	1 (13%)	3 (38%)	4 (50%)	1 (13%)	0	0	0	2 (25%)	1 (13%)	2 (25%)	0	3 (38%)
Deep brain stimulation	1 (13%)	1 (13%)	3 (38%)	1 (13%)	0	0	0	0	0	0	2 (25%)	3 (38%)
Ultrasound	2 (25%)	5 (63%)	3 (38%)	1 (13%)	3 (38%)	0	1 (13%)	3 (38%)	4	1 (13%)	2 (25%)	1 (13%)
Shock wave therapy	0	2 (25%)	1 (13%)	1 (13%)	0	0	0	0	1 (13%)	0	2 (25%)	4 (50%)
Prolotherapy	1 (13%)	1 (13%)	1 (13%)	0	0	0	0	1 (13%)	1 (13%)	0	2 (25%)	5 (63%)
TENS	3 (38%)	4 (50%)	3 (38%)	1 (13%)	2 (25%)	1 (13%)	1 (13%)	3 (38%)	3 (38%)	2 (25%)	0	2 (25%)
Implantable nerve stimulator	1 (13%)	2 (25%)	4 (50%)	1 (13%)	0	0	0	0	1 (13%)	0	1 (13%)	3 (38%)
Splints	3 (38%)	3 (38%)	2 (25%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	1 (13%)	2 (25%)	1 (13%)	1 (13%)	3 (38%)
Chiropractic	0	3 (38%)	2 (25%)	1 (13%)	5 (63%)	0	0	4 (50%)	4 (50%)	2 (25%)	1 (13%)	1 (13%)
Spinal manipulation	2 (25%)	4 (50%)	2 (25%)	1 (13%)	4 (50%)	0	1 (13%)	3 (38%)	4 (50%)	1 (13%)	1 (13%)	1 (13%)
Massage therapy	0	3 (38%)	2 (25%)	1 (13%)	4 (50%)	1 (13%)	1 (13%)	4 (50%)	5 (63%)	2 (25%)	1 (13%)	1 (13%)
Occupational therapy	3 (38%)	3 (38%)	2 (25%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	4 (50%)	4 (50%)	1 (13%)	0	2 (25%)
Osteopathy	0	2 (25%)	1 (13%)	0	3 (38%)	0	1 (13%)	3 (38%)	3 (38%)	0	1 (13%)	2 (25%)
Acupuncture and acupressure	1 (13%)	3 (38%)	3 (38%)	1 (13%)	4 (50%)	1 (13%)	1 (13%)	4 (50%)	5 (63%)	1 (13%)	0	1 (13%)
Physical therapy	4 (50%)	5 (63%)	4 (50%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	4 (50%)	5 (63%)	1 (13%)	0	1 (13%)
Hot-cold treatments	1 (13%)	3 (38%)	3 (38%)	1 (13%)	1 (13%)	1 (13%)	1 (13%)	2 (25%)	4 (50%)	1 (13%)	1 (13%)	2 (25%)
Positioning	1 (13%)	3 (38%)	3 (38%)	0	1 (13%)	1 (13%)	1 (13%)	2 (25%)	4 (50%)	1 (13%)	1 (13%)	2 (25%)
Hydrotherapy	1 (13%)	3 (38%)	2 (25%)	1 (13%)	2 (25%)	0	0	2 (25%)	3 (38%)	0	0	3 (38%)
Spinal cord stimulation	2 (25%)	1 (13%)	4 (50%)	1 (13%)	0	0	0	0	1 (13%)	0	1 (13%)	3 (38%)
Endurance exercise	1 (13%)	3 (38%)	2 (25%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	3 (38%)	5 (63%)	1 (13%)	0	1 (13%)
Strength training	1 (13%)	3 (38%)	2 (25%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	4 (50%)	5 (63%)	1 (13%)	0	1 (13%)
Movement/physical activity	1 (13%)	3 (38%)	2 (25%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	4 (50%)	5 (63%)	1 (13%)	0	1 (13%)
Yoga	0	2 (25%)	1 (13%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	4 (50%)	4 (50%)	2 (25%)	0	2 (25%)

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Tai Chi	0	2 (25%)	1 (13%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	3 (38%)	4 (50%)	1 (13%)	0	2 (25%)
Personal Trainer	0	3 (38%)	2 (25%)	1 (13%)	3 (38%)	1 (13%)	1 (13%)	4 (50%)	5 (63%)	1 (13%)	0	1 (13%)
Animal-assisted therapy	1 (13%)	2 (25%)	0	1 (13%)	1 (13%)	1 (13%)	2 (25%)	1 (13%)	3 (38%)	1 (13%)	2 (25%)	3 (38%)
Music Therapy	1 (13%)	3 (38%)	2 (25%)	1 (13%)	1 (13%)	2 (25%)	2 (25%)	1 (13%)	4 (50%)	1 (13%)	2 (25%)	2 (25%)
Aromatherapy	0	2 (25%)	0	0	2 (25%)	0	1 (13%)	2 (25%)	3 (38%)	1 (13%)	1 (13%)	3 (38%)

TENS = transcutaneous electrical nerve stimulation.

^aIn response to the survey question "Of the following non-pharmacological physical treatments, which ones are available in your jurisdiction and in what settings?"

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 5: Availability of Non-Pharmacological Physical Treatments in New Brunswick (n = 24)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Nerve block	6 (25%)	5 (21%)	8 (33%)	0	0	0	0	1 (4%)	5 (21%)	0	3 (13%)	4 (17%)
Deep brain stimulation	1 (4%)	0	1 (4%)	0	0	0	0	0	0	0	11 (46%)	9 (38%)
Ultrasound	8 (33%)	9 (38%)	4 (17%)	0	5 (21%)	0	3 (13%)	6 (25%)	8 (33%)	0	1 (4%)	7 (29%)
Shock wave therapy	7 (29%)	3 (13%)	2 (8%)	0	1 (4%)	0	0	4 (17%)	5 (21%)	0	5 (21%)	10 (42%)
Prolotherapy	2 (8%)	2 (8%)	6 (25%)	0	0	0	0	1 (4%)	4 (17%)	0	8 (33%)	8 (33%)
TENS	12 (50%)	13 (54%)	7 (29%)	0	8 (33%)	3 (13%)	7 (29%)	10 (42%)	12 (50%)	2 (8%)	0	5 (21%)
Implantable nerve stimulator	2 (8%)	3 (13%)	3 (13%)	0	0	0	0	0	3 (13%)	0	8 (33%)	10 (42%)
Splints	11 (46%)	15 (63%)	6 (25%)	0	5 (21%)	4 (17%)	5 (21%)	7 (29%)	11 (46%)	1 (4%)	1 (4%)	5 (21%)
Chiropractic	5 (21%)	1 (4%)	2 (8%)	0	2 (8%)	0	0	5 (21%)	11 (46%)	1 (4%)	0	6 (25%)
Spinal manipulation	9 (38%)	5 (21%)	3 (13%)	0	2 (8%)	0	0	5 (21%)	10 (42%)	1 (4%)	1 (24%)	7 (29%)
Massage therapy	5 (21%)	1 (4%)	3 (13%)	0	4 (17%)	0	2 (8%)	9 (38%)	11 (46%)	1 (4%)	0	6 (25%)
Occupational therapy	12 (50%)	11 (46%)	6 (25%)	0	9 (38%)	6 (25%)	9 (38%)	9 (38%)	12 (50%)	2 (8%)	0	5 (21%)
Osteopathy	5 (21%)	2 (8%)	2 (8%)	0	1 (4%)	0	0	5 (21%)	8 (33%)	0	3 (13%)	7 (29%)
Acupuncture and acupressure	11 (46%)	11 (46%)	6 (25%)	0	4 (17%)	1 (24%)	3 (13%)	7 (29%)	12 (50%)	1 (4%)	0	6 (25%)
Physical therapy	13 (54%)	13 (54%)	9 (38%)	1 (4%)	7 (29%)	4 (17%)	9 (38%)	8 (33%)	12 (50%)	2 (8%)	0	5 (21%)
Hot-cold treatments	13 (54%)	14 (58%)	7 (29%)	1 (4%)	5 (21%)	7 (29%)	9 (38%)	8 (33%)	11 (46%)	2 (8%)	0	5 (21%)
Positioning	9 (38%)	14 (58%)	3 (13%)	1 (4%)	9 (38%)	7 (29%)	8 (33%)	6 (25%)	6 (25%)	2 (8%)	0	7 (29%)
Hydrotherapy	9 (38%)	7 (29%)	3 (13%)	0	5 (21%)	1 (4%)	1 (4%)	2 (8%)	9 (38%)	1 (4%)	2 (8%)	7 (29%)
Spinal cord stimulation	3 (13%)	1 (4%)	3 (13%)	0	0	0	0	0	3 (13%)	0	8 (33%)	10 (42%)
Endurance exercise	10 (42%)	11 (46%)	3 (13%)	2 (8%)	6 (25%)	2 (8%)	3 (13%)	5 (21%)	8 (33%)	2 (8%)	1 (4%)	7 (29%)
Strength training	10 (42%)	13 (54%)	4 (17%)	2 (8%)	7 (29%)	3 (13%)	4 (17%)	7 (29%)	9 (38%)	3 (13%)	1 (4%)	6 (25%)
Movement/physical activity	10 (42%)	14 (58%)	4 (17%)	2 (8%)	7 (29%)	4 (17%)	6 (25%)	8 (33%)	9 (38%)	3 (13%)	0	6 (25%)
Yoga	3 (13%)	1 (4%)	2 (8%)	1 (4%)	6 (25%)	1 (4%)	1 (4%)	6 (25%)	10 (42%)	3 (13%)	0	7 (29%)
Tai chi	2 (8%)	1 (4%)	2 (8%)	1 (4%)	6 (25%)	2 (8%)	1 (4%)	4 (17%)	10 (42%)	2 (8%)	1 (4%)	7 (29%)

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Personal trainer	1 (4%)	1 (4%)	1 (4%)	1 (4%)	5 (21%)	0	0	5 (21%)	11 (46%)	3 (13%)	0	6 (25%)
Animal-assisted therapy	4 (17%)	1 (4%)	0	0	2 (8%)	1 (4%)	0	1 (4%)	4 (17%)	0	9 (38%)	6 (25%)
Music therapy	1 (4%)	0	0	0	1 (4%)	0	0	0	3 (13%)	0	10 (42%)	10 (42%)
Aromatherapy	0	0	0	0	3 (13%)	0	0	1 (24%)	3 (13%)	0	7 (29%)	10 (42%)

TENS = transcutaneous electrical nerve stimulation.

^aIn response to the survey question "Of the following non-pharmacological physical treatments, which ones are available in your jurisdiction and in what settings?"

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 6: Availability of Non-Pharmacological Physical Treatments in Ontario (n = 47)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Nerve block	15 (32%)	12 (26%)	19 (40%)	2 (4%)	1 (2%)	2 (4%)	0	2 (4%)	11 (23%)	0	5 (11%)	12 (26%)
Deep brain stimulation	4 (9%)	2 (4%)	7 (15%)	4 (9%)	0	0	0	0	5 (11%)	0	17 (36%)	13 (28%)
Ultrasound	18 (38%)	18 (38%)	15 (32%)	3 (6%)	6 (13%)	1 (2%)	4 (9%)	9 (19%)	17 (36%)	1 (2%)	0	9 (19%)
Shock wave therapy	14 (30%)	12 (26%)	11 (23%)	3 (6%)	4 (9%)	0	0	4 (9%)	5 (11%)	13 (28%)	4 (9%)	12 (26%)
Prolotherapy	10 (21%)	4 (9%)	10 (21%)	2 (4%)	1 (2%)	0	0	1 (2%)	6 (13%)	0	13 (28%)	18 (38%)
TENS	20 (43%)	22 (47%)	17 (36%)	4 (9%)	7 (15%)	5 (11%)	10 (21%)	10	17(36%)	2 (4%)	0	7 (15%)
Implantable nerve stimulator	6 (13%)	2 (4%)	8 (17%)	3 (6%)	0	0	0	0	4 (9%)	0	13 (28%)	21 (45%)
Splints	16 (34%)	18 (38%)	15 (32%)	6 (13%)	9 (19%)	8 (17%)	7 (15%)	11 (23%)	17(36%)	1 (2%)	2 (4%)	16 (34%)
Chiropractic	19 (40%)	20 (43%)	17 (36%)	5 (11%)	7 (15%)	3 (6%)	4 (9%)	20 (43%)	21 (45%)	1 (2%)	0	7 (15%)
Spinal manipulation	18 (38%)	18 (38%)	15 (32%)	4 (9%)	5 (11%)	1 (2%)	2 (4%)	17 (36%)	17(36%)	1 (2%)	0	9 (19%)
Massage therapy	18 (38%)	14 (30%)	14 (30%)	2 (4%)	7 (15%)	3 (6%)	6 (13%)	17 (36%)	19 (40%)	0	1 (2%)	10 (21%)
Occupational therapy	16 (34%)	15 (32%)	15 (32%)	3 (6%)	9 (19%)	7 (15%)	9 (19%)	8 (17%)	12 (26%)	2 (4%)	1 (2%)	14 (30%)
Osteopathy	13 (28%)	7 (15%)	6 (13%)	0	2 (4%)	0	1 (2%)	7 (15%)	13 (28%)	0	3 (6%)	16 (34%)
Acupuncture and acupressure	18 (38%)	14 (30%)	14 (30%)	3 (6%)	5 (11%)	0	2 (4%)	12 (26%)	17 (36%)	0	3 (6%)	11 (23%)
Physical therapy	18 (38%)	19 (40%)	18 (38%)	3 (6%)	11 (23%)	9 (19%)	11 (23%)	16 (34%)	18 (38%)	2 (4%)	0	10 (42%)
Hot-cold treatments	18 (38%)	20 (43%)	13 (28%)	4 (9%)	11 (23%)	8 (17%)	14 (30%)	16 (34%)	19 (40%)	3 (6%)	1 (2%)	11 (23%)
Positioning	7 (15%)	7 (15%)	5 (11%)	2 (4%)	2 (4%)	3 (6%)	2 (4%)	2 (4%)	4 (9%)	1 (2%)	6 (13%)	28 (60%)
Hydrotherapy	9 (19%)	7 (15%)	10 (21%)	1 (2%)	3 (6%)	1 (2%)	1 (2%)	3 (6%)	9 (19%)	0	5 (11%)	22 (47%)
Spinal cord stimulation	2 (4%)	1 (2%)	12 (26%)	2 (4%)	0	0	0	0	5 (11%)	0	9 (19%)	23 (49%)
Endurance exercise	18 (38%)	14 (30%)	13 (28%)	4 (9%)	5 (11%)	3 (6%)	5 (11%)	13 (28%)	14 (30%)	2 (4%)	2 (4%)	15 (32%)
Strength training	20 (43%)	16 (34%)	15 (32%)	4 (9%)	7 (15%)	4 (9%)	6 (13%)	17 (36%)	17 (36%)	4 (9%)	2 (4%)	10 (42%)
Movement/physical activity	19 (40%)	16 (34%)	16 (34%)	4 (9%)	8 (17%)	4 (9%)	6 (13%)	13 (28%)	17 (36%)	4 (9%)	2 (4%)	12 (26%)
Yoga	13 (28%)	7 (15%)	8 (17%)	1 (2%)	9 (19%)	2 (4%)	4 (9%)	11 (23%)	15 (32%)	3 (6%)	3 (6%)	14 (30%)

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Tai chi	11 (23%)	7 (15%)	7 (15%)	1 (2%)	8 (17%)	3 (6%)	2 (4%)	11 (23%)	12 (26%)	2 (4%)	4 (9%)	15 (32%)
Personal trainer	13 (28%)	7 (15%)	7 (15%)	1 (2%)	8 (17%)	1 (2%)	2 (4%)	8 (17%)	15 (32%)	2 (4%)	3 (6%)	12 (26%)
Animal-assisted therapy	3 (6%)	3 (6%)	2 (4%)	1 (2%)	3 (6%)	1 (2%)	1 (2%)	4 (9%)	7 (15%)	0	10 (21%)	23 (49%)
Music therapy	5 (11%)	2 (4%)	4 (9%)	1 (2%)	3 (6%)	2 (4%)	2 (4%)	3 (6%)	8 (17%)	0	12 (26%)	20 (43%)
Aromatherapy	8 (17%)	4 (9%)	3 (6%)	1 (2%)	1 (2%)	1 (2%)	2 (4%)	6 (13%)	8 (17%)	0	8 (17%)	20 (43%)

TENS = transcutaneous electrical nerve stimulation.

^aIn response to the survey question "Of the following non-pharmacological physical treatments, which ones are available in your jurisdiction and in what settings?"

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 7: Availability of Non-Pharmacological Physical Treatments in Quebec (n = 12)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Nerve block	3 (25%)	4 (33%)	6 (50%)	0	0	0	0	0	4 (33%)	0	0	3 (25%)
Deep brain stimulation	0	1 (8%)	2 (17%)	2 (17%)	0	0	0	0	2 (17%)	0	3 (25%)	4 (33%)
Ultrasound	5 (42%)	7 (58%)	1 (8%)	0	2 (17%)	1 (8%)	1 (8%)	3 (25%)	6 (50%)	1 (8%)	0	3 (25%)
Shock wave therapy	1 (8%)	7 (58%)	2 (17%)	1 (8%)	0	0	0	0	6 (50%)	0	1 (8%)	3 (25%)
Prolotherapy	1 (8%)	1 (8%)	3 (25%)	1 (8%)	0	0	0	0	4 (33%)	1 (8%)	3 (25%)	4 (33%)
TENS	6 (50%)	10 (83%)	6 (50%)	3 (25%)	4 (33%)	3 (25%)	2 (17%)	8 (67%)	8 (67%)	3 (25%)	0	1 (8%)
Implantable nerve stimulator	0	2 (17%)	5 (42%)	2 (17%)	0	0	0	0	4 (33%)	0	3 (25%)	3 (25%)
Splints	6 (50%)	5 (42%)	5 (42%)	2 (17%)	5 (42%)	2 (17%)	2 (17%)	5 (42%)	6 (50%)	1 (8%)	0	4 (33%)
Chiropractic	2 (17%)	8 (67%)	3 (25%)	1 (8%)	3 (25%)	0	2 (17%)	7 (58%)	7 (58%)	3 (25%)	0	2 (17%)
Spinal manipulation	4 (33%)	9 (12%)	5 (42%)	1 (8%)	3 (25%)	0	3 (25%)	7 (58%)	7 (58%)	3 (25%)	0	2 (17%)
Massage therapy	3 (25%)	8 (67%)	5 (42%)	1 (8%)	3 (25%)	2 (17%)	4 (33%)	7 (58%)	7 (58%)	3 (25%)	0	3 (25%)
Occupational therapy	7 (58%)	7 (58%)	7 (58%)	2 (17%)	5 (42%)	2 (17%)	4 (33%)	3 (25%)	7 (58%)	2 (17%)	0	3 (25%)
Osteopathy	1 (8%)	7 (58%)	3 (25%)	0	1 (8%)	0	1 (8%)	6 (50%)	7 (58%)	0	0	3 (25%)
Acupuncture and acupressure	2 (17%)	7 (58%)	4 (33%)	1 (8%)	2 (17%)	0	1 (8%)	6 (50%)	7 (58%)	1 (8%)	0	3 (25%)
Physical therapy	8 (67%)	10 (83%)	8 (67%)	5 (42%)	7 (58%)	5 (42%)	7 (58%)	8 (67%)	8 (67%)	4 (33%)	0	2 (17%)
Hot-cold treatments	3 (25%)	7 (58%)	5 (42%)	2 (17%)	5 (42%)	2 (17%)	3 (25%)	5 (42%)	6 (50%)	1 (8%)	1 (8%)	3 (25%)
Positioning	3 (25%)	5 (42%)	4 (33%)	2 (17%)	3 (25%)	2 (17%)	2 (17%)	4 (33%)	4 (33%)	1 (8%)	2 (17%)	3 (25%)
Hydrotherapy	4 (33%)	3 (25%)	4 (33%)	0	0	0	0	0	4 (33%)	0	2 (17%)	4 (33%)
Spinal cord stimulation	1 (8%)	1 (8%)	4 (33%)	2 (17%)	1 (8%)	0	0	1 (8%)	3 (25%)	0	2 (17%)	4 (33%)
Endurance exercise	4 (33%)	7 (58%)	5 (42%)	2 (17%)	2 (17%)	2 (17%)	3 (25%)	5 (42%)	6 (50%)	1 (8%)	0	3 (25%)
Strength training	4 (33%)	7 (58%)	5 (42%)	2 (17%)	2 (17%)	2 (17%)	2 (17%)	5 (42%)	6 (50%)	1 (8%)	0	2 (17%)
Movement/physical activity	5 (42%)	8 (67%)	6 (50%)	3 (25%)	4 (33%)	3 (25%)	5 (42%)	6 (50%)	7 (58%)	2 (17%)	0	1 (8%)
Yoga	2 (17%)	4 (33%)	1 (8%)	1 (8%)	3 (25%)	1 (8%)	1 (8%)	3 (25%)	6 (50%)	0	0	3 (25%)

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Tai chi	1 (8%)	3 (25%)	0	0	3 (25%)	0	0	2 (17%)	6 (50%)	0	0	3 (25%)
Personal trainer	1 (8%)	5 (42%)	1 (8%)	0	0	0	2 (17%)	1 (8%)	6 (50%)	0	0	3 (25%)
Animal-assisted therapy	0	1 (8%)	1 (8%)	0	0	1 (8%)	0	0	2 (17%)	0	5 (42%)	3 (25%)
Music therapy	0	1 (8%)	1 (8%)	1 (8%)	0	0	0	0	2 (17%)	0	5 (42%)	4 (33%)
Aromatherapy	1 (8%)	1 (8%)	1 (8%)	0	0	0	0	1 (8%)	2 (17%)	0	4 (33%)	4 (33%)

TENS = transcutaneous electrical nerve stimulation.

^aIn response to the survey question "Of the following non-pharmacological physical treatments, which ones are available in your jurisdiction and in what settings?"

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 8: Availability of Non-Pharmacological Physical Treatments in Saskatchewan (n = 4)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Nerve block	1 (25%)	1 (25%)	3 (75%)	0	0	1 (25%)	0	0	2 (50%)	0	0	0
Deep brain stimulation	0	1 (25%)	1 (25%)	1 (25%)	0	0	0	0	1 (25%)	0	0	0
Ultrasound	3 (75%)	2 (50%)	1 (25%)	0	1 (25%)	1 (25%)	1 (25%)	3 (75%)	3 (75%)	0	1 (25%)	0
Shock wave therapy	2 (50%)	1 (25%)	1 (25%)	0	0	0	0	0	1 (25%)	0	1 (25%)	1 (25%)
Prolotherapy	1 (25%)	1 (25%)	0	0	0	0	0	0	2 (50%)	0	1 (25%)	1 (25%)
TENS	3 (75%)	2 (50%)	2 (50%)	0	1 (25%)	1 (25%)	2 (50%)	2 (50%)	2 (50%)	0	0	0
Implantable nerve stimulator	1 (25%)	1 (25%)	2 (50%)	0	0	0	0	0	2 (50%)	0	0	0
Splints	1 (25%)	3 (75%)	0	0	1 (25%)	0	1 (25%)	0	1 (25%)	0	0	1 (25%)
Chiropractic	2 (50%)	2 (50%)	2 (50%)	0	1 (25%)	0	0	4 (100%)	4 (100%)	1 (25%)	0	0
Spinal manipulation	2 (50%)	2 (50%)	2 (50%)	0	1 (25%)	0	0	4 (100%)	4 (100%)	1 (25%)	0	0
Massage therapy	2 (50%)	2 (50%)	1 (25%)	0	1 (25%)	0	0	4 (100%)	4 (100%)	1 (25%)	0	0
Occupational therapy	2 (50%)	3 (75%)	2 (50%)	0	1 (25%)	1 (25%)	1 (25%)	2 (50%)	2 (50%)	0	0	0
Osteopathy	0	1 (25%)	0	0	0	0	0	0	1 (25%)	0	3 (75%)	0
Acupuncture and acupressure	1 (25%)	1 (25%)	0	0	1 (25%)	0	0	3 (75%)	4 (100%)	0	0	0
Physical therapy	3 (75%)	3 (75%)	2 (50%)	0	1 (25%)	2 (50%)	2 (50%)	3 (75%)	4 (100%)	1 (25%)	0	0
Hot-cold treatments	3 (75%)	3 (75%)	2 (50%)	1 (25%)	2 (50%)	2 (50%)	3 (75%)	3 (75%)	4 (100%)	2 (50%)	1 (25%)	0
Positioning	2 (50%)	1 (25%)	1 (25%)	0	1 (25%)	1 (25%)	1 (25%)	2 (50%)	3 (75%)	1 (25%)	1 (25%)	0
Hydrotherapy	2 (50%)	0	0	0	1 (25%)	0	0	0	3 (75%)	0	0	0
Spinal cord stimulation	1 (25%)	1 (25%)	1 (25%)	0	0	0	0	0	2 (50%)	0	0	0
Endurance exercise	3 (75%)	2 (50%)	2 (50%)	0	1 (25%)	1 (25%)	1 (25%)	3 (75%)	3 (75%)	1 (25%)	1 (25%)	0
Strength training	3 (75%)	2 (50%)	2 (50%)	0	1 (25%)	1 (25%)	1 (25%)	3 (75%)	3 (75%)	1 (25%)	1 (25%)	0
Movement/physical activity	3 (75%)	2 (50%)	2 (50%)	0	1 (25%)	1 (25%)	1 (25%)	2 (50%)	2 (50%)	1 (25%)	1 (25%)	0

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Yoga	1 (25%)	0	0	0	0	0	0	3 (75%)	3 (75%)	0	0	1 (25%)
Tai chi	0	0	0	0	0	0	0	1 (25%)	3 (75%)	0	0	1 (25%)
Personal trainer	1 (25%)	0	0	0	0	0	0	0	2 (50%)	0	0	1 (25%)
Animal-assisted therapy	1 (25%)	0	0	0	0	0	0	1 (25%)	0	0	1 (25%)	1 (25%)
Music therapy	1 (25%)	1 (25%)	0	0	0	0	0	0	1 (25%)	0	1 (25%)	1 (25%)
Aromatherapy	1 (25%)	0	0	0	0	0	0	1 (25%)	2 (50%)	0	0	1 (25%)

TENS = transcutaneous electrical nerve stimulation.

^aIn response to the survey question “Of the following non-pharmacological physical treatments, which ones are available in your jurisdiction and in what settings?”

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 9: Additional Non-Pharmacological Physical Treatments Identified by Respondents

Physical Treatment Modality	
<ul style="list-style-type: none"> • Laser therapy • Active release technique • Graston technique • Reflexology • Craniosacral therapy • Mirror imaging therapy • Sensory motor retraining • Lymphatic drainage • Motor cortex stimulation 	<ul style="list-style-type: none"> • Graded motor imagery • Dry needling (intramuscular stimulation) • Wet needling (trigger point therapy) with non-pharmaceutical injectates (e.g., myoActivation)¹⁰⁷ • Bio acoustical utilization device therapy • Combined microcurrent and cranial electrotherapy stimulation • Shiatsu • Qigong • Decompression therapy

Appendix 10: Ease of Access to Non-Pharmacological Physical Treatments Across Jurisdictions (n = 146)

Treatment	Percentage of Responses ^a																				
	Not at all							Somewhat							Very						
	AB ^b	BC ^c	MB ^d	NB ^e	ON ^f	QC ^g	SK ^h	AB	BC	MB	NB	ON	QC	SK	AB	BC	MB	NB	ON	QC	SK
Nerve block	7%	25%	25%	33%	28%	58%	100%	47%	50%	38%	42%	34%	17%	0%	7%	3%	13%	0%	9%	8%	0%
Deep brain stimulation	47%	64%	50%	58%	51%	67%	100%	13%	64%	13%	8%	13%	8%	0%	0%	0%	13%	0%	4%	0%	0%
Ultrasound	0%	8%	0%	50%	4%	8%	0%	13%	33%	63%	50%	28%	25%	75%	67%	33%	25%	21%	43%	42%	25%
Shock wave therapy	27%	25%	13%	29%	19%	8%	75%	13%	33%	38%	29%	28%	42%	0%	47%	19%	13%	13%	30%	17%	25%
Prolotherapy	20%	14%	13%	38%	30%	58%	75%	47%	50%	38%	25%	19%	8%	0%	7%	17%	38%	0%	13%	0%	25%
TENS	0%	3%	0%	0%	2%	8%	25%	7%	22%	50%	46%	30%	17%	25%	73%	50%	25%	29%	47%	58%	50%
Implantable nerve stimulator	47%	53%	25%	46%	51%	67%	100%	20%	17%	25%	13%	11%	0%	0%	0%	0%	13%	0%	2%	0%	0%
Splints	7%	3%	0%	0%	11%	8%	0%	20%	33%	25%	63%	32%	33%	75%	47%	33%	38%	13%	28%	33%	25%
Chiropractic	0%	6%	0%	4%	13%	8%	0%	13%	28%	38%	46%	32%	42%	50%	87%	53%	50%	25%	36%	42%	50%
Spinal manipulation	7%	8%	0%	13%	11%	8%	0%	7%	28%	75%	29%	30%	50%	50%	73%	47%	13%	29%	38%	33%	50%
Massage therapy	7%	6%	13%	4%	6%	8%	0%	0%	22%	25%	46%	30%	25%	50%	73%	50%	50%	29%	43%	50%	50%
Occupational therapy	7%	3%	0%	0%	9%	8%	25%	33%	42%	63%	58%	30%	50%	75%	33%	33%	13%	21%	32%	25%	0%
Osteopathy	27%	22%	63%	13%	19%	8%	50%	20%	33%	38%	46%	26%	42%	25%	20%	17%	63%	21%	28%	42%	25%
Acupuncture and acupressure	0%	6%	13%	8%	13%	8%	0%	20%	53%	38%	54%	34%	42%	75%	67%	50%	38%	8%	32%	33%	25%
Physical therapy	0%	3%	0%	0%	6%	8%	0%	13%	28%	38%	46%	26%	25%	75%	73%	50%	50%	21%	43%	58%	25%
Hot-cold treatments	0%	11%	0%	0%	0%	17%	0%	7%	14%	25%	25%	6%	17%	25%	80%	53%	38%	38%	66%	42%	75%
Positioning	13%	19%	13%	0%	11%	25%	0%	13%	22%	38%	33%	19%	8%	50%	47%	22%	13%	54%	30%	50%	50%
Hydrotherapy	7%	14%	13%	17%	15%	25%	25%	20%	33%	25%	42%	36%	33%	25%	33%	19%	25%	46%	15%	17%	50%
Spinal cord stimulation	40%	53%	38%	54%	40%	58%	100%	13%	11%	25%	8%	17%	8%	0%	0%	0%	13%	17%	9%	0%	0%
Endurance exercise	0%	8%	13%	4%	9%	8%	0%	13%	31%	25%	25%	19%	42%	50%	73%	42%	38%	42%	47%	25%	50%
Strength training	0%	6%	13%	0%	9%	8%	0%	7%	25%	25%	33%	26%	42%	25%	80%	50%	38%	42%	45%	33%	75%
Movement/ physical activity	0%	3%	13%	0%	4%	8%	0%	13%	22%	25%	33%	23%	17%	25%	67%	56%	38%	42%	45%	42%	75%
Yoga	0%	3%	13%	8%	4%	8%	0%	7%	22%	38%	33%	21%	25%	50%	80%	58%	25%	33%	49%	42%	50%
Tai chi	0%	3%	13%	13%	11%	8%	25%	27%	36%	38%	46%	23%	25%	50%	47%	42%	25%	17%	43%	42%	25%

Treatment	Percentage of Responses ^a																				
	Not at all							Somewhat							Very						
	AB ^b	BC ^c	MB ^d	NB ^e	ON ^f	QC ^g	SK ^h	AB	BC	MB	NB	ON	QC	SK	AB	BC	MB	NB	ON	QC	SK
Personal trainer	0%	6%	13%	8%	9%	17%	50%	27%	22%	38%	50%	40%	33%	50%	53%	53%	38%	13%	40%	25%	0%
Animal-assisted therapy	7%	22%	38%	42%	23%	50%	75%	40%	50%	25%	25%	38%	8%	25%	0%	0%	0%	0%	4%	8%	0%
Music therapy	13%	19%	25%	42%	19%	50%	50%	27%	44%	13%	13%	36%	8%	50%	13%	8%	25%	4%	9%	8%	0%
Aromatherapy	13%	17%	25%	33%	6%	33%	50%	20%	28%	13%	21%	38%	25%	25%	27%	28%	13%	4%	19%	8%	25%

AB = Alberta; BC = British Columbia; MB = Manitoba; NB = New Brunswick; ON = Ontario; QC = Quebec; SK = Saskatchewan.

^aIn response to the survey question "Are the following treatment options easy to access (i.e., widely available; no referral needed or easy to obtain a referral; funded or affordable for most patients)?"

^bn = 15.

^cn = 36.

^dn = 8.

^en = 24.

^fn = 47.

^gn = 12.

^hn = 4.

Appendix 11: Funding Models in Use for Non-Pharmacological Physical Treatments Across Jurisdictions (n = 146)

Funding Model	Number (Percentage) of Positive Responses ^a						
	AB (n = 15)	BC (n = 36)	MB (n = 8)	NB (n = 24)	ON (n = 47)	QC (n = 12)	SK (n = 4)
Public	4 (27%)	9 (25%)	2 (25%)	11 (46%)	11 (23%)	4 (33%)	0
Public if certain criteria met	9 (60%)	16 (44%)	3 (38%)	7 (29%)	14 (30%)	7 (58%)	2 (50%)
Private insurance	13 (87%)	28 (78%)	5 (63%)	14 (58%)	37 (79%)	11 (92%)	3 (75%)
Mix	1 (7%)	7 (19%)	2 (25%)	4 (17%)	7 (15%)	1 (8%)	1 (25%)
Patient out of pocket	13 (87%)	27 (75%)	5 (63%)	13 (54%)	38 (81%)	10 (83%)	4 (100%)
Foundational, grant, in-kind	0	0	1 (13%)	0	0	0	0

^aIn response to the survey question “In general, for the non-pharmacological physical treatment modalities that are available in your context, what are the funding models in use?”

Appendix 12: Availability of Non-Pharmacological Psychological Treatments in Alberta (n = 15)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Cognitive behavioural therapy	2 (13%)	3 (20%)	2 (13%)	0	2 (13%)	0	0	1 (7%)	8 (53%)	1 (7%)	0	5 (33%)
Behavioural therapy	2 (13%)	3 (20%)	2 (13%)	0	2 (13%)	0	0	1 (7%)	7 (47%)	1 (7%)	0	6 (40%)
Psychotherapy	1 (7%)	2 (13%)	2 (13%)	0	2 (13%)	0	0	1 (7%)	2 (13%)	0	0	5 (33%)
Meditation	0	2 (13%)	2 (13%)	0	2 (13%)	0	1 (7%)	2 (13%)	5 (33%)	1 (7%)	1 (7%)	7 (47%)
Biofeedback	1 (7%)	1 (7%)	2 (13%)	0	1 (7%)	0	0	0	6 (40%)	0	1 (7%)	7 (47%)
Relaxation and breathing techniques	1 (7%)	1 (7%)	1 (7%)	0	2 (13%)	0	1 (7%)	2 (13%)	6 (40%)	1 (7%)	1 (7%)	7 (47%)
Hypnosis	1 (7%)	2 (13%)	2 (13%)	0	0	0	0	0	6 (40%)	0	0	8 (53%)
Mindfulness	1 (7%)	2 (13%)	1 (7%)	0	2 (13%)	0	0	0	6 (40%)	2 (13%)	2 (13%)	6 (40%)
Virtual and augmented reality	0	1 (7%)	0	0	0	0	0	0	3 (20%)	0	4 (27%)	8 (53%)
Support groups	2 (13%)	3 (20%)	2 (13%)	0	3 (20%)	0	1 (7%)	1 (7%)	5 (33%)	0	0	6 (40%)

^aIn response to the survey question “Of the following non-pharmacological psychological treatments, which ones are available in your jurisdiction and in what settings?”

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 13: Availability of Non-Pharmacological Psychological Treatments in British Columbia (n = 36)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Cognitive behavioural therapy	12 (32%)	9 (24%)	12 (32%)	1 (3%)	5 (14%)	1 (3%)	1 (3%)	3 (8%)	8 (22%)	1 (3%)	0	8 (22%)
Behavioural therapy	7 (19%)	8 (22%)	10 (27%)	2 (5%)	6 (16%)	0	0	0	1 (3%)	6 (16%)	0	9 (24%)
Psychotherapy	10 (27%)	9 (24%)	9 (24%)	1 (3%)	5 (14%)	0	0	2 (5%)	7 (19%)	0	0	12 (33%)
Meditation	8 (22%)	3 (8%)	12 (32%)	2 (5%)	11 (30%)	3 (8%)	4 (11%)	5 (14%)	9 (24%)	2 (5%)	0	12 (33%)
Biofeedback	9 (24%)	5 (14%)	11 (30%)	1 (3%)	4 (11%)	0	0	1 (3%)	8 (22%)	0	1 (3%)	13 (36%)
Relaxation and breathing techniques	10 (27%)	5 (14%)	11 (30%)	1 (3%)	11 (30%)	5 (14%)	7 (19%)	5 (14%)	10 (27%)	1 (3%)	0	12 (33%)
Hypnosis	8 (22%)	1 (3%)	8 (22%)	0	3 (8%)	0	0	2 (5%)	5 (14%)	0	4 (11%)	14 (39%)
Mindfulness	8 (22%)	3 (8%)	10 (27%)	1 (3%)	12 (32%)	2 (5%)	5 (14%)	3 (8%)	9 (24%)	1 (3%)	1 (3%)	12 (33%)
Virtual and augmented reality	1 (3%)	4 (11%)	3 (8%)	1 (3%)	3 (8%)	0	0	2 (5%)	3 (8%)	2 (5%)	0	18 (50%)
Support groups	1 (3%)	2 (5%)	0	1 (3%)	1 (3%)	0	0	0	2 (5%)	0	2 (5%)	12 (33%)

^aIn response to the survey question “Of the following non-pharmacological psychological treatments, which ones are available in your jurisdiction and in what settings?”

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 14: Availability of Non-Pharmacological Psychological Treatments in Manitoba (n = 8)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Cognitive Behavioural therapy	2 (25%)	4 (50%)	4 (50%)	1 (13%)	2 (25%)	1 (13%)	0	2 (25%)	2 (25%)	1 (13%)	0	3 (38%)
Behavioural therapy	2 (25%)	4 (50%)	4 (50%)	1 (13%)	2 (25%)	1 (13%)	0	2 (25%)	2 (25%)	0	0	3 (38%)
Psychotherapy	1 (13%)	2 (25%)	3 (38%)	1 (13%)	2 (25%)	0	0	2 (25%)	1 (13%)	1 (13%)	0	5 (63%)
Meditation	1 (13%)	2 (25%)	2 (25%)	1 (13%)	3 (38%)	0	0	2 (25%)	2 (25%)	0	0	4 (50%)
Biofeedback	1 (13%)	3 (38%)	3 (38%)	1 (13%)	2 (25%)	0	1 (13%)	2 (25%)	2 (25%)	0	0	4 (50%)
Relaxation and breathing techniques	1 (13%)	4 (50%)	3 (38%)	1 (13%)	2 (25%)	1 (13%)	1 (13%)	2 (25%)	3 (38%)	1 (13%)	0	3 (38%)
Hypnosis	1 (13%)	3 (38%)	3 (38%)	1 (13%)	2 (25%)	0	0	2 (25%)	2 (25%)	0	0	4 (50%)
Mindfulness	1 (13%)	4 (50%)	3 (38%)	1 (13%)	3 (38%)	0	0	2 (25%)	3 (38%)	1 (13%)	0	3 (38%)
Virtual and augmented reality	1 (13%)	2 (25%)	0	1 (13%)	1 (13%)	0	0	0	2 (25%)	0	2 (25%)	4 (50%)
Support groups	0	2 (25%)	2 (25%)	0	3 (38%)	0	0	2 (25%)	2 (25%)	0	0	4 (50%)

^aIn response to the survey question “Of the following non-pharmacological psychological treatments, which ones are available in your jurisdiction and in what settings?”

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 15: Availability of Non-Pharmacological Psychological Treatments in New Brunswick (n = 24)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Cognitive behavioural therapy	7 (29%)	5 (21%)	4 (17%)	0	4 (17%)	0	0	2 (8%)	6 (25%)	0	0	9 (38%)
Behavioural therapy	6 (25%)	3 (13%)	5 (21%)	0	4 (17%)	0	0	2 (8%)	6 (25%)	0	0	10 (42%)
Psychotherapy	7 (29%)	6 (25%)	5 (21%)	0	4 (17%)	0	0	2 (8%)	5 (21%)	0	0	9 (38%)
Meditation	2 (8%)	2 (8%)	3 (13%)	0	4 (17%)	0	0	3 (13%)	9 (38%)	0	2 (8%)	9 (38%)
Biofeedback	2 (8%)	3 (13%)	3 (13%)	0	3 (13%)	0	0	2 (8%)	5 (21%)	0	3 (13%)	10 (42%)
Relaxation and breathing techniques	6 (25%)	7 (29%)	4 (17%)	0	4 (17%)	1 (4%)	2 (8%)	5 (21%)	9 (38%)	0	0	9 (38%)
Hypnosis	1 (4%)	1 (4%)	0	0	4 (17%)	0	0	0	4 (17%)	0	6 (25%)	10 (42%)
Mindfulness	5 (21%)	2 (8%)	2 (8%)	0	2 (8%)	1 (4%)	0	3 (13%)	6 (25%)	0	3 (13%)	9 (38%)
Virtual and augmented reality	0	0	0	0	1 (4%)	0	0	0	3 (13%)	0	8 (33%)	13 (54%)
Support groups	3 (13%)	3 (13%)	3 (13%)	0	5 (21%)	0	0	2 (8%)	6 (25%)	0	3 (13%)	10 (42%)

^aIn response to the survey question “Of the following non-pharmacological psychological treatments, which ones are available in your jurisdiction and in what settings?”

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 16: Availability of Non-Pharmacological Psychological Treatments in Ontario (n = 47)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Cognitive behavioural therapy	19 (40%)	13 (28%)	15 (32%)	3 (6%)	7 (15%)	1 (2%)	0	3 (6%)	15 (32%)	0	2 (4%)	17 (36%)
Behavioural therapy	16 (34%)	12 (26%)	12 (26%)	3 (6%)	7 (15%)	1 (2%)	0	3 (6%)	12 (26%)	0	2 (4%)	18 (38%)
Psychotherapy	16 (34%)	13 (28%)	12 (26%)	3 (6%)	7 (15%)	2 (4%)	1 (2%)	4 (9%)	11 (23%)	0	2 (4%)	18 (38%)
Meditation	14 (30%)	8 (17%)	10 (21%)	3 (6%)	9 (19%)	0	1 (2%)	6 (13%)	12 (26%)	1 (2%)	0	18 (38%)
Biofeedback	14 (30%)	5 (11%)	10 (21%)	4 (9%)	4 (9%)	0	0	1 (2%)	9 (19%)	0	6 (13%)	20 (43%)
Relaxation and breathing techniques	14 (30%)	10 (21%)	12 (26%)	2 (4%)	9 (19%)	3 (6%)	1 (2%)	5 (11%)	12 (26%)	1 (2%)	1 (2%)	17 (36%)
Hypnosis	11 (23%)	4 (9%)	5 (11%)	2 (4%)	5 (11%)	0	0	1 (2%)	6 (13%)	0	8 (17%)	19 (40%)
Mindfulness	14 (30%)	12 (26%)	11 (23%)	3 (6%)	7 (15%)	0	0	3 (6%)	11 (23%)	0	3 (6%)	16 (34%)
Virtual and augmented reality	3 (6%)	3 (6%)	5 (11%)	3 (6%)	2 (4%)	0	0	0	3 (6%)	0	14 (30%)	24 (51%)
Support groups	11 (23%)	13 (28%)	9 (19%)	2 (4%)	16 (34%)	3 (6%)	1 (2%)	6 (13%)	11 (23%)	0	2 (4%)	16 (34%)

^aIn response to the survey question “Of the following non-pharmacological psychological treatments, which ones are available in your jurisdiction and in what settings?”

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 17: Availability of Non-Pharmacological Psychological Treatments in Quebec (n = 12)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Cognitive behavioural therapy	5 (42%)	3 (25%)	6 (50%)	2 (17%)	2 (17%)	0	0	3 (25%)	5 (42%)	0	0	3 (25%)
Behavioural therapy	4 (33%)	3 (25%)	6 (50%)	1 (8%)	2 (17%)	0	0	1 (8%)	6 (50%)	0	0	3 (25%)
Psychotherapy	7 (58%)	4 (33%)	6 (50%)	1 (8%)	3 (25%)	0	0	4 (33%)	5 (42%)	1 (8%)	0	3 (25%)
Meditation	4 (33%)	4 (33%)	5 (42%)	1 (8%)	2 (17%)	0	1 (8%)	2 (17%)	5 (42%)	1 (8%)	0	3 (25%)
Biofeedback	2 (17%)	3 (25%)	5 (42%)	1 (8%)	2 (17%)	0	1 (8%)	1 (8%)	2 (17%)	0	2 (17%)	5 (42%)
Relaxation and breathing techniques	6 (50%)	6 (50%)	5 (42%)	1 (8%)	3 (25%)	0	1 (8%)	6 (50%)	5 (42%)	2 (17%)	0	3 (25%)
Hypnosis	4 (33%)	3 (25%)	5 (42%)	0	1 (8%)	0	0	1 (8%)	4 (33%)	0	0	4 (33%)
Mindfulness	5 (42%)	4 (33%)	5 (42%)	0	2 (17%)	0	1 (8%)	0	4 (33%)	0	1 (8%)	4 (33%)
Virtual and augmented reality	1 (8%)	1 (8%)	2 (17%)	3 (25%)	1 (8%)	0	0	0	2 (17%)	0	3 (25%)	5 (42%)
Support groups	2 (17%)	2 (17%)	4 (33%)	0	6 (50%)	0	0	1 (8%)	5 (42%)	0	0	3 (25%)

^aIn response to the survey question “Of the following non-pharmacological psychological treatments, which ones are available in your jurisdiction and in what settings?”

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 18: Availability of Non-Pharmacological Psychological Treatments in Saskatchewan (n = 4)^{a,b}

Treatment	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Multidisciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available	No Answer
Cognitive behavioural therapy	1 (25%)	0	0	0	0	1 (25%)	0	0	2 (50%)	0	0	1 (25%)
Behavioural therapy	1 (25%)	0	0	0	0	1 (25%)	0	0	2 (50%)	0	0	1 (25%)
Psychotherapy	1 (25%)	0	0	0	0	1 (25%)	0	0	2 (50%)	0	0	1 (25%)
Meditation	1 (25%)	0	0	0	0	0	0	0	2 (50%)	0	0	1 (25%)
Biofeedback	1 (25%)	0	0	0	0	1 (25%)	1 (25%)	0	2 (50%)	0	0	1 (25%)
Relaxation and breathing techniques	1 (25%)	0	0	0	0	0	1 (25%)	1 (25%)	2 (50%)	0	0	1 (25%)
Hypnosis	1 (25%)	0	0	0	0	0	0	0	2 (50%)	0	0	1 (25%)
Mindfulness	1 (25%)	0	0	0	0	0	0	1 (25%)	2 (50%)	0	0	1 (25%)
Virtual and augmented reality	1 (25%)	0	0	0	0	0	0	0	2 (50%)	0	0	1 (25%)
Support groups	1 (25%)	0	0	0	0	1 (25%)	0	1 (25%)	2 (50%)	0	0	1 (25%)

^aIn response to the survey question “Of the following non-pharmacological psychological treatments, which ones are available in your jurisdiction and in what settings?”

^bResults are presented as the number (percentage) of respondents indicating which treatment modalities are available in each setting.

Appendix 19: Additional Non-Pharmacological Psychological Treatments Identified by Respondents

Psychological Treatment Modality

- Eye movement desensitization and reprocessing
- Chronic pain workshops and other types of patient support groups and education (e.g., pain neuroscience education)
- Flotation therapy
- Assertive community treatment
- Trauma therapy
- Sleep therapy

Appendix 20: Ease of Access to Non-Pharmacological Psychological Treatments Across Jurisdictions (n = 146)

Treatment	Percentage of Responses ^a																				
	Not at all							Somewhat							Very						
	AB ^b	BC ^c	MB ^d	NB ^e	ON ^f	QC ^g	SK ^h	AB	BC	MB	NB	ON	QC	SK	AB	BC	MB	NB	ON	QC	SK
Cognitive behavioural therapy	7%	19%	0%	13%	13%	33%	75%	33%	33%	38%	42%	43%	33%	0%	20%	11%	25%	0%	9%	8%	0%
Behavioural therapy	7%	19%	0%	17%	11%	33%	75%	33%	36%	38%	38%	45%	42%	0%	20%	3%	25%	0%	6%	0%	0%
Psychotherapy	7%	19%	0%	17%	15%	25%	75%	33%	28%	38%	38%	36%	25%	0%	20%	17%	13%	0%	11%	25%	0%
Meditation	7%	3%	0%	8%	4%	25%	50%	20%	33%	38%	42%	43%	67%	25%	33%	33%	13%	8%	17%	0%	0%
Biofeedback	7%	17%	0%	25%	19%	33%	75%	33%	39%	38%	33%	36%	25%	0%	13%	8%	13%	0%	6%	0%	0%
Relaxation and breathing techniques	7%	3%	0%	4%	6%	8%	50%	13%	31%	38%	42%	40%	67%	0%	47%	33%	25%	13%	19%	0%	25%
Hypnosis	7%	17%	0%	33%	40%	33%	50%	33%	36%	38%	25%	19%	33%	25%	13%	8%	13%	0%	9%	8%	0%
Mindfulness	0%	3%	0%	17%	6%	25%	25%	20%	19%	38%	29%	40%	50%	50%	40%	36%	25%	13%	17%	0%	0%
Virtual and augmented reality	27%	36%	38%	38%	38%	50%	75%	13%	11%	13%	13%	19%	8%	0%	13%	8%	38%	0%	0%	0%	0%
Support groups	7%	3%	0%	25%	9%	17%	0%	27%	22%	50%	17%	30%	42%	50%	33%	36%	0%	13%	26%	17%	25%

AB = Alberta; BC = British Columbia; MB = Manitoba; NB = New Brunswick; ON = Ontario; QC = Quebec; SK = Saskatchewan.

^aIn response to the survey question “Are the following treatment options easy to access (i.e., widely available; no referral needed or easy to obtain a referral; funded or affordable for most patients)?”

^bn = 15.

^cn = 36.

^dn = 8.

^en = 24.

^fn = 47.

^gn = 12.

^hn = 4.

Appendix 21: Funding Models in Use for Non-Pharmacological Psychological Treatments Across Jurisdictions (n = 146)

Funding Model	Number (Percentage) of Positive Responses ^a						
	AB (n = 15)	BC (n = 36)	MB (n = 8)	NB (n = 24)	ON (n = 47)	QC (n = 12)	SK (n = 4)
Public	3 (20%)	7 (19%)	3 (38%)	9 (38%)	12 (26%)	4 (33%)	1 (25%)
Public if certain criteria met	5 (33%)	11 (31%)	1 (13%)	6 (25%)	11 (23%)	5 (42%)	2 (50%)
Private insurance	8 (53%)	18 (50%)	4 (50%)	15 (63%)	29 (62%)	8 (67%)	2 (50%)
Mix	1 (7%)	5 (14%)	2 (25%)	2 (8%)	4 (9%)	3 (25%)	0
Patient out of pocket	8 (53%)	17 (47%)	5 (63%)	12 (50%)	29 (62%)	7 (58%)	3 (75%)
Foundational, grant, in-kind	0	1 (3%)	1 (13%)	1 (4%)	1 (2%)	1 (8%)	0

AB = Alberta; BC = British Columbia; MB = Manitoba; NB = New Brunswick; ON = Ontario; QC = Quebec; SK = Saskatchewan.

^aIn response to the survey question "In general, for the non-pharmacological psychological treatment modalities that are available in your context, what are the funding models in use?"

Appendix 22: Barriers to the Availability of and Access to Non-Pharmacological Treatment (n = 147)^{a,b}

Barrier Type	Pan-Canadian Response Number (Percentage)			
	Always/Very Often	Sometimes	Rarely/Never	No Answer
Resource Barriers				
Lack of infrastructure	37 (25%)	24 (16%)	27 (18%)	59 (40%)
Lack of medical expertise	39 (27%)	28 (19%)	22 (15%)	58 (39%)
Lack of medical resources	46 (31%)	25 (17%)	19 (13%)	57 (39%)
Lack of public funding	86 (59%)	8 (5%)	2 (1%)	51 (35%)
High cost of treatments	58 (39%)	27 (18%)	7 (5%)	55 (37%)
Lack of reimbursement for aspects of care	70 (48%)	13 (9%)	8 (5%)	56 (38%)
System Barriers				
Wait times	58 (39%)	16 (11%)	19 (13%)	54 (37%)
Lack of access to pain speciality care (i.e., pain specialist, practitioners or clinics)	61 (41%)	19 (13%)	7 (5%)	60 (41%)
Lack of strategies for patient selection and prioritization/referral	50 (34%)	20 (14%)	16 (11%)	61 (41%)
Treatments are not accessible	43 (29%)	31 (21%)	18 (12%)	55 (37%)
Difficulty incorporating treatment options into care pathway	43 (29%)	30 (20%)	15 (10%)	59 (40%)
Inefficient patient referral, patient flow, time to provide multimodal care	60 (41%)	18 (12%)	9 (6%)	60 (41%)
Lack of motivation to change practice	46 (31%)	26 (18%)	16 (11%)	59 (40%)
Lack of access to training	35 (24%)	28 (19%)	22 (15%)	62 (42%)
Lack of continuity of care (self-management after completion, duration of treatment, follow-up)	49 (33%)	30 (20%)	8 (5%)	60 (41%)

Barrier Type	Pan-Canadian Response Number (Percentage)			
	Always/Very Often	Sometimes	Rarely/Never	No Answer
Inability to access patient data for patients receiving uncoordinated care by multiple practitioners in multiple settings	48 (33%)	28 (19%)	12 (8%)	59 (40%)
Lack of coordination by multiple providers	62 (42%)	19 (13%)	9 (6%)	57 (39%)
Geographical barriers to accessing services	47 (32%)	20 (14%)	20 (14%)	60 (41%)
Inability to transfer patients for multi-modal care	47 (32%)	20 (14%)	18 (12%)	62 (42%)
Suboptimal knowledge of pain management strategies	50 (34%)	18 (12%)	18 (12%)	61 (41%)
Perceptions around opioids and pharmacological treatment	47 (32%)	25 (17%)	10 (7%)	65 (44%)
Unclear roles in provision of non-pharmacological care	48 (33%)	26 (18%)	13 (9%)	60 (41%)
Lack of formal performance indicators	38 (26%)	29 (20%)	17 (12%)	63 (43%)
Attitudinal/Rational-Emotive Barriers				
Non-pharmacological treatments perceived as difficult to implement into daily practice due to perceived lack of resources	47 (32%)	29 (20%)	14 (10%)	57 (39%)
Non-pharmacological treatments hard to implement due to perceived lack of expertise	34 (23%)	38 (26%)	17 (12%)	58 (39%)
Perception of too many treatment options to select from and lack of evidence for comparative effectiveness and safety	31 (21%)	36 (25%)	22 (15%)	58 (39%)
Perception that treatments are not as effective as pharmacological or surgical options, either to replace or complement	56 (38%)	24 (16%)	10 (7%)	57 (39%)

Barrier Type	Pan-Canadian Response Number (Percentage)			
	Always/Very Often	Sometimes	Rarely/Never	No Answer
Fear of worsening of pain	37 (25%)	27 (18%)	25 (17%)	58 (39%)
Unclear standards related to quality of care or measurement of treatment success (patient outcomes)	33 (22%)	31 (21%)	23 (16%)	60 (41%)
Lack of incorporation of patients into care decisions to aid self-management	34 (23%)	33 (22%)	23 (16%)	57 (39%)
Lack of acknowledgement of patient goals of care or patient-driven priorities	36 (24%)	27 (18%)	27 (18%)	57 (39%)
Inability to address religious, cultural, or societal barriers to care	15 (10%)	29 (20%)	44 (30%)	59 (40%)
Patient literacy	23 (16%)	36 (25%)	30 (20%)	58 (39%)
Patient/provider perception that these treatments are going to be out of pocket, so why pursue	62 (42%)	18 (12%)	12 (8%)	55 (37%)

^aIn response to the survey question “What are the barriers to availability of and access to non-pharmacological treatment options that you currently face in your jurisdiction and how often do you experience them?”

^bAdditional barriers identified by respondents included lack of referral from physicians to providers of non-pharmacological therapy for various reasons including lack of awareness, misconceptions about treatment practices and safety of the treatments, and not wanting to financially burden patients who may not have access to extended health benefits; lack of public transportation to clinics or services; lack of patient knowledge of the non-pharmacological treatments available and how to access them; patient preference for pharmacological treatment; unwillingness of patients to put in the time and effort required for non-pharmacological treatments; and practitioner perception that chronic pain patients are difficult to work with.

Appendix 23: Facilitators of Availability of and Access to Non-Pharmacological Treatment (n = 147)^{a,b}

Facilitator	Pan-Canadian Response Number (Percentage)			
	Always/Very Often	Sometimes	Rarely/Never	No Answer
Enhanced funding or more straightforward funding	53 (36%)	10 (7%)	27 (18%)	57 (39%)
Awareness of guidelines with recommendations for non-pharmacological treatments	45 (31%)	24 (16%)	19 (13%)	59 (40%)
Training in provision of non-pharmacological care	52 (35%)	23 (16%)	14 (10%)	58 (39%)
Access to tools or strategies to implement guideline recommendations re: non-pharmacological treatments	44 (30%)	23 (16%)	17 (12%)	63 (43%)
Improved awareness or inventory of non-pharmacological options available	51 (35%)	24 (16%)	13 (9%)	59 (40%)
Evidence to support use of non-pharmacological strategies	56 (38%)	14 (10%)	17 (12%)	60 (41%)
Expanded scope of practice	42 (29%)	19 (13%)	23 (16%)	63 (43%)
Connectivity between health care professionals	58 (39%)	23 (16%)	10 (7%)	56 (38%)
Wider availability in treatment settings	46 (31%)	20 (14%)	18 (12%)	63 (43%)
Incorporation of self-management opportunities	46 (31%)	27 (18%)	13 (9%)	61 (41%)
More “clear-cut” menu of options	43 (29%)	23 (16%)	18 (12%)	63 (43%)
Patient and care-giver education	53 (36%)	23 (16%)	11 (7%)	60 (41%)
Increase in dedicated practitioners time	39 (27%)	31 (21%)	15 (10%)	62 (42%)
Multidisciplinary care provision	50 (34%)	29 (20%)	10 (7%)	58 (39%)
Evaluation and impact measurement	41 (28%)	24 (16%)	17 (12%)	65 (44%)
Policy change	44 (30%)	20 (14%)	19 (13%)	64 (44%)
Availability of remote care options, patient portals, or platforms to coordinate care	36 (24%)	23 (16%)	24 (16%)	64 (44%)

^aIn response to the survey question “What are the facilitators to availability of and access to non-pharmacological treatment options that you currently face in your jurisdiction?”

^bNo additional facilitators were identified by survey respondents.

Appendix 24: Access to and Availability of Non-Pharmacological Treatment of Chronic Non-Cancer Pain in Canada Environmental Scan – English Survey^a

A. General Information

1. In which province/territory do you work?

Please choose **only one** of the following:

- Alberta
- British Columbia
- Manitoba
- New Brunswick
- Newfoundland and Labrador
- Northwest Territories
- Nova Scotia
- Nunavut
- Ontario
- Prince Edward Island
- Quebec
- Saskatchewan
- Yukon
- Other:

2. What is your profession or role? In addition to your occupation or title, please describe your role as it relates to non-pharmacological treatment of chronic pain.

Please write your answer here:

3. Are you currently involved in any capacity with non-pharmacological treatment of pain?

Please choose **only one** of the following:

Yes

No

If no, please go to end of survey.

4. Do you work in one or more of these settings?

Please choose **all that apply**:

Urban

Rural

Remote

Primary Care

Secondary or Tertiary Care

Community or Long-term Care

Other:

5. Do you work in one or more of these types of facilities?

Please choose **all that apply**:

Standalone private facility

Standalone public facility

Multi-disciplinary pain treatment facility (standalone)

Multi-disciplinary pain treatment facility (affiliated)

Public academic hospital or associated facility

Public community hospital or associated facility

Health care research institute

Ambulatory care facility

Community health care facility (e.g., nursing station, public health clinic, family health team)

Long-term care setting or chronic care facility

Home care setting

None of these facilities or settings

Other:

6. Please describe the centre you are representing and in which you predominantly practice.
Please also describe the setting in which your centre is located.

Please write your answer here:

B. Availability and Funding

Non-Pharmacological Physical Treatment Modalities

7. Of the following non-pharmacological *physical* treatments, which ones are available in your jurisdiction and in what settings?

Please choose **all that apply**:

	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Specialized Multi-Disciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available
Nerve Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deep Brain Stimulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ultrasound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shockwave Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prolotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TENS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Implantable Nerve Stimulator	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Splints	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chiropractic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinal Manipulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Massage Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Occupational Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteopathy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Specialized Multi-Disciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available
Acupuncture and acupressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot-Cold Treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Positioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hydrotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinal Cord Stimulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Endurance Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength Training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movement/ Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tai Chi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Trainer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Animal-Assisted Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aromatherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (if necessary) please list any available treatment modalities not listed above, and describe their availability.

Please write your answer here:

Ease of Access

7a. Are the following treatment options easy to access (i.e., widely available; no referral needed or easy to obtain a referral; funded or affordable for most patients)?

Please choose the appropriate response for each item:

	Not at all	Somewhat	Very
Nerve Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deep Brain Stimulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ultrasound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shockwave Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prolotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TENS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Implantable Nerve Stimulator	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Splints	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chiropractic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinal Manipulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Massage Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Occupational Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteopathy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncture and acupressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot-Cold Treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Positioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hydrotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinal Cord Stimulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Endurance Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength Training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movement/Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tai Chi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Trainer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Animal-Assisted Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aromatherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (if necessary) please list any available treatment modalities not listed above, and describe their availability.

Please write your answer here:

7b. In general, are the non-pharmacological **physical** treatment modalities that are available in your context in widespread use, or only used for a minority of patients? Please comment on whether there are any nuances related to specific treatment modalities.

Please write your answer here:

7c. In general, for the non-pharmacological **physical** treatment modalities that are available in your context, what are the funding models in use? Please select all that apply.

*Please choose **all** that apply and provide a comment:*

Public

Public if certain criteria met

Private insurance

Mix (please specify)

Patient out-of-pocket

Foundational, grant, in-kind

In reference to question 7c, please comment on whether there are any nuances related to specific treatment modalities.

Please write your answer here:

Non-Pharmacological Psychological Treatment Modalities

8. Of the following non-pharmacological psychological treatments, which are available in your jurisdiction and in what settings?

Please choose **all that apply**:

	Secondary Health Care Facilities	Primary Care or Ambulatory Care	Specialized Multi-Disciplinary Pain Treatment Facility	Research Institute	Community Care	Long-Term Care	Home Care	Rural	Urban	Remote	Not Available
Cognitive Behavioural Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behavioural Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biofeedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relaxation and Breathing Techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypnosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Virtual and Augmented Reality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Support Groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (if necessary) please list any available treatment modalities not listed above, and describe their availability.

Please write your answer here:

Ease of Access

8a. Are the following treatment options easy to access (i.e., widely available; no referral needed or easy to obtain a referral; funded or affordable for most patients)?

Please choose the appropriate response for each item:

	Not at all	Somewhat	Very
Cognitive Behavioural Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behavioural Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biofeedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relaxation and breathing techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypnosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Virtual and augmented reality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Support groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (if necessary) please list any available treatment modalities not listed above, and describe their availability.

Please write your answer here:

8b. In general, are the non-pharmacological **psychological** treatment modalities that are available in your context in widespread use, or only used for a minority of patients? Please comment on whether there are any nuances related to specific treatment modalities.

Please write your answer here:

8c. In general, for the non-pharmacological **psychological** treatment modalities that are available in your context, what are the funding models in use. Please select all that apply.

*Please choose **all** that apply and provide a comment:*

Public

Public if certain criteria met

Private insurance

Mix (please specify)

Patient out-of-pocket

Foundational, grant, in-kind

In reference to question 8c, please comment on whether there are any nuances related to specific treatment modalities.

Please write your answer here:

C. Access

Patient Eligibility

9. Are there specific criteria that a patient must meet?

*Please choose **all** that apply and provide a comment.*

a. to gain access to non-pharmacological treatment? (please describe)

b. to obtain a referral for non-pharmacological treatment?

10. Are there any policies, frameworks, or guidelines in use in your jurisdiction to guide selection of patients for these treatments?

Please write your answer here:

Please upload any available documents related to your response for question 10.

11. Similarly, are there any criteria that would exclude patients from gaining access to non-pharmacological treatment?

Please write your answer here:

12. Are wait times an issue for access to non-pharmacological treatments?

Please choose **only one** of the following:

- Not an issue
- Minor issue
- Moderate issue
- Major issue

Factors Related to Access

13. What are the barriers to availability of and access to non-pharmacological treatment options that you currently face in your jurisdiction and how often do you experience them?

Resource barriers

Please choose the appropriate response for each item:

	Always	Very Often	Sometimes	Rarely	Never
Lack of infrastructure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of medical expertise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of medical resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of public funding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High cost of treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of reimbursement for aspects of care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please list any additional resource barriers not listed above.

Please write your answer here:

System barriers

Please choose the appropriate response for each item:

	Always	Very Often	Sometimes	Rarely	Never
Wait times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of access to pain specialty care (i.e., pain specialist practitioners or clinics)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of strategies for patient selection and prioritization/referral	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Treatments are not accessible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty incorporating treatment options into care pathway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inefficient patient referral, patient flow, time to provide multi-modal care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of motivation to change practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of access to training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of continuity of care (self-management after completion, duration of treatment, follow-up)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inability to access patient data for patients receiving uncoordinated care by multiple practitioners in multiple settings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of coordination by multiple providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Geographical barriers to accessing services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inability to transfer patients for multi-modal care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suboptimal knowledge of pain management strategies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perceptions around opioids and pharmacological treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unclear roles in provision of non-pharmacological care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of formal performance indicators	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please list any additional system barriers not listed above.

Please write your answer here:

Attitudinal/Rational-Emotive Barriers

Please choose the appropriate response for each item:

	Always	Very Often	Sometimes	Rarely	Never
Non-pharmacological treatments perceived as difficult to implement into daily practice due to perceived lack of resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non-pharmacological treatments hard to implement due to perceived lack of expertise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perception of too many treatment options to select from and lack of evidence for comparative effectiveness and safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perception that treatments are not as effective as pharmacological or surgical options, either to replace or complement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fear of worsening of pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unclear standards related to quality of care or measurement of treatment success (patient outcomes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of incorporation of patients into care decisions to aid self-management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of acknowledgement of patient goals of care or patient-driven priorities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inability to address religious, cultural, or societal barriers to care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patient literacy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patient/provider perception that these treatments are going to be out-of-pocket, so why pursue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please list any additional attitudinal/rational-emotive barriers not listed above.

Please write your answer here:

14. What are the facilitators to availability of and access to non-pharmacological treatment options that you currently face in your jurisdiction?

Please choose the appropriate response for each item:

	Always	Very Often	Sometimes	Rarely	Never
Enhanced funding or more straightforward funding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Awareness of guidelines with recommendations for non-pharmacological treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Training in provision of non-pharmacological care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access to tools or strategies to implement guideline recommendations re: non-pharmacological treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Improved awareness or inventory of non-pharmacological options available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evidence to support the use of non-pharmacological strategies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Expanded scope of practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connectivity between health care professionals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wider availability in treatment settings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Incorporation of self-management opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More "clear-cut" menu of options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patient and caregiver education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increase in dedicated practitioners time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Multi-disciplinary care provision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evaluation and impact measurement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Policy change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Availability of remote care options, patient portals, or platforms to coordinate care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please list and describe any additional facilitators not listed above.

Please write your answer here:

D. Solutions

15. In your jurisdiction, are any strategies or solutions aimed at improving availability of and access to non-pharmacological treatment options for chronic non-cancer pain currently being considered or implemented?

Please write your answer here:

Please upload any available documents related to your response for question 15.

16. Is there a need for further guidance (e.g., guidelines, frameworks, policies, clinical pathways) to provide direction for providing non-pharmacological treatments for chronic non-cancer pain?

*Please choose **only one** of the following:*

- Strongly Agree
- Agree
- Undecided
- Disagree
- Strongly Disagree

E. Permissions to Contact

17. Would you be willing to be consulted further on this topic, either through an informal phone call or by email?

Yes

No

18. Can you suggest any others who would be willing to be consulted further on this topic, and/or complete this survey, either through an informal phone call or by email?

Please write your answer here: