

B-CARS is a government funded program that is accepting referrals for adults ages 19+ for **all MSK conditions**. Referrals will be triaged by a dynamic inter-professional health team including physiotherapists and kinesiologists. Eligible patients will be assessed and informed of the group programming that meets their needs as outlined below, or warmly transitioned to other community resources.

PROGRAMS

B-Upper / B-Lower	Active group-based, musculoskeletal exercise programs for upper and lower extremity conditions.
B-Functional	A functional group exercise program suited for those with neurological conditions (such as stroke, multiple sclerosis & Parkinson's) and for those with balance and mobility challenges.
Living Better with Pain	A 6-week chronic pain self-management program that aims to get people moving, reduce pain, and improve quality of life through education, exercise and self-management support.
GLA:D™ Canada Good Life with osteoArthritis Denmark	Coming in 2019! An 8-week group education and exercise osteoarthritis self-management program.
TIME™ Together in Movement and Exercise	A supervised, group exercise program focusing on muscle strengthening, and cardio fitness for neurological and musculoskeletal conditions. Classes are 1 hour, twice a week.
Workshops	Stand-alone workshops on topics including back & shoulder health, exercise and mental health, and exploring community resources.

CONDITIONS ASSESSED

Acute / Chronic MSK	Global musculoskeletal issues including muscle strain, ligament sprain and tendinopathies.
Arthritis	Osteoarthritis of the hip/knee, and other forms of arthritis.
Fracture	Post-fracture of the upper or lower extremity.
Pre or Post-Operative	Pre or post-operative musculoskeletal day surgeries (e.g. knee, shoulder, or ankle arthroscopy).
Pain	Chronic or persistent pain.
Mobility / Strength Balance	Weakness due to trauma (e.g. post-fracture, post-fall) and general mobility challenges.
Neurological	Stroke, Multiple Sclerosis, Parkinson's, and radiculopathies.
Vestibular	Acute and chronic dizziness, vertigo and post-concussion.
Other	Health promotion and injury prevention workshops.