

# Rehabilitation Advice Line

Rehabilitation advice can help you recover from injury, orthopedic surgery, COVID-19 or manage a neurological condition.

**A healthcare professional on the line can provide you with:**

- Activities and exercises to help with physical concerns
- Strategies to manage day-to-day activities affected by these concerns
- Rehabilitation services open for in-person or virtual visits
- Community organizations available for support.

# 1-833-379-0563

— Monday to Friday 9 a.m. to 5 p.m.