



BACKS IN ACTION
REHAB & WELLNESS CENTRE

Package for ICBC Patients

Everything you need for your full recovery in one place
including:

How to access the care you need

The services you're eligible for

How to maximize your recovery results after an accident

www.backsination.ca/icbc | info@backsination.ca
604-876-9977 | 2917 Hebb Avenue, Vancouver V5M 0C4



Recovering From A Car Accident?

Did you know you have immediate access to:

- *Physiotherapy*
- *Chiropractic Care*
- *Kinesiology and Active Rehab*
- *Acupuncture*
- *Massage Therapy*
- *Counselling Services*

for up to 12 weeks after the car accident without the need for a doctor's note?

A Care Plan With You in Mind

Each person and each injury differs. So why shouldn't the care you receive also be customized?

At Backs in Action we work with you to understand and reach your goals. Each appointment provides customized 1-on-1 care with a member of our integrated multidisciplinary team. We have one goal – to get you better.

Why Multidisciplinary Care Makes a Difference

With access to multiple experts on your care plan, you may:

See quicker recovery with longer lasting results

Prevent disease and chronic pain

Minimize scar tissue formation

Return to your daily activities sooner

Prevent future injuries or re-injury

Strengthen muscles and improve posture

Increase flexibility and range of motion

Learn proper exercises and feel stronger

Gain a better sense of overall mental and physical wellbeing



What Services You Have Access To

As part of its recovery and treatment plan, ICBC gives you access to these services and treatments simultaneously. All of them are conveniently available at Backs in Action.

Service	# of Treatments Facilitated by ICBC	Patient's User Fee
Physiotherapy (30 mins)	Up to 25	\$0 Initial \$5 Subsequents
Chiropractic Care (15 mins)	Up to 25	\$0 Initial \$5 Subsequents
Kinesiology and Active Rehab (45 mins)	Up to 12	\$0 Initial \$10 Subsequents
Acupuncture (40 mins)	Up to 12	\$0 Initial \$0 Subsequents
Registered Massage Therapy (30-60 mins)	Up to 12	\$0 Initial \$0-36 Subsequents Fee depends on length of treatment
Counselling (50 mins)	Up to 12	\$0 Initial \$0 Subsequents

Why Is There A User Fee?

The user fee is the difference between what ICBC pays the clinic and the cost of the treatment. Many insurance plans will cover user fees.

How Different Disciplines Help Your Body Heal

Chiropractic Care directly influences the restoration of your motion. When your motion is restored, function is also restored and tension is released off the nerves.

Physiotherapy helps to decrease pain and improve function by recognizing and treating muscle imbalances brought on by the motor vehicle accident.

Kinesiology and Active Rehab build upon your physiotherapy care, building your strength and getting you moving, counteracting all the damage and stasis created by sitting for most of the day.

Acupuncture helps to optimize the body's healing and energy systems, relieve stress and reactivates blockages that are pooling in parts of your body.

Massage provides relief to tired and tense muscles, activates our body's responses to touch and lowers the pain we're feeling.

Counseling helps the mind to cope with trauma, stress and anxiety and provides tools for dealing with future events.

If you have questions or concerns, please feel free to book a complimentary consult with any of our therapists. If you're not sure what might be the right combination of care, feel free to ask any of our knowledgeable front desk team or therapists.



Peace of Mind

Experience with Hundreds of ICBC Cases

We have a track record of getting our accident patients better, faster. Our team approach to your care and goals makes all in the difference to your recovery.

Complete Care Under One Roof

Our collaborative approach means each therapist on our multidisciplinary team has access to the insights, treatments and charts of other therapists. We work together with your Doctor, Lawyer and Occupational Therapist.

We Liaise Directly with Your ICBC Adjuster

We communicate directly with your adjuster to save you time and energy. We share documents, coordinate extension requests, provide them with reports and progress updates as requested, ensuring you can focus on getting better.

We Work Together With Your Doctor, Lawyer and Occupational Therapist

We work together with everyone on your team so that your recovery is front and centre.

Convenient Hours with Online and Phone Booking Options

We are open Monday to Friday from 8am-8pm and on Saturdays from 9am-6pm and can often accommodate same-day appointments.

Call or Book Your Next Appointment Today



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