

Guide to Intensive Treatment Sessions



There are many people living outside of the Lower Mainland that have scoliosis who don't have access to scoliosis-specific physiotherapy treatments in their hometowns.

We've designed a treatment structure that allows clients to receive this detailed, individualized treatment in "intensive" blocks. These sessions are designed to help you achieve your goals in a concentrated series of sessions with one of our Schroth-Certified Physiotherapists.

We've created this all-encompassing information package to help design the best treatment structure for you.

Q&A

Here are some of the most frequently asked questions and answers about our Intensive Blocks



How can The ScoliClinic help me?

This depends on what you're looking for. Our main goal is to provide education to each patient to help him/her find a more neutral posture, and to integrate this into daily life. In turn, this may address some concerns such as pain, discomfort, esthetics, posture, curve progression, etc. Additionally, our physiotherapists can provide activity modification suggestions to keep your spine as healthy as possible.

What should I expect during my treatment sessions?

Depending on your situation, we can effectively carry out your treatment with a mix of virtual Physiotherapy sessions (referred to as 'Telehealth'), and in-person sessions. In your initial assessment, we want to hear your story. We'll have an in-depth conversation about your/your child's scoliosis history, and the journey that you've taken so far.

Next, we'll do a physical assessment of your spine to gather baseline measures, explaining the significance of what we're doing every step of the way.

Then, we'll explain our understanding of scoliosis - theories on how it starts, how it progresses, and where physiotherapy fits into the picture, and can review your X-Rays together.

Finally, based on our findings, your goals and your personal circumstances, we'll come up with a therapy plan that is best for you or your child.

The first few follow-up sessions will provide you with education on daily activity or sport modifications, recommended sleeping/sitting positions, pain management strategies, and more. You'll learn trunk elongation stretches and core activation exercises that are specific to your curve. These first 2-3 sessions can be completed virtually.

Next, your physiotherapist will guide you on the principles of scoliosis-specific exercises based on the Schroth Method to help align your trunk in a more neutral position, then creating an exercise plan that you can successfully complete at home. As these concepts



are complex, we recommend booking 4 hours of in-person treatment with your physiotherapist, at one of our lower mainland locations.

We also offer Scoliosis-Specific Massage Therapy services, where hands-on RMT treatments are designed for your individual curve. If you're interested in this, please inquire with us about booking in a combination of Physio and RMT.

Depending on your travel plans, these 4 hours can be completed in one day, or spread over multiple days. Upon returning home, you can follow-up with your Physiotherapist virtually, and plan for your next in-person treatment block. There's even an option to join Physiotherapy group treatments, to meet others on similar journeys.

What is the Schroth Method?

The Schroth Method is a conservative management approach to Scoliosis treatment, under the Scoliosis-Specific Physiotherapy umbrella that recognizes and treats each scoliosis curve according to the specific 3-dimensional nature. It uses a combination of breathing techniques and asymmetrical muscle contraction and activation techniques across the shoulders, trunk, and pelvis to help each client address the muscle imbalances that are specific to him or her.

Can physio correct my/my child's curve?

If your child is still growing, the goal of scoliosis-specific exercises is to slow the progression your child's curve until the end of their growth. If your child finishes growing and maintains the same degree of curvature, that is considered a success. Depending on many factors, it may be possible to reduce your child's curve magnitude.

If your child is finished growing, or if you are an adult, exercises can help to improve posture and esthetics, decrease pain, prevent progression, and ensure that the spine stays healthy throughout life.



How far in advance should I book?

In order to schedule an intensive, we recommend calling our reception 6 weeks prior to your intended trip to Greater Vancouver. This will help ensure your physiotherapist will be able to accommodate for the number of sessions you require during your visit.

How much does the treatment cost?

Initial assessments for both Physio and RMT are 75 minutes. Follow-up appointments range in length, depending on your needs and preferences. Please [visit our website](#) for updated fees.

If any changes or cancellations are made **within 2 weeks of the start of your Intensive Block**, we will apply a cancellation fee of 30% of the originally-scheduled appointments. This fee will be deducted from the deposit, and the remaining balance of the deposit can be used towards a future Intensive Block.

How do I pay for treatment?

In order to reserve your block of in-person appointments, we require a deposit of 50% of the estimated total cost, which will be applied to your account. If the Intensive is cancelled prior to 2 weeks of the first appointment, the deposit is fully refundable. If the Intensive is cancelled within 2 weeks of first appointment, the deposit is non-refundable. The final balance must be paid at the end of the Intensive block.

Please note the payment must be completed in the clinic, and we provide you with a receipt to submit to your extended benefits as we do not bill insurance directly.

We accept Visa, MasterCard, direct deposit, cash, or cheque. We do not accept debit or AMEX at this time.



Is my treatment covered under my extended benefits?

Your treatment at The ScolioClinic can be claimed under physiotherapy as all of our clinicians are Registered Physical Therapists. We recommend checking with your insurance provider as coverage may vary depending on your own individual benefits.

Why do you need my X-Ray images? How will you obtain them?

We craft your treatment plan to your specific spinal curvature and physical presentation. Your X-Ray helps us to get a good picture (literally) of your alignment, beneath the surface. Reports typically aren't specific enough. Our front desk staff will discuss with you about the options for obtaining the discs with images. We may ask you to sign a form to release your information, and we will take care of the rest. Please note that some imaging facilities do not send discs to third parties, in which case you may have to pick the disc up yourself.

**If you had your X-Rays done at a MedRay, North Shore Medical Imaging, Brooke Radiology or Valley Medical Imaging, we will request them but they require you to pick them up for a fee.*

What should I bring with me / what should I wear?

Please wear fitted clothing. This may include a sports bra, tight plain-coloured tank top, leggings, soccer pants or fitted shorts. If you have long hair, please tie it up in a high ponytail or bun.

Also pack a water bottle, some snacks, a smartphone/tablet or something other recording device.

Most importantly, please bring all your questions that you'd like us to address. It's easy to forget in the moment so we encourage you to jot it all down before we meet.

Places to stay

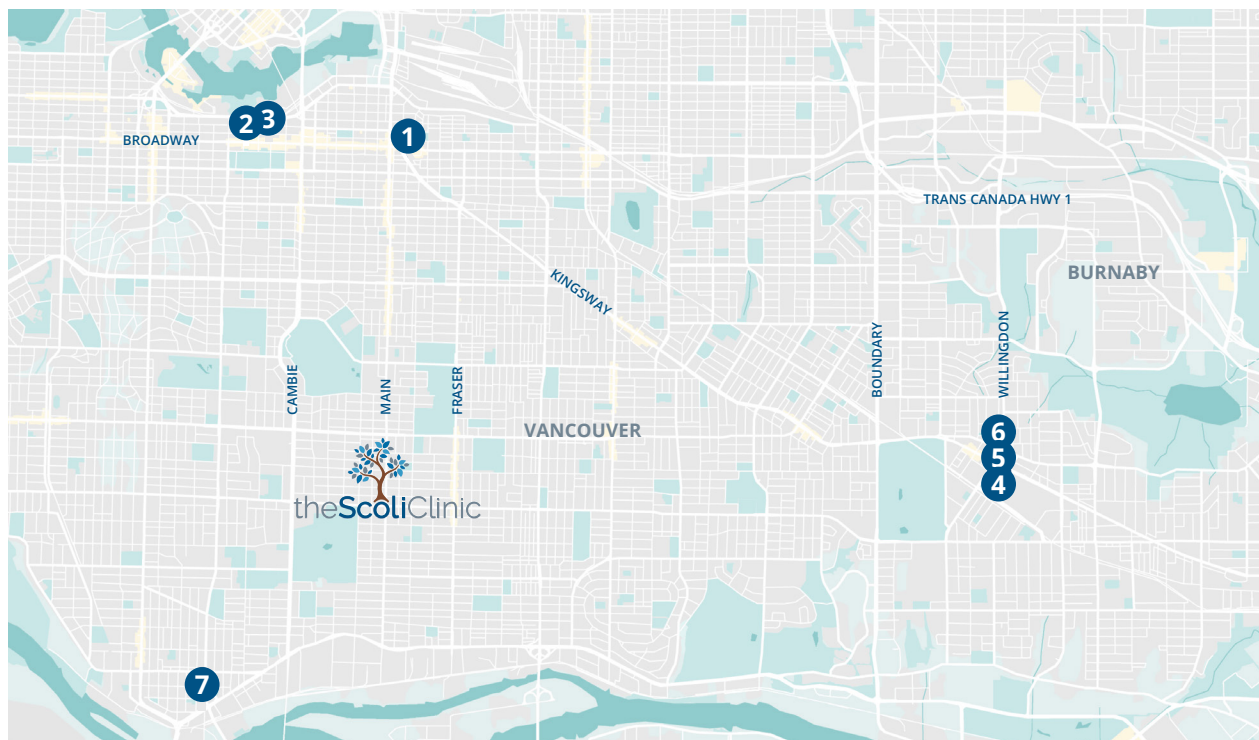
Metrotown offers affordable accommodation options that are close to transit and many amenities, such as **Metrotown Shopping Centre**.

Metrotown is only 30 minutes by Skytrain to Downtown Vancouver.

Explore more!
All locations are clickable



Please check out AirBnb for other options in similar areas listed.



1 Best Western Plus Uptown Hotel ★★★

10 min drive | 20 min by transit
205 Kingsway, Vancouver, BC V5T 3J5
T 604.267.2000

2 Park Inn & Suites by Radisson Vancouver ★★★

15 min drive | 35 min by transit
898 West Broadway, Vancouver, BC V5Z 1J8
T 604.872.8661

3 Holiday Inn Vancouver-Centre (Broadway) ★★★

15 min drive | 30 min by transit
711 West Broadway, Vancouver, BC V5Z 3Y2
T 604.879.0511

4 Holiday Inn Express Metrotown ★★★

20 min drive | 35 min by transit
4405 Central Blvd, Burnaby, BC V5H 4M3
T 604.438.1881

5 Hilton Vancouver Metrotown ★★★★★

20 min drive | 40 min by transit
6083 McKay Avenue, Burnaby, BC V5H 2W7
T 604.438.1200

6 Element Vancouver Metrotown ★★★★★

20 min drive | 45 min by transit
5988 Willingdon Avenue, Burnaby, BC V5H 2A7
T 604.568.3696

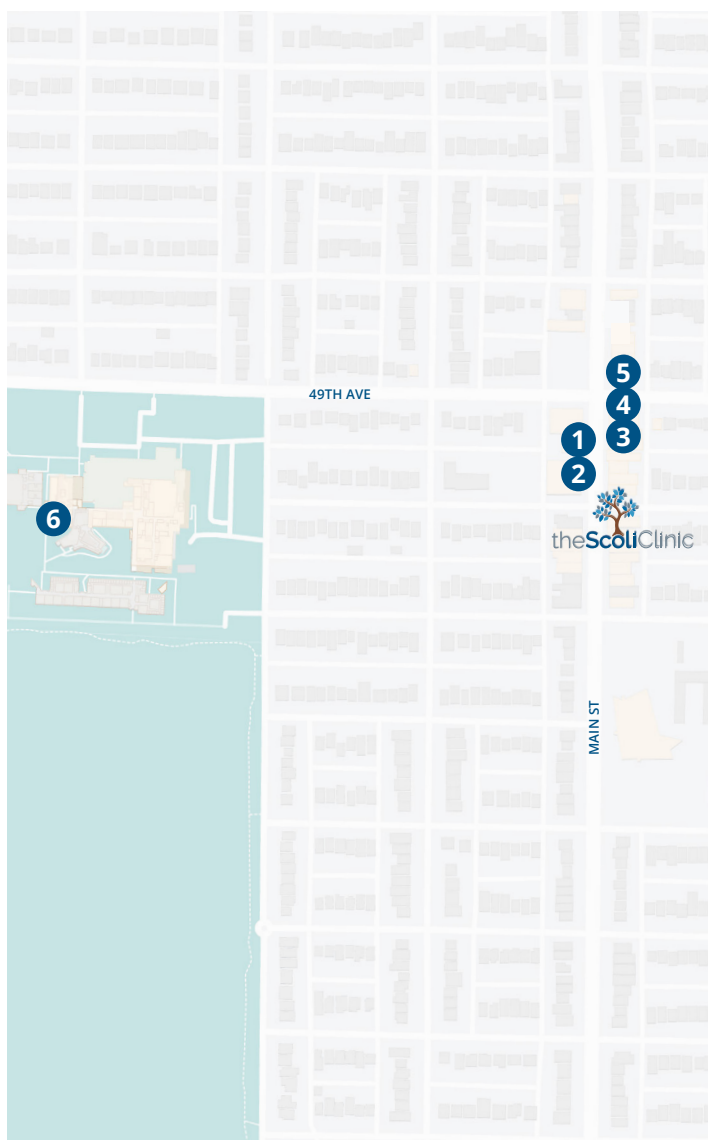
7 Coast Vancouver Airport Hotel ★★★

15 min drive | 30 min by transit
1041 SW Marine Drive, Vancouver, BC V6P 6L6
T 604.263.1555

Places to eat

Vancouver boasts a diverse and affordable culinary scene in almost any part of the city! Here are our suggestions of places to visit during your lunch breaks, all in easy walking distance of the clinic.

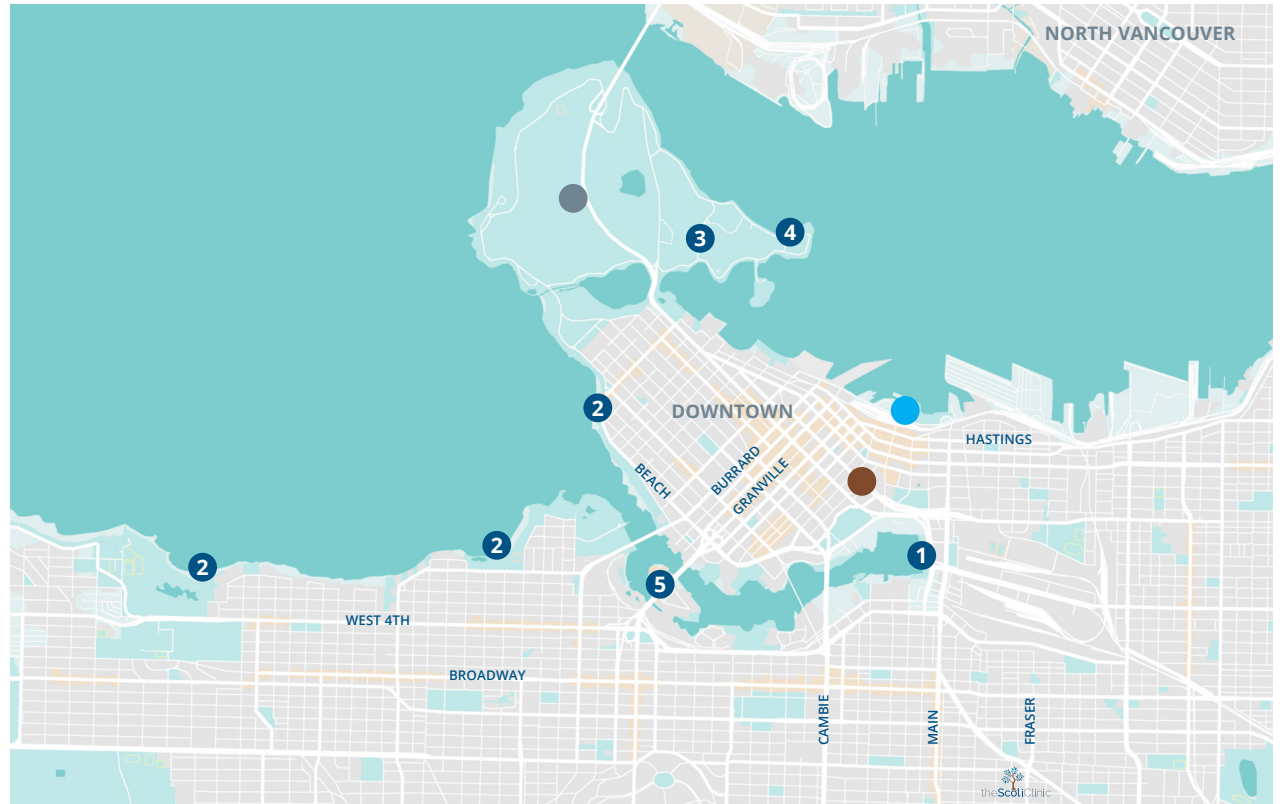
Explore more!
All locations are clickable 



- 1 Freshii**
 6541 Main Street
Health salads, burritos, smoothies
- 2 Himalaya Restaurant Ltd**
 6587 Main Street
Indian buffet
- 3 All India Sweets & Restaurant**
 6560 Main Street
Indian style cuisine. Try a samosa for \$1!
- 4 Roots Café**
 6502 Main Street
Fabulous coffee, baked goods, and poutine
- 5 Main Kabab Hut**
 215 E 49th Avenue
Donair
- 6 Triple O's**
 100 W 49th Avenue (Langara College)
Burgers and fries

Things to do

Explore more!
All locations are clickable



TOP THINGS TO DO 5

Family Friendly

- 1 **Science World** - Play and discover
- 2 **Favorite Beaches** - English Bay, Kits, Jericho
- 3 **Vancouver Aquarium** - Located in Stanley Park
- 4 **The Sea Wall** - Rent bikes and ride
- 5 **Granville Island Kids Market** - Play and shop

Adult Friendly

- **Stanley Park** - Walk and sightsee
- **Gastown** - Breweries and trendy eateries in this historic neighbourhood
- **Queen Elizabeth Theatre** - Catch a performance or a concert at one of the many venues downtown
- **Hiking** - Stawamus Chief, Lighthouse Park, or Quarry Rock offer great exploration of our city

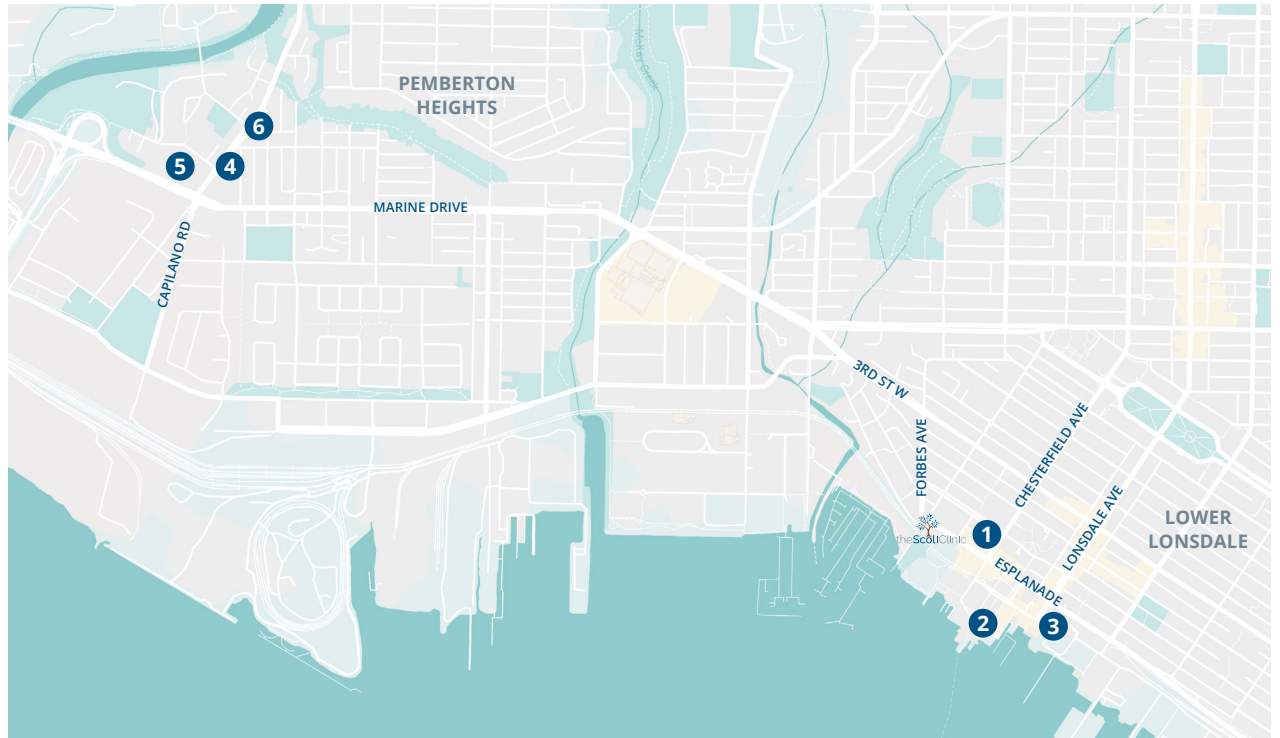
Places to stay

Downtown Vancouver has many more hotel and Airbnb options, and is only a 15-minute SeaBus and a 5-minute walk to the North Van clinic

Explore more!
All locations are clickable



Please check out AirBnb for other options in similar areas listed.



1 Quay Executive Rentals ★★

3 minute walk
215 W 1st St, North Vancouver, BC V7M 1B3
Can only be booked online

2 Lonsdale Quay Hotel ★★★

7 minute walk
123 Carrie Cates Ct, North Vancouver, BC V7M 3K7
T 604.986.6111

3 Pinnacle at the Pier ★★★★★

8 minute walk
138 Victory Ship Way, North Vancouver, BC V7L 0A7
T 604.786.7437

4 Econo Lodge Inn & Suites ★★

10 min drive | 30 min by transit
1748 Capilano Rd, North Vancouver, BC V7P 3B4
T 604.988.3181

5 Travelodge by Wyndham Lions Gate ★★

10 minute drive | 30 min by transit
2060 Marine Dr, North Vancouver, BC V7P 1V7
T 604.985.5311

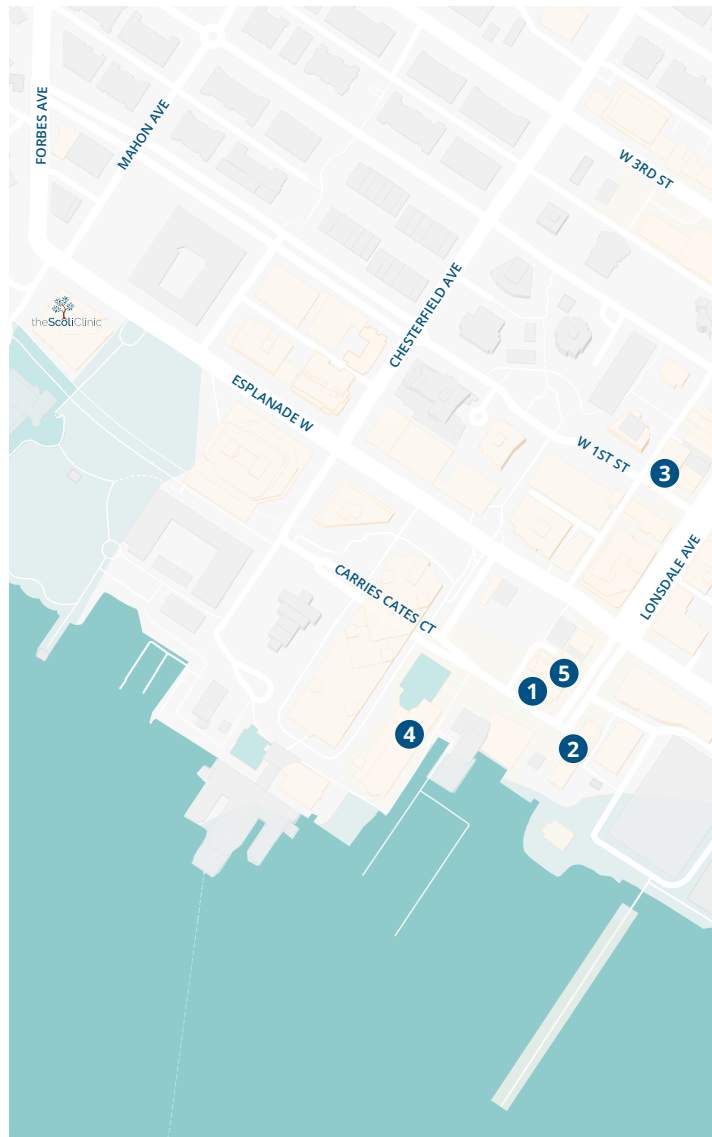
6 North Vancouver Hotel ★★

10 minute drive | 30 min by transit
1800 Capilano Rd, North Vancouver, BC V7P 3B6
T 604.987.4461

Places to eat

North Vancouver boasts a diverse and affordable culinary scene in almost any part of the city! Here are our suggestions of places to visit during your lunch breaks, all in easy walking distance of the clinic.

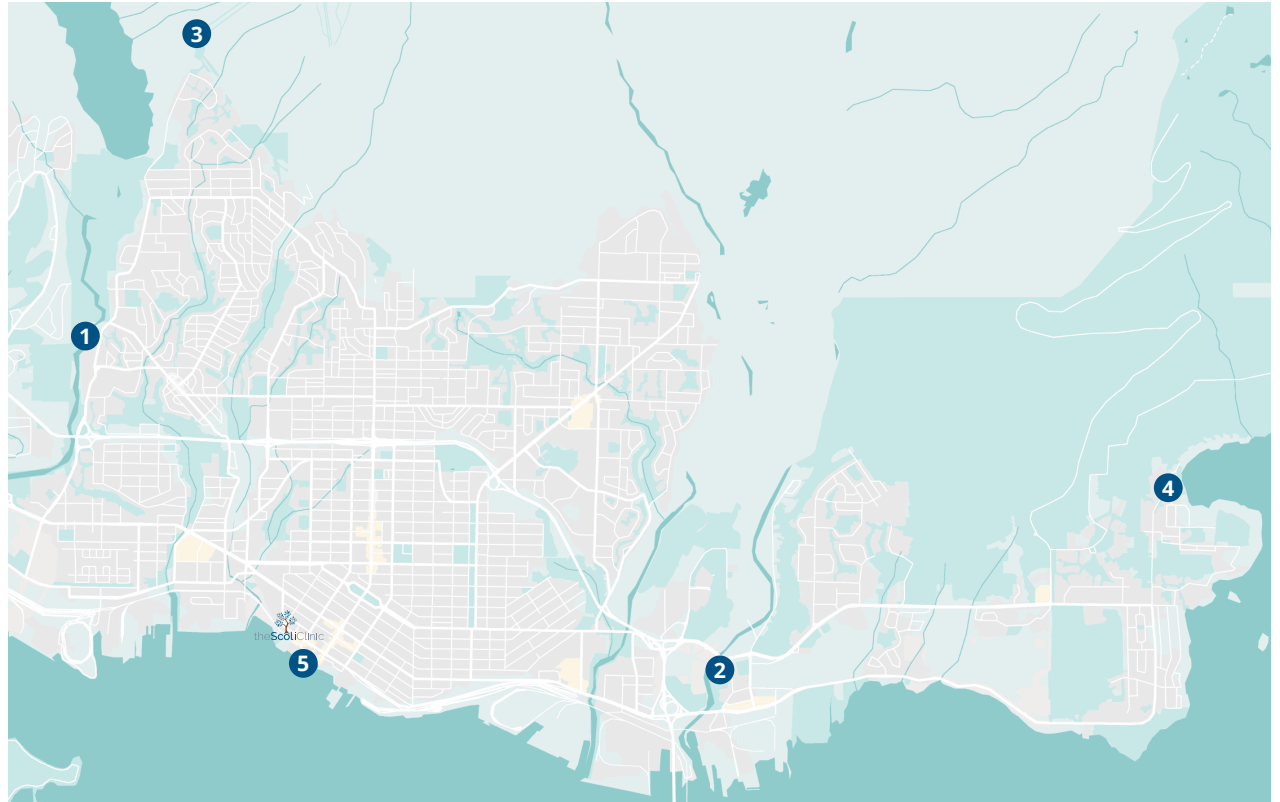
Explore more!
All locations are clickable 



- 1 Burgoo Bistro**
3 Lonsdale Ave
Traditional comfort food – try the grilled cheese!
- 2 Tap & Barrel**
3497 Fraser Street
Pacific Northwest fare, craft brews, great views
- 3 Buddha-Full**
106 W 1st St #101
Modern vegan cafe and juice bar
- 4 Lonsdale Quay**
123 Carrie Cates Ct
Public market with shops and a variety of food options
- 5 Anatoli Souvlaki**
5 Lonsdale Ave
Greek cuisine and cocktails

Things to do

Explore more!
All locations are clickable



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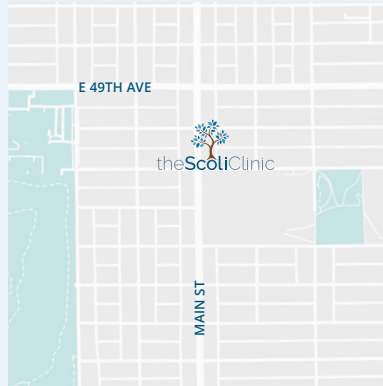
Family Friendly

- 1 **Capilano Suspension Bridge** - Beautiful forest walk
- 2 **Maplewood Farm** - Petting zoo and kids activities
- 3 **Grouse Mountain** - Hike 'Nature's Stairmaster' (summer) or enjoy the gondola to the top. Enjoy ziplines and more
- 4 **Deep Cove** - Rent kayaks or stand-up paddle boards, hike Quarry rock, and grab a treat from Honey's Doughnuts
- 5 **Lonsdale Quay** - Unique waterfront marketplace

Adult Friendly

- North Shore Ale Trail** - Breweries with more: <https://bcaletrail.ca/ale-trails/north-vancouver/>
- Seabus to Downtown Vancouver** - grab a bite at one of the many tasty restaurants, and check out a show or sporting event

Contact details



Vancouver

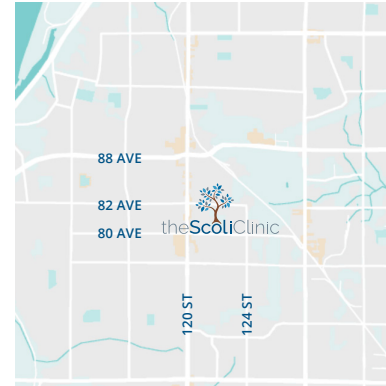
6632 Main Street
Vancouver, BC V5X 3H2

*Company
Headquarters*

T 604.336.0238
F 604.677.7279

vancouver@scoliclinic.ca

Accepting intensives at this location



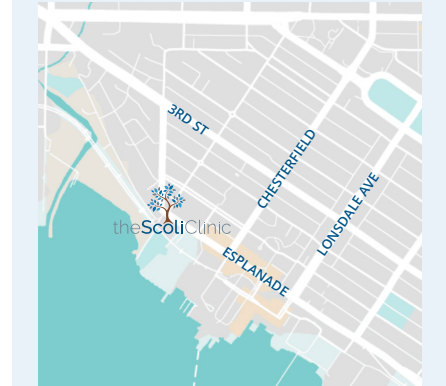
Surrey

118-12414 82 Avenue,
Surrey, BC V3W 3E9

*Clinic is located in Hodgson
Orthopedic Group*

T 604.336.0238
F 604.677.7279

surrey@scoliclinic.ca



North Van

203-267 West Esplanade
North Vancouver, BC V7M 1A5

*Clinic is shared with
ConnectPilates*

T 604.336.0238
F 604.677.7279

northvan@scoliclinic.ca

Accepting intensives at this location