



We're here to help kids, teens, and adults with Scoliosis or Scheuermann's Kyphosis stand tall from the inside out.

We provide individualized scoliosis-specific physiotherapy and massage therapy to help you address your concerns.

FAQ

Here are some of the most frequently asked questions and answers about our treatment sessions



How can The ScoliClinic help me?

This depends on what you're looking for. Our main goal is to provide education to each client to help them 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 Session?

We want to hear your story. Your sessions will start with an initial assessment, where we'll have an in-depth conversation about you or your child's scoliosis history, and the journey that you've taken so far.

Next, we will perform a physical assessment including scoliosis-specific 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.

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

The following sessions will be focused on providing you with education around daily activity or sport modifications, recommended sleeping/sitting positions, pain management strategies, and more. Your physiotherapist will help you learn the complex principles of scoliosis-specific exercises based on the Schroth Method, and then will create a home exercise plan that you can successfully complete at home.



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 them.





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 of 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 much does the treatment cost?

Initial assessments for both Physio and RMT are 75 minutes. Follow-up appointments range from 45-90 minutes, depending on your needs and preferences. Please visit our website for updated fees.

How do I pay for treatment?

We require all clients to pay The Scoliclinic for their treatments at the end of each session. Portions of your treatment may be eligible for direct billing. For remaining amounts, the accepted methods of payment include Visa, MasterCard, debit, or cash (we do not accept AMEX at this time).

Is treatment covered under extended benefits?

Sessions at The Scoliclinic may be directly billed to your extended medical benefits depending on your company and your plan. Treatment sessions are provided by Registered Physiotherapists and Registered Massage Therapists; we recommend that you check with your insurance provider as coverage may vary.

Why do you need my X-Rays? 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 the options for obtaining a disc 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.

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

It is ideal if our therapists can see the majority of your back, shoulders, and pelvis alignment to provide accurate cues while you exercise.

We recommend that clients wear fitted clothing, with a sports bra (where applicable) and leggings or tighter fitted shorts or pants. Please be prepared to tie long hair up in a bun. You can also bring a tight, plain and light-coloured tank top to wear over your sports bra.

If I have a brace, do I still need to do Physio?

Sometimes scoliosis curves are too large to be managed by physio alone, and custom bracing is indicated. However, bracing is not a substitute for physiotherapy. They are designed to work together to address your spine and your muscles so you are strong enough to maintain a more neutral posture without the brace.

For more information, or to book your appointment, call **604.336.0238**

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