

Frequently Asked Questions

Who is eligible for chiropractic treatment through their ICBC claim?

If you have been involved in a motor vehicle accident and have a valid claim number, you are eligible to receive chiropractic treatments.

Is it necessary to be referred by your family physician?

In some cases it is helpful to get an examination from your family physician before seeing a chiropractor. However, to begin the fully covered chiropractic program, you can go directly to your chiropractor.

How do I begin to receive treatment?

- Have your ICBC claim number
- Book a chiropractic appointment
- Inform the clinic that you have been involved in an accident
- Meet with the chiropractor to start your recovery

About Us

Apex Chiropractic recovery centres provides a variety of services. Some of these may be covered by your ICBC claim. Talk to your adjuster to find out more about your coverage.

Chiropractic

Registered Massage Therapy

Acupuncture

Custom Foot Orthotics

Shockwave Therapy

Open Weekends and Evenings!

Apex Chiropractic (Burnaby)

7634 6th Street

Burnaby, BC

Ph: 604-553-2828

Apex Chiropractic (Coquitlam)

108-3200 Westwood Street

Port Coquitlam, BC

Ph: 604-942-8838

www.ApexChiro.ca

Recovery from a Motor Vehicle Accident



Are You Experiencing:

Headaches

Neck pain

Back pain

Whiplash

Apex Chiropractic is part of **the ICBC Recovery Program** that gives accident patients full chiropractic coverage for the injury received in the accident with **No out-of-pocket expense to you.**

Why Chiropractic?



Our goal is to **MAXIMIZE your RECOVERY** and minimize any residual problem you may experience following your accident.

Chiropractic has been shown to help in recovery after a motor vehicle accident.

After the Accident

An accident causes joints, muscles and nerves to be subjected to uncommon forces and movements. It is important to have an examination by your family chiropractor as soon as possible to support the recovery process.

Your Recovery

After a careful and complete examination; a diagnosis and treatment plan will be designed for you to support the recovery process.

A Chiropractic Treatment may include:

Soft tissue therapy

Manual (hands on) therapy may increase blood flow, which decreases scar tissue formation, and inflammation restoring proper joint range of motion. This facilitates to **provide pain relief and healing.**

Chiropractic Adjustments

An adjustment is a procedure in which trained specialists (chiropractors) use their hands or a small instrument to apply a controlled, sudden force to a spinal joint. The goal of a chiropractic adjustment is to correct structural alignment and **improve your body's physical function.**

Exercise Prescription

Instruction and training for a program of **stretching, strengthening and coordination** exercises will be designed to restore your optimal function.

Stages of Care



Initial Intensive Care (Relief Care)

Eliminate or reduce the majority of the discomfort, pain and stabilize the condition in the shortest amount of time.

Rehabilitative Care

The second phase of your treatment program is to correct any underlying spinal injury as well as strengthening the muscles, improve spinal function and provide more complete or optimum healing of tissues and organ systems.

Maintenance/Wellness Care

The third and final option available to you is *wellness care*. It is designed to maintain your improved health and spinal function, and prevent the return of the original condition once spinal correction has been attained.