

About Us:

Visit KINESIOLOGISTS.CA for a list of all trainers and their bio's and our locations.

Our clean, private and modern
KINESIOLOGISTS.CA Studios
are located in the heart of Kitsilano and in the
Surrey /Cloverdale area:

KINESIOLOGISTS.CA Studio - Kitsilano

1698 West 6th Avenue
Office: 604-736-9858

KINESIOLOGISTS.CA Studio - Surrey

Unit 103-17665 66A Avenue
Office: 604-372-3233

*We also train at other locations by
appointment only. Call for ore details.*

For more information on fitness assessments,
program planning & design, active rehab
services or exercise prescription.

Please contact us at 604-372-3233



Kitsilano | Surrey/Cloverdale | East Vancouver
Phone: 604-372-3233 | email: info@kinesiologists.ca

Active Rehabilitation

for

**ICBC Claims
&
Private Insurance**

Kitsilano | Surrey/Cloverdale | East Vancouver

604-372-3233

web: kinesiologists.ca | email: info@kinesiologists.ca

Follow us on:



*A functional approach to
**Fitness &
Active Rehabilitation***

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A functional approach to **Fitness & Active Rehabilitation**

OUR SERVICE & PRICES

What is KINESIOLOGY?

Simply, kinesiology is the scientific study of human movement. It is a multidisciplinary approach to movement and encompasses such areas as human anatomy and physiology, biomechanics, and psychomotor behaviour. Our background prepares us to apply the most effective training techniques in the area of active rehabilitation and injury prevention through movement screening assessments, mobility work, strengthening, conditioning and personal training.

Why choose InFOCUS Wellness Inc?

Our team is qualified, experienced and will help you reach personal fitness or active rehabilitation goals as efficiently and effectively as possible. All of our trainers have acquired significant practical application of their knowledge.

We believe that clients benefit from our quiet atmosphere where they can not only learn all the necessary tools to facilitate their rehabilitation, but also initiate their program in the **comfort of our private studio** prior to a gradual progression into a community facility.

Each program will actively address balance, posture and stability limitations with a progressive exercise prescription that emphasizes self-empowerment and education. We will deliver the knowledge and techniques needed for the individual to reduce pain and restore their standard of living to the best of their abilities.

Intake Process:

Once approved by ICBC, lawyer, case manager and/or doctor, an initial assessment is performed which includes:

- Obtaining background information on medical history and treatments since accident.
- Detailing general work demands and job requirements if applicable.
- Pre-test screening (including heart rate and blood pressure, weight, etc).
- Modified Functional Movement Screens (FMS).
- Various range of motion testing.
- Quantitative measures including isometric strength, muscular strength and endurance, and cardiovascular endurance.
- Subjective measures including perceived limitations (Modified OSWESTRY, Modified Neck Disability Index), goals, etc.

Following the assessment we will provide our recommendations as to the number of sessions and the plan of action for approval.

Once approved, an individualized program plan is developed. Each program is developed to consider both the nature of the injury and the occupational and leisure requirements of the individual.

During exercise sessions, clients will be taught to perform their program's exercises independently of the kinesiologist. The number of sessions required to develop this independence will depend on the severity of injury and client's experience.

Active Rehabilitation Services/Prices:

Assessment & Report Fees:

Initial 'Mini' Assessment (Verbal/Email Report)	\$75
~1 hour - E-mail summary of basic recommendations	
Initial Assessment (Verbal Report)	\$125
1.5 hour - Verbal summary with recommendations	
Initial Assessment (Summary Report)	\$145
1.5 hour - Summary report with recommendations	
Interim Report	\$95
1 hour - Summary report of current progress	
Discharge Assessment (Summary Report)	\$145
1 hour - Summary report with recommendations	
Doctor/Lawyer/Health Professional Report ...	\$95
1 hour - Summary report of sessions-and progress to-date.	

Session Fees:

Active Rehab Session (~60 min)	\$75
Group Active Rehab Session (~60 min)	\$30
<ul style="list-style-type: none"> • Small Group (max 4 clients) in our private studio • Supervised by kinesiologist • Encourages self-direction, independence while promoting confidence • <i>Classes not always offered - dependent on demand.</i> 	

Other Fees:

Records/File Request (Based on BCMA Guidelines) \$Call	
Take Home Program (with diagrams for exercises)...\$89	
Travel Time (billed per 15 min portion)	\$75/hr

*GST not included in prices. Prices subject to change without notice.

We often arrange to charge ICBC or Private Insurance directly!