

ICBC INJURIES

Physical injuries from motor vehicle accidents are common, and sometimes severe. During a motor vehicle accident the body may be suddenly thrown forward, backward and/or sideways which can cause muscles, ligaments and tendons to stretch beyond normal. Injuries may range from simple bumps and bruises affecting soft tissues to more serious injuries such as bone fractures, joint dislocations, and traumatic head injuries.



Motor vehicle accidents may result in lost work time and difficulties dealing with day-to-day responsibilities. After you've been injured in a crash, it's vital to get the right treatment and support as quickly as possible. Many times, the effects of an accident are delayed or subtle. Seek medical advice as quickly as possible to ensure you are adequately treated and protected for the future.

Our reputation has been built on returning injured patients to pre-accident status levels of function. Our healthcare team of physiotherapists, massage therapists and exercise trainers work together to expedite your recovery.

www.gotophysio.com

ICBC COVERAGE

Generally anyone who has been injured in a motor vehicle accident is entitled to no fault part 7 benefits from ICBC, regardless of whose fault the accident was. Your basic ICBC autoplan has an obligation to pay physiotherapy expenses, medical expenses, and wage loss if you injured in a crash. Your Accident Benefits provide reimbursement for reasonable and necessary expenses for medical and rehabilitation services up to a limit of \$150,000.

It is important to know you have only 90 days following your accident to make your application to ICBC for coverage benefits, otherwise you may lose your right to these benefits.

How to start physiotherapy for ICBC related injury?

- 1) Report your accident to **ICBC**. Call (604) 520-8222. Make sure you get a **claim number**.
- 2) Meet your **family doctor** and tell them your injury is due to a car accident. Ask them about physiotherapy. Your doctor should write you a prescription referral for physiotherapy treatment.
- 3) Meet your ICBC Adjuster and ask them for the **Medical Benefits Form**. ICBC will pay for a portion of your physiotherapy treatments to help you recover from your injury.

5) Meet your **physiotherapist**. For your first physiotherapy appointment, bring your Doctor's name and referral, ICBC claim number, and BC CareCard.

Please note that ICBC does NOT cover the full cost of physiotherapy and a patient surcharge will be charged.

TREATMENT

On your first visit, your physiotherapist will assess your car injury, areas and intensity of pain, aggravating factors, and your range in motion. Your physiotherapist will develop a customized treatment plan to help relieve your pain and to help you regain your function.

Our motor vehicle accident programs involve advanced physiotherapy techniques coupled with an active exercise program lead by our onsite kinesiologist. Our physiotherapist and kinesiologist work closely together to develop a program tailored to you and your specific treatment area.

Your exercise program may include cardiovascular exercise using a treadmill or exercise bike, range of motion exercises using active and passive movement techniques, muscular strength and endurance using free weights or the vertical pulley, core strengthening using the exercise ball and stability using balance equipment. Some of our facilities have access to a swimming pool for aquatic therapy. Ask your physiotherapist whether aquatic therapy is suitable for you.