AFFINITY

WELLNESS CLINIC

Your Recovery Team at Affinity

Recovering from a car accident can feel confusing and a little overwhelming. This guide explains how your care may work at Affinity, so you know what to expect and can feel confident about your next steps.

A quick guide to your care after a motor vehicle accident

A GUIDE FOR OUR PATIENTS

At Affinity, exercise therapy is a clinic-wide foundation of rehabilitation. Our practitioners support active participation by helping you understand your condition, identify meaningful goals and develop a plan that may include exercise, education, activity modification and, when appropriate, hands-on care. Your plan will be adapted to your symptoms, abilities, preferences and progress.

You May See More Than One Kind of Practitioner...

And That's a Good Thing

You may work with one practitioner or several, depending on your assessment, goals, preferences and response to treatment. More care is not automatically better care; the goal is the right care for your situation.

Because exercise therapy is part of care across our clinic, your practitioners coordinate with one another when more than one practitioner is involved. This helps ensure your exercises are appropriate, complementary and manageable, rather than multiple unrelated routines.

Depending on your assessment, goals and stage of recovery, you may work with a massage therapist, physiotherapist, chiropractor or kinesiologist. Every practitioner at Affinity includes exercise therapy appropriate to their training and scope of practice, with coordination across the team when more than one practitioner is involved. Hands-on care may also be used when appropriate to support short-term symptom relief, comfort or movement. It is generally combined with education and active rehabilitation so you can build the strength, confidence and capacity needed for daily life and the activities that matter to you.

Each practitioner brings a different set of skills, and your care team communicates to support a coordinated recovery plan.

The Simple Version of Who Does What

Practitioner	How they may support your recovery
Massage Therapy	Uses hands-on treatment and may suggest exercise therapy to support comfort, movement and participation in your broader rehabilitation plan.
Chiropractic	May assess and treat movement and function of the spine and joints, and may use education, exercise therapy and other appropriate strategies to support mobility and recovery.
Physiotherapy	Assesses movement and function and uses education, exercise therapy and other appropriate rehabilitation strategies to help restore strength, mobility and capacity.
Kinesiology	Uses individualized exercise therapy and functional activity to rebuild strength, endurance, confidence and capacity for daily life, work, sport and other goals.

Recovery Isn't Only Physical

A motor vehicle accident can affect more than your body.

It's normal for some people to experience stress, anxiety, frustration, sleep difficulties or difficulty feeling like themselves after a collision. Counselling may be an important part of recovery and is one of the ICBC-covered services available through Affinity, subject to applicable ICBC requirements and treatment limits.

Please ask our team if you would like to learn more.

In the first 12 weeks after your collision, ICBC pre-approves a set number of treatment sessions for several health professions. Our team can explain how this applies to your plan.

When to Get Urgent Medical Help

Most symptoms after a motor vehicle collision can be managed through your rehabilitation team.

Contact your doctor, go to urgent care, or call 9-1-1 if you notice any of the following after your collision:

- New or rapidly worsening weakness, numbness, tingling or loss of coordination in your arms or legs.
- New loss of bladder or bowel control, inability to urinate, or numbness in the groin, buttocks or inner thighs.
- Severe neck or back pain with difficulty walking, or inability to move part of your body.
- Loss of consciousness, seizure, increasing confusion, unusual drowsiness or difficulty waking.
- A severe or worsening headache, repeated vomiting, new double vision, slurred speech or significant difficulty walking.

If you are unsure whether your symptoms need urgent care, call your doctor, HealthLink BC at 8-1-1, or emergency services when symptoms are severe or rapidly changing.

When it may be appropriate to contact Affinity

If your symptoms are stable or gradually improving and you do not have the emergency warning signs above, you can contact your chiropractor, physiotherapist or another member of your Affinity care team for assessment and guidance. Your practitioner can help determine whether treatment should continue, be modified or be coordinated with your doctor.

You're Part of the Plan

You know your body, your life and your goals.

Our job is to listen, explain the "why" behind your care and help you understand your options. Together, we can build a recovery plan that makes sense for you.

Please ask questions at any point. We want you to understand what we're doing and why.

Your Plan will progress with you

Recovery is not the same for everyone, and your needs may change over time. Your practitioner will assess your symptoms, movement, strength, function, goals and response to treatment, then adjust your plan accordingly.

Active rehabilitation is a clinic-wide foundation of care at Affinity. Depending on your needs, this may include education, comfortable movement, mobility exercises, strengthening, balance, conditioning, coordination and functional activities. Exercises are individualized, monitored and progressed as your capacity improves. If you are seeing more than one practitioner, your exercise plan will be coordinated with the rehabilitation team.

Hands-on treatment may sometimes be included to support comfort or movement, but it is used alongside, not instead of, active rehabilitation. The goal is not simply to feel better during an appointment; it is to help you move, function and participate more confidently in your daily life.

Your progress will be reviewed regularly. If you are not improving as expected, your plan may be adjusted or your practitioner may recommend coordination with another health professional.

Your recovery plan should grow with you.

Need Additional Support?

Affinity also offers other health and wellness services, including registered dietitian services and manual osteopathy. Coverage and eligibility may differ by service and by your individual circumstances.

These services are included in the standard pre-approved ICBC treatment benefits, so please ask our front desk team about fees and payment options before booking.

ICBC coverage rules and treatment limits can change. Our team can help explain the clinic's billing process, but your specific coverage should be confirmed with ICBC and your provider.

Our front desk team can help explain your options and connect you with the right practitioner.

One team. Different skills. One goal: helping you move forward and get back to feeling like yourself.