

KINACTIVE KAMP

YOUR GUIDE TO KAMP & WHAT TO EXPECT



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This all-inclusive guide explains session expectations, information about our team, travel recommendations, and much more!

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A letter from

Hey y'all!

Emily and Matt here. First of all, we are so honored that you chose KinActive for intensive therapy, and that you trust our team to care for your child and help them thrive. It's a privilege we do not take lightly, and something we have dedicated so much of our lives to. At the incarnation of Kamp, we had no idea what it was going to become. What we did know was that there were parents all over the world vocalizing a need for more in-depth support, in regards to pediatric gross motor development. We've since been dedicated to filling said gap through not only our treatment methodology, but through the educational resources we provide to parents and clinicians alike.

Intensive therapy isn't necessarily new, but the way we do it here sure is! Using a whole-body approach, we tackle the root issues that are limiting each child in order to build a sturdy foundation, and then progress from there. Our PT-Chiro model was created to get the very best results as efficiently as possible. A lot of people have doubted, criticized, or even gone as far as to discredit our professions for working together, but at the end of the day, we saw the results in these children and felt no other choice than to continue with what we were doing. So now, here we are!

Today, KinActive Kamp has turned into a world-renowned intensive therapy program with families coming from every place imaginable. This program was built on humility and empathy, with those two pillars serving as the foundation for what we do. We want every family that comes here to not be seen as just a client or patient, but as a unit with an individualized and unique story that we want to be part of.

Emily & Matt

Every member of our team has been extensively vetted, meticulously trained, and are equally as passionate about our treatment model as we are. This way, we can ensure that each and every patient that comes through our doors is receiving the same caliber of intensive care, no matter whom they're working with during their time with us.

We are so excited to have you here and are looking forward to seeing your child rise to their potential and beyond. Once you're part of the KinActive Family, you're in it for life and we will always be a resource to refer back to if you ever need anything.

Where others see "impossible", we see opportunity, and we can't wait to see what we can accomplish together!

- Emily and Matt



Before You Arrive

After Booking

- Alexis will be in touch to coordinate your free masterclass access. Use your course as a purposeful play guide to get the ball rolling before Kamp!
- Secure your travel and accommodation arrangements*
*more info and recommendations on page 15
- Provide any scheduling preferences to Elyse (elyse@kinactivekids.com) so we can be mindful of nap times, feedings, etc. when setting your session schedule.
- Ask your pediatrician for a prescription for physical therapy*
*You can either bring it to the office on your first day of Kamp OR have your pediatrician fax it over to us (fax: 817-549-5866)
- Join our KinActive Kamp Families Facebook Group to connect with current and alumni Kamp Families!



Scan to join the
Kamp Family
Facebook Group!

30 Days Out

- Call or text our office (817-224-2202) to book your pre-Kamp virtual session so you can meet your lead clinician, ask questions and set Kamp goals
- Pay the remainder of your Kamp tuition as well as your final housing payment (if applicable)

1-2 Weeks Before

- Fill out intake paperwork and sign consent forms via your Jane App Account (this is where you paid your initial deposit)
- Review your finalized session schedule
- Pack your bags and REST to prepare for the hard work ahead!



When You Arrive

HOW TO FIND US

We are located at 1205 S. White Chapel Blvd. Suite 230 in Southlake, TX

Enter the front door of building 1205, then take the elevator or stairs to the second floor. Turn left and we are the first suite you will see!

Important Contacts

Main Office



(817) 224-2202 (call or text)



kamp@kinactivekids.com

Monday-Thursday
8:30 AM-4:30 PM CST

Fridays
8:30 AM-12:30 PM CST

Beverly Obregon



817-224-2202



beverly@kinactivekids.com

Beverly is your emergency contact during Kamp should you need support on evenings and weekends



Session Expectations

KinActive Kamps are the **first and only** therapy intensive that combines physical therapy and chiropractic care to help children achieve new milestones.

HERE'S WHAT YOU CAN EXPECT DURING YOUR STAY!

FREQUENCY

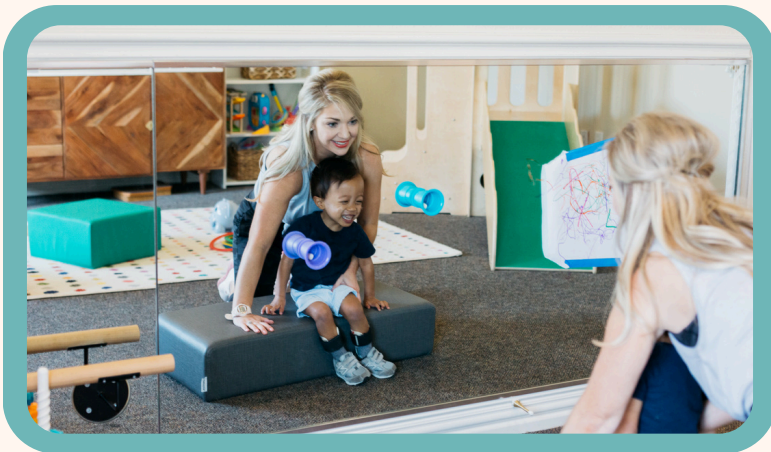
- Kamps consist of five weekly sessions in which your child will receive both PT and chiropractic care.
- We are open Monday-Friday. Depending on who your lead clinician is, you will either do your fifth session on Fridays or double up one day each week.

DURATION

- You can expect each session to be about an hour - *but please note that session duration may vary slightly during your stay.* Our methodology is results-focused, not driven by time.
- We don't set a timer for sessions. Instead, we work toward specific goals each day and take your child's stamina into consideration too. Some sessions may be 45 minutes, some may be over an hour, and some may take exactly 60 minutes!

RECOVERY

- Physical therapy is exhausting for patients of all ages, but especially kids! During your stay, your child will be using muscles that they may have never used before, and their bodies will need to recover accordingly.
- Throughout your Kamp, your child may experience muscle soreness, increased appetite, fatigue, etc. We often hear parents say their child has never slept or ate better than they do during Kamp!





The Kamp Method

HOW WE'RE DIFFERENT

The KinActive Method is 100% unique to our clinic. It's a collaborative, hyper-intentional treatment approach that combines physical therapy and chiropractic care in order to go beyond what's possible in traditional treatment sessions. The Kamp Method is comprised of three core pillars.

1. Collaboration:

You'll work with multiple clinicians during your Kamp, including our co-owner and team chiropractor, Dr. Matthew Otteman, DC, who will be in all of your sessions. Our entire team meets weekly to share insights, discuss any changes to treatment plans, and create cohesive plans of action for each of our Kampers.

2. Purpose:

You're coming to Kamp for a reason, and we're dedicated to fulfilling that purpose in each of your sessions. Our treatment approach is direct, efficient and intentional. Not to toot our own horn, but you'll get more out of a 30-minute session with us than you would get out of an hour at most PT practices.

3. Expertise:

All of our clinicians have at least eight years of experience in their respective specialties and Dr. Emily supervises all of our Kamps. The foundation of our success is based on our methodology and approach to ensure we give families the results they deserve, no matter who is actively working with their child.



Cancellation Policies

We get it, things happen! Below are our office policies, should Kamp sessions need to be canceled. Please note that our team will do the best they can to accommodate any and all cancellations; however, due to our patient volume, we cannot guarantee that all sessions will be able to be rescheduled during the duration of your Kamp. In addition, we cannot guarantee that rescheduled sessions will be at the same time or with the same clinician(s) as your original sessions. Thank you in advance for your patience, understanding and flexibility!

SICK POLICY

The health and safety of our clients and staff is our number one priority. Sessions will be canceled if your child presents any of the following:

- Fever
- Vomiting
- Diarrhea

Should these symptoms present during your Kamp, then we will work to reschedule all missed sessions. Your child must be free of the above symptoms for a minimum of 24 hours before returning to Kamp. No exceptions.

INCLEMENT WEATHER

In the event of inclement weather or a natural disaster, KinActive Health, LLC follows all guidelines provided to the Carroll ISD school systems. If Carroll ISD schools are closed due to inclement weather, our office will be, too. For more information on where to access inclement weather announcements, please visit the Carroll ISD website, www.southlakecarroll.edu/Page/354.

CANCELLATIONS AND RESCHEDULING

After your Kamp is booked, you will receive an email asking you to register with On-Patient. A detailed appointment schedule will be available via the "**On-Patient**" app once you've registered and logged in. Should you need to cancel or reschedule a session for any reason, we ask that you adhere to the guidelines below:

- You must download the "On-Patient" app to view appointments. For cancellations and rescheduling, please call the office.
- Cancellations should be made as soon as possible, but we ask for a minimum of 24 hours for Kamp session cancellations.
- No-show appointments cannot be made up or rescheduled.
- Rescheduled sessions are booked based on session availability; therefore, we cannot guarantee whom make-up sessions are done with or when they'll take place. At the end of your Kamp, any outstanding make-up sessions will be scheduled as virtual wellness follow-ups.







Staying Healthy

IMMUNITY SUPPLEMENTS

We understand getting sick is part of life, but travel can make us extra susceptible to illness. While occasional rescheduling can be necessary to accommodate sick days, we want to do everything we can to prevent it. That way, your family can get the most out of your Kamp experience!

We've compiled a list of recommended supplements to prep your child's immune system for your upcoming Kamp travels. Following this plan can help reduce the risk of illness before and during your Kamp, so you can attend all of your scheduled sessions. This plan can be ordered online and delivered to your door, and there's an option for parents, too! As with any supplement or medication, please speak with your child's pediatrician and/or your primary care provider if you have any questions or concerns.

Scan the QR code below to purchase the pediatric immunity supplements (shown below) and learn more about our immunity protocol for adults!

ITEMS	INSTRUCTIONS	PRICE
 <p>Vitamin D3 Infant Drops (0.37oz) Nordic Naturals</p>	<p>1 drop once per day* *Can double dose for immunity purposes to 800IU daily.</p>	<p>\$14.95</p>
 <p>DHA Infant (2oz) Nordic Naturals</p>	<p>5 milliliters once per day* *Take with food</p>	<p>\$16.99</p>
 <p>Optimal Liposomal Vitamin C (5oz) Seeking Health</p>	<p>1 teaspoon once per day* *Work up to 1 tsp, as this supplement can cause loose stools.</p>	<p>\$32.99</p>
 <p>Ther-Biotic For Infants Probiotic (2.33oz) Klaire Labs</p>	<p>1 scoop once per day* *Contains chicory. If patient has eczema or other fungal issue, see us for an alternative.</p>	<p>\$41.99</p>



MEET THE KAMP TEAM



Dr. Emily Heisey, PT, DPT

Emily is a graduate of UT Southwestern and has practiced pediatric PT for over 13 years. She founded KinActive Kids (formerly Kinesio Kids) in 2020, and her in-person clinic has since expanded into virtual wellness, clinician education and, of course, KinActive Kamps.



Dr. Matt Otteman, DC

Matt is originally from Chicago, and has over 12 years of experience helping clients of all ages facilitate functional movement. Before joining the KinActive team, he played professional baseball with the Seattle Mariners and worked as a Sports Performance Specialist. These experiences led him to finding his passion in the chiropractic field.



Jamie Pharr, PT

Jamie is a UTMB-Galveston graduate with over 12 years of pediatric PT experience. As a mom to four, sporty boys, "proactivity" is the name of her game. She is especially passionate about helping babies 4-18 months old build a strong foundation for future mobility and milestone achievement.



Dana Harrison, PT, MPT

During her 25 years as a pediatric PT, Dana has worked in a wide-range of treatment settings to help patients with various neurological, genetic and physical delays. She loves patient care, and considers it an absolute honor to walk beside families through all of the triumphs and challenges during sessions.

How Kamp Came to Be



PT & Chiro Are Better Together

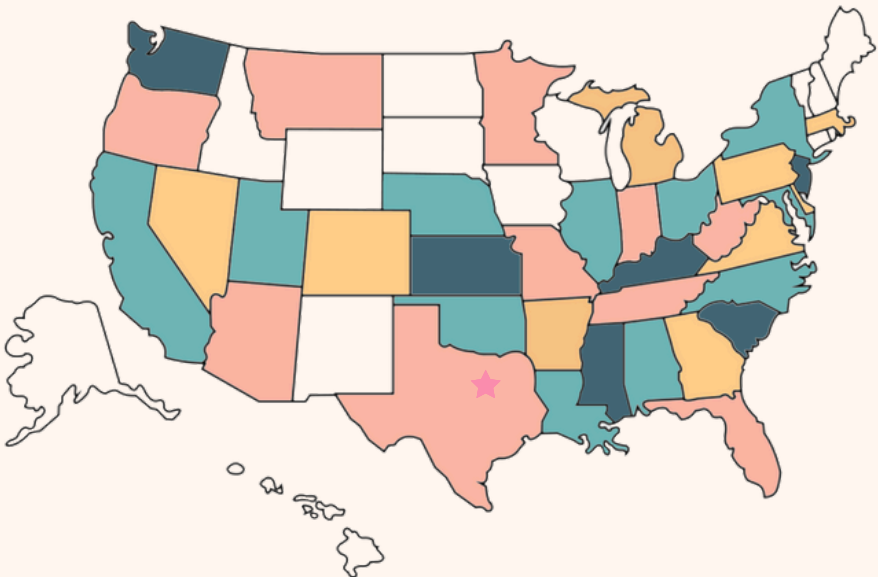
Dr. Emily Heisey, PT, DPT and Dr. Matt Otteman, DC began working together in 2020 after Emily saw a growing demand for families wanting to work with her face-to-face instead of online or via Instagram.

She was committed to providing a service that was unlike anything anyone had ever experienced, so she called Dr. Otto and, together, they created a hands-on, custom-tailored intensive therapy program. With over 10 years of experience within their respective areas of expertise, Emily and Matt have fine-tuned a game-changing program that combines chiropractic and physical therapy treatment methods to strengthen kids' muscles, increase mobility, build confidence, and encourage independence.

Kampers Across the Globe



Since we started KinActive Kamp two years ago, we have had the opportunity to work with over 170 families across the U.S. and around the globe! With our continued success and growing outreach, we have completed over 250 Kamps for patients across 15 different countries and 36 U.S. states (as of January 2023!). We are excited for you to join us and are thrilled to be a part of your journey.





All Things Travel

WELCOME TO KAMP

We are located at
1205 S. White Chapel Blvd.
in Southlake, TX

DFW Airport: 10 min
Love Field: 35 min



Where to stay?
Hotels Near By:



In Grapevine

- Hilton Garden Inn DFW North Grapevine
- Holiday Inn Express & Suites DFW Airport
- Comfort Inn Grapevine
- Gaylord Texan Resort
 - Hyatt Place Dallas/Grapevine
- Hilton DFW Lakes
- Hampton Inn & Suites Dallas-DFW

In Trophy Club

- Aloft Fort Worth Trophy Club
- Marriott Dallas/Fort Worth Westlake
- Holiday Inn Trophy Club
- WoodSpring Suites Trophy Club
- Hampton Inn & Suites Trophy Club - Fort Worth North
- Homewood Suites by Hilton Trophy Club

In Southlake

- Delta Hotels by Marriott Dallas Southlake
- The Westin Dallas Southlake
- Cambria Hotel Southlake DFW North
- Hilton Dallas/Southlake Town Square

Family Activities

- Legoland Discovery Center
- Grapevine Vintage Railroad
- River Legacy Living Science Center
- Ripley's Believe It or Not! Amusement Park
- Texas Star Dinner Theatre
- Peppa Pig World of Play
- Sporting Events @ Globe Life Park / AT&T Stadium
- SEA LIFE Grapevine Aquarium
- CAMP Family Experiences
- American Girl Store & Bistro



KINACTIVE ACCOMMODATIONS



KinActive House

3 bed / 2 bath

Equipped with a a crib,
high chair & booster seat

Large yard & playground

~10 miles (20 min.)
from the office



KinActive Apartment

2 bed / 2 bath

Equipped with a crib &
booster seat

Access to all of the
complex's amenities,
including the pool & gym

~5 miles (12 min.)
from the office



Scan to view pricing, photos, videos and a full inventory list
for both of our housing options!

Questions?

WE HAVE ANSWERS

I have other kids. Are they allowed to be in session, too?

It depends on their age! Typically we have a room open for older kiddos to hang out in during their sibling's Kamp sessions. Siblings and other relatives are also invited to hang out in our waiting room, if needed. The less distractions during your Kamp, the better!

My child hates PT. Is it OK if they're fussy?

Our team is incredibly "scrappy", as we like to call it, and work really well with any kiddo who is fussing or having a difficult time. We've been known to pull out all the stops to find the best toy, treat, reward or distraction to help get the job done while keeping your child as happy as possible. Our intensives are hard work, and sometimes when kids come to us they've never cried during therapy, but will cry here. Often this is because they have not been pushed to their potential and, in our experience, the crying settles down as time goes on. At the end of the day, we're all on your kiddos team and if there's anything that needs to be changed for treatment we will absolutely do that and honor parents requests.

Any ideas to help with funding?

KinActive Health is a cash-based clinic and, therefore, we do not accept any form of insurance or provide superbills for our services. We can accept HSA, and also encourage families to look into getting grant funds through local foundations and community efforts. Many of our Denver locals have been able to obtain funding through Rocky Mountain Human Services, for example!

Can other family members receive chiropractic care?

This question is music to our ears! Dr. Otteman is happy to provide chiropractic treatment to family members of active Kampers. Please note each treatment is \$50, with payment due at the end of the session.

Is it possible to extend our Kamp?

Yes, but we can't guarantee clinician availability. If at any point you are interested in extending your Kamp or booking a follow up Kamp, please get in touch with Elyse to see what openings we have.

Do you offer an alumni discount if we want to come back?

Absolutely! If you choose to return for another round of Kamp, you'll receive 5% off. This discount applies to all Kamps after your first!

We're from outside the U.S. Can your team help us acquire a Visa?

We sure can! We know that the Visa process can be long and time-consuming. Please let us know as soon as possible if you're going to need any documentation and/or a Letter of Medical Necessity so we can get you all of your travel requirements in a timely manner.

Should I rent a car and, if so, where can I do that?

We highly recommend renting a car! Cars can be rented in the designated car rental areas at both DFW and Dallas Love Field Airports. This is extremely helpful in making it to appointments on time along with enjoying leisure time when you are not in the office. Unfortunately, Southlake does not offer any form of public transportation. Uber and Lyft are both options but are less reliable than a rental car.

How can I stay connected with other Kamp families?


Join the KinActive Kamp Families Facebook group!





*Thank you for booking your
Kamp. we look forward to
seeing you soon!*

Don't forget to tag us in your pre-Kamp pictures and videos for a chance to be featured on our Instagram!

 kinactive_kids