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Newmarket Physio Clinic

PROJECT DETAILS

CLIENTS

Jessica Rawlins, Taylor Campbell and Mike Lenart

LOCATION

Newmarket, Ontario

DESIGNER

Royal Homes

PROJECT DATE

November 2021

PROJECT DURATION

9 months

PROJECT SCOPE

2,300 sq ft physiotherapy clinic comprised of 3 prefab modules

BUILDING DESIGN

- Circular open-concept design
- 800 sq ft gym
- 16' ceiling peak
- 3 private treatment rooms

Overview

Prefab for a physio clinic? Believe it. It's hard to imagine that nothing but a run-down eyesore house and a ramshackle garage stood on this long-neglected lot on Bogart Creek. Fast-forward less than a year, and there now stands a state-of-the-art 2,300 sq ft physiotherapy clinic to treat everyone from kids and weekend warriors to seniors and elite athletes filling this mid-city clinic with physio flourish. The requested design of this project did help us with this regard as we were able to build and finish much of the project in our production facility. We then installed the expansive large cathedral ceiling roof system onsite. Sydney, an elite university athlete from Tennessee, can now fling her baton high in the air of the wide-open gym space at Prospect Physiotherapy. Delivering a building into an urban area had its challenges including ensuring delivery to the site without impacting city infrastructure; however, the marriage of conventional construction and modular construction worked well to deliver all our clients' needs

“We're super, super happy with it and have had such good reviews from people coming in.” Jessica Rawlins, Co-Owner

Vision

The Prospect Physiotherapy Clinic was the vision of three people Jessica Rawlins, Taylor Campbell and Mike Lenart. Jessica Rawlins was a long-distance runner who earned a place in McMaster University's Sports Hall of Fame and represented Canada at the World University Games. Jessica has an equally-energetic pair of physiotherapist co-owners in Taylor Campbell and Mike Lenart. Taylor is also a physiotherapist with the national para-equestrian team. Mike participated in the 2022 Beijing Winter Olympics with the national para-hockey team. “We work with all types of different clients,” Campbell said, admiring the space that came together when three prefab modules were set by crane in June, 2021. “We're so lucky to have a facility that will treat them all.”



“ It’s been amazing. The facility is incredible. ”

Jessica Rawlins, Co-Owner

Project Journey

This was a very challenging site due to the limited size of the property and the project being adjacent to Bogart’s Creek. Despite the natural design challenges to contend with, including the regulatory flood elevation, soil conditions, and grading, Prospect Physiotherapy opened in November 2021. In a span of nine months, Royal Homes removed a derelict old home from the site, installed a specially engineered foundation with steel helical piles, and delivered and finished on-site a modern, commercial-use physiotherapy clinic. “We’re very happy with the finished product that Royal Homes has put together,” Lenart said as 2022 began. “It’s a fully accessible facility, which we love. And the easy access, close to the hospital (Southlake Regional Health Centre), is absolutely great for us.” And clients, like Sydney, are enjoying a Prospect Street physiotherapy clinic like no other.

BUILDING DESIGN

The innovative clinic is built from three prefabricated modules that together make for a total of 2,300 square feet.

Placement of the building was mission critical to allow for all the design requirements. We had to have space for:

- A barrier-free entry (ramps)
- Minimum required parking spaces (including barrier-free spaces)
- Loading zone
- Proper grade control (for drainage) for site entry and neighbouring properties

The space was quite limited when accounting for the above items along with complying with site set backs from the natural hazards. The Clinic had to be pushed as close to the South lot line as possible to gain every inch of space available, which also meant the side of the building adjacent to the neighbouring property was built as a fire separation.

INTERIOR DESIGN

The clinic is fully accessible with a circular, open-concept design. The compact layout still required a widened, barrier-free path of travel throughout, private treatment areas, and a large open space to allow flexibility for multiple treatment options. The facility features three private treatment rooms and an 800-square-foot gym space, with a ceiling that reaches up to 16 feet at its highest point. “The facility is incredible,” said Jessica Rawlins, co-owner and physiotherapist at Prospect Physiotherapy. “We love the design of the space.” The high gym ceilings enable athletes like Sydney to toss her baton without worry or slide into one of the clinic’s treatment rooms off the circular building layout. We also had to waterproof the crawlspace utility room to ensure the mechanical systems would be protected from the potential of flood elevation concerns.



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