

## The Team



**Elizabeth Owner/Physiotherapist BMR(PT), CAFCI, E3V3/Level 3 Upper & Lower Manipulation, Kinesiotape 1-3, MacKenzie A-D, Accredited McKenzie Practitioner Instructor**

When I moved to Lethbridge in 1988, I originally intended to stay for only one year. It has been a long year! Although the Maritimes and the lakes of Manitoba, the varied landscapes around Southern Alberta more than make up for that.

Now that both my kids are adults and I'm no longer needed as "mom taxi," I enjoy walking, Nordic Pole walking, hiking, scrapbooking, but I have to admit, I've not done much in awhile!

Since the beginning at Peak in 1992, I have always used the best treatment options for my clients including exercise therapy and manual therapy. I have trained other therapists to help achieve the best possible outcomes. In 2014, I received my Certification in Mechanical Diagnosis and Treatment from the Canadian College of Chiropractors and I can't be more happy with the results my patients get from this approach. I am also certified in Spinal Manipulation which can help with pain management for some clients.

What keeps me motivated? Hearing "thank you" from happy clients! I also enjoy helping injured workers return to rehearsals or judoka back to the tatami.



**TimPhysiotherapistBScPT, FCAMPT, CAFCI, MacKenzie A,B,C&D, Kinesiotape**

I have been involved with the sport of speed skating most of my life. I was the Head Coach of the Lethbridge Speed Skating Club. I have now moved on to other adventures. More recently, I took up mountain biking and now compete in endurance events.

Outside of my sporting life, I have a wife and four adult children.

I am a fellow of the Canadian Academy of Manipulative Physical Therapist (FCAMPT) and certified in Medical Acupuncture. I work with patients who are dealing with acute or chronic pain (sprains, strains, and automobile accidents). I like to incorporate humour in my treatment to help patients understand the nature of their injury. <sup>^</sup>



## **BenPhysiotherapistBSc(Neuroscience), MScPT**

Hello, my name is Ben. I was born and raised in Lethbridge. I completed my Bachelor of Science in Neuroscience at the University of Alberta and my Master of Science in Physical Therapy at the UofA. I have returned to Lethbridge as this is where most of my friends and family reside.

I enjoy spending time with friends and family from anything between playing board games to going on hikes. I spend time at the gym to improve upon my own health and fitness, as well as challenge my body's mental and physical capacity.

I am passionate about helping people understand their own situation, so they are better equipped to tackle their goals. I would encourage you to do so. My treatment philosophy starts with education and consists of primarily exercise and functional training.

I look forward to meeting you in the clinic and being part of your rehabilitation journey!



## **JessiPhysiotherapistMScPT, Pelvic Floor Therapist Level 1**

Hi, Iâ€™m Jessi! I was born and raised in southern Alberta. I started my degree in exercise science at Medicine Hat College. I played womenâ€™s volleyball. From there, I moved to Lethbridge to finish my degree at the U of L. I then moved up north to Calgary.

Being from a small town in southern Alberta, there wasnâ€™t a ton to do except â€˜sportâ€™. I played volleyball, soccer, track and field. I still enjoy playing recreational slo-pitch throughout the summer and continue to stay as active as I can by going to the gym or hitting up a court to play some sports.

I enjoy maintaining an active lifestyle and am known to be a bit of an animal-person. Our house is chaotic with a toddler and two dogs. Iâ€™m considering adding another dog or two to our fur-family!

I am passionate about educating clients. Knowledge is power and understanding your injury and/or pain is the first step to recovery.

I am so excited to continue my career here at Peak and I canâ€™t wait to meet you!



**Michelle Exercise Therapist/Kinesiologist BSc(Exercise Science), CSEP Certified Instructor, Kinesiotape 1&2, Osteoporosis: Prevention, Treatment & Management Walking Instructor**

Hi, I'm Michelle! Born and raised in Lethbridge, I attended the University of Lethbridge and graduated with a BSc (Exercise Science) in 2011. Shortly after, I started working at Peak, as a Kinesiologist, and have thoroughly enjoyed my time working individually with clients on their exercise programs. I particularly like helping injured workers get back to their jobs through their rehabilitation in order to achieve their fitness and lifestyle goals. It is so rewarding to see someone with a love of physical activity!

Michelle Exercise Therapist/Kinesiologist BSc(Exercise Science), CSEP Certified Personal Trainer, Pilates Instructor

In my spare time, I enjoy reading, hiking, golfing, swimming, and travelling. During my travels, I have discovered snorkelling, paddle boarding, and kayaking. On my travel bucket list is to one day snorkel the Great Barrier Reef and visit Africa!

I look forward to helping you out in the gym with your personal exercise program and getting you back into your peak!



Michelle Exercise Therapist/Kinesiologist BSc(Exercise Science), CSEP Certified Personal Trainer, Jofilates I

## **ChrisExercise Therapist/Kinesiologist**

Hi I'm Chris! I recently graduated from the University of Lethbridge receiving my BSc in Kinesiology in the spring of 2017. My goal is to help people reach their personal goals while educating them about the reasoning behind treatments. My long term goal is to help people. I have been involved in Judo for 18 years and made the national team in 2016 before retiring from competition. I also enjoy playing tennis, dirt biking, ski-dooing, and jet boating in my spare time.



ChrisExercise Therapist/Kinesiologist

## **CarolynPTAide/Clinic "Mom"Phyiotherapy Aide, Front Desk Assistant**

I am originally from Manitoba, and I have lived in Lethbridge since 1985. My favorite activities are camping, exercising, and spending time with my family.

Although my official title is Physiotherapy Aide, I now mostly cover the front desk. I am also in charge of the equipment and training the new staff. I do my best to keep everyone on time and organized, and make sure our team is the best in Lethbridge.

**PEAK**  
PHYSICAL THERAPY

## **AureliaPatient Experience Manager**

You might not see her smiling face behind her mask- but she is almost always smiling! Aurelia will help you understand your sessions and help you navigate the insurances you might need to use .



## **HaleyPatient Experience Coordinator**

Haley will help you manage your appointments with us and follow up with you to make sure your physio needs are being met.



## **Elizabeth Owner/Physiotherapist**

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## JessiPhysiotherapist

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## **Michelle Exercise Therapist/Kinesiologist**

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