

Services

Physiotherapy

Physical Therapists have been dubbed the “movement specialists”. We combine our in-depth knowledge of the body and how it works, with specialized hands-on clinical skills to assess, diagnose, and treat your symptoms.

Our therapists use a hands-on approach to help you restore, maximize and maintain movement, as well as improve function and quality of life.

Physical Therapy includes a wide range of techniques including:

- Manual Therapy
- Therapeutic Exercise
- Intramuscular Stimulation (IMS)
- Acupuncture

Your therapist will determine which of the techniques are appropriate for you and your injury.

Most importantly, Physical Therapy is a partnership between your therapist and YOU.

- They will work with you to set treatment goals
- They will create a customized plan to meet those goals with your help
- They will educate you about your injury or condition, and teach you techniques to avoid future injury

The rehabilitation process is an ACTIVE one! Without YOUR help, your recovery can be limited.

Together - you can achieve maximal results!



If you are coming in for a private assessment, please fill out the form below and bring it to your appointment.

Private Intake Form

If you have been involved in a Motor Vehicle Accident or an injury at work resulting in a WCB claim - we can help! Just fill out the forms below and bring them with you to your appointment.

MVA Client Intake Form

WCB Client Intake Form