

Services

Physiotherapy

Physiotherapy is a rehabilitative specialty that uses hands-on movements and mechanical force to heal injuries and restore functional mobility.

We start the process with a thorough assessment of your injury or condition. Then our licensed and experienced physical therapists recommend a program of treatment customized to your unique needs.

Our goal is to use a combination of hands-on therapy as well as modalities to promote healing of injuries or management of conditions and allow you to get back to your normally active lifestyle as quickly as possible.

Physical therapy is combined with elements of education and exercise to ensure that you can continue to be an active partner in your rehabilitation between clinic visits.

Therapies can include electrical stimulation, ultrasound, low-laser therapy and joint mobilization, joint manipulations, IMS among many other elements.

Physiotherapists

Beant Brar

Gunraj Trehan

Gurpreet Brar

