ABOUT US

At Physiotherapy on Lakeshore, we are strong believers in achieving greatness and always aspiring to be better. We take this notion to the next level when it comes to fitness and health. Our main focus is to return you to the activities you once enjoyed, while preventing further injury. Your recovery process will be guided by a team of Registered Professionals each with their own expertise. Have a closer look at the Physiotherapy on Lakeshore family below. Drop by our clinic on the lake and have a quick consult with some of our Registered Professionals to see if we are the right fit for you.

PHYSIOTHERAPY

Physiotherapy requires a personalized treatment plan that takes into account your unique set of symptoms and goals. We start each treatment plan with a thorough assessment and diagnosis. Taking into account your diagnosis we create a treatment plan with the intention of improving your joint mobility, muscle strength, balance, posture and endurance.

During your initial visit, our qualified and experienced physiotherapists will take you through an orthopedic and neurological assessment to assess your current condition. We take into account your complete health history, and carry out any necessary physiotherapy tests so that we can design the best custom treatment plan for your needs.

CHIROPRACTICS

Your treatment will begin with a thorough chiropractic exam to diagnose your current condition. This diagnosis will become the basis of the treatment plan, from here our incredibly qualified chiropractors will track your progress.

Chiropractic care uses a non-invasive, gentle approach on the affected joints and tissues to increase mobility. Throughout each treatment, we keep you informed and comfortable. We encourage our patients to ask questions. Your comfort, both physical, and emotional is our top priority, which is why we create customized treatment plans based on medical research, evidence based results, and your unique set of symptoms and goals.

ACUPUNCTURE

Acupuncture, is a precise treatment that is conducted by inserting tiny needles into different points on the body. Medical research has proven that there is a relationship between properly administered Acupuncture and improved wellbeing. Our registered Acupuncturists make sure that each treatment is relaxing, informative, and re-invigorating.

If you suffer from chronic pain, Acupuncture can deliver much needed relief. Acupuncture has been proven to relieve pain associated with headaches, neck and back pain, arthritis, pregnancy, fibromyalgia, carpal tunnel syndrome, osteoarthritis, and many more temporary and permanent conditions. If you would like to know if Acupuncture can help you, our registered Acupuncturists are available to discuss the process, risks, and benefits with you today.

MASSAGE THERAPY

By using a variety of strokes and pressures in addition to massage oils Massage Therapy relieves stress, reduces chronic pain, and increases blood circulation which benefits the entire nervous system. Whether you are seeking Massage Therapy to recover from a car accident, ease chronic pain, or would benefit from a Prenatal Massage, Physiotherapy on Lakeshore is able to assist you in decreasing your everyday pain.

Our qualified team of Registered Massage Therapists undergos frequent re-education, and eagerly seek additional accreditations to be able to provide our patients the best care possible. Our patients benefit from therapeutic massage, deep tissue massage, myofascial release, lymphatic drainage, trigger point techniques, and more. Throughout your treatment, your Massage Therapist will keep you informed, and repeatedly acquire consent for each procedure.

JENNIFER VIVEIROS

Dr. Jennifer Viveiros graduated from the Canadian Memorial Chiropractic College in 2007 and obtained her Honours BSc. in Exercise Physiology at McMaster in 2002. Jennifer is an experienced personal trainer and fitness instructor, Zumba instructor, and Yoga teacher. In 2007, Dr. Viveiros travelled to Australia where she worked in various regional areas travelling to small communities to provide chiropractic care and working closely with local football teams. The last 3 years she undertook prenatal and paediatric studies to specialize in infants and children of all ages. In the Sunshine coast she practiced at a prenatal clinic in addition to working with the local Pilates studio and athletic community of the Sunshine Coast. Jennifer has trained in various Chiropractic manipulative/mobilization and soft tissue techniques to treat biomechanical and neurological injuries, including manual, instrument based (Activator), cranial therapy and soft tissue release and neuromuscular techniques.

STEPHANIE SECORD

Stephanie holds a Bachelor of Life Science degree from Queens University and a Masters of Science degree in Physical Therapy from The University of Toronto. She holds advanced professional certifications in the areas of nervous system mobilization, joint mobilization, manual therapy, taping and bracing. Stephanie has participated in multiple research studies with physicians and physiotherapists and is published in the Journal of Physiotherapy. Stephanie is also a certified personal trainer and an avid competitor in multiple sports including competitive hockey, golf and tennis.

Stephanie’s practice at Physiotherapy on Lakeshore focuses on all Stephanie’s practice at Physiotherapy on Lakeshore focuses on all aspects of muscular skeletal health, including but not limited to injury rehabilitation, chronic pain management, healthy aging, exercise prescription and regaining function and mobility. Stephanie is passionately committed to a client-centered approach. She works with her patients to ensure they receive the necessary knowledge and skills to speed their recovery and prevent secondary injuries from occurring.

IYET

Iyet Phonprasith graduated from the Canadian College of Massage and Hydrotherapy in Cambridge and is registered with the College of Massage Therapists of Ontario and a member of the Registered Massage Therapists Association of Ontario. She specializes in deep tissue massage, trigger point release, post-surgery, MVA’s, stress relief, tendonitis, soft tissue manipulations, Barry Jennings’s myofascial release, sports related conditions and postural dysfunctions related to a typical office setting. Iyet has been active in various sports including Badminton, Ultimate Frisbee, Dodgeball, Rugby and Tae-Kwon-Do. Iyet strives to prepare the most efficient and safe treatment for each individual knowing that everyone has different needs and goals.

MELISSA

Melissa is a graduate of Everest College of Business, Technology and Health Care. She specializes in Deep Tissue, Swedish Massage and Trigger Point Therapy. She has experience treating motor vehicle, sports and repetitive strain Injuries in a physiotherapy clinic. As a Massage Therapist with an athletic background, she has an interest in muscle balance, assessing and correcting posture and physical habits to reduce pain and improve the ease of daily activities. To continue to advance as a Therapist and acquire new skills, Melissa intends to study Shiatsu Massage and Reflexology.

BRIT

Brittany graduated from the National Academy of Health and Business. She started as a volunteer at Physiotherapy on Lakeshore and quickly proved herself to be an asset to the team. Her goal is to help clients learn proper exercise techniques; with the goal of making them more aware of their bodies so as to return safely and quickly to activity. She specializes in manual therapy and making patients smile. To stay active, Brittany likes to play hockey and workout at the gym.