

Employers

We offer employee wellness programs to tackle your organization's health needs, improving performance and productivity.

What Makes Us Different?

We succeed where others fail at the implementation of personalized wellness services. Our approach and strategy are solidly based on both scientific and financial evidence.

Find out how we can help you transform your health and well-being, in a way that works for you.

(416) 483-2555

www.motionfitrehab.com

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Testimonials



Over 50 Positive Google Reviews

The clinic is nice and people there provide really good customer service. I have been with Andy as my nutritionist for some time now, and his service is really good. He is very knowledgeable and I might say very patient and encouraging as well.

4.8 ★★★★★

Paola Gomez – Client

**Heal Quicker. Get Active.
Live Better.**



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Do You Have a Wellness Partner?

Imagine a life full of happiness, increased energy and balanced well-being. What difference would it make if you have an ally or accountability partner ready to help you through recovery?

If you, or someone you care about, is recovering from a surgery or coping with musculoskeletal injuries, chronic aches and pains that are impacting quality of life, then private rehabilitation is an important step for recovery.

Discover a team of licensed and experienced health care professionals ready to partner with you.



(416) 483-2555

More than 2 million Canadians suffer from chronic injuries and thousands of lives are cut short unnecessarily. Don't join the numbers. A Health community starts with you!



Who We Are

Motion Fit Rehab and Wellness is one of the leading holistic and wellness destinations in Toronto. We help you relieve pain, improve function, become more fit, and rejuvenate your life through a variety of non-invasive and safe treatment techniques.

Our practice strongly believes in the old adage "You are what you eat" and acknowledges that health on the outside starts with health on the inside. The perfect combination of proper exercise and adequate nutrition accelerates recovery from injuries and allows you to optimize your health and perform your best.

With this in mind, we have assembled a team of astute health professionals focused on providing our clients/patients an overall rehab and wellness experience that aims to move people towards their best health ever, both inside and out.



Physiotherapy



Chiropractic Treatment



Massage Therapy



Acupuncture and Facial Rejuvenation



Traditional Chinese Medicine



Diet & Nutrition



Homeopathy

7 Services, 1 Mission

Our services cover a range of conditions, including acute and chronic injuries, strains, sprains, muscle, tendon and ligament tears and repairs, tendinopathies, hand injuries, shoulder dislocation and surgery, and foot and ankle dysfunction.

Who does Motion Fit Rehab help?

Patients and their families

We provide compassionate, specialized physical therapy and rehabilitative care to meet their individual needs.

Medical specialists and family doctors

We provide health experts with professional support that allows them to remain integrated in their patient's journey.

