**Motion Fit Rehab and Wellness**

Heal Quicker. Get Active. Live Better

**Does This Sound Like You?**

* I keep getting injuries from sport activities and I’m scared I might lose important part of my body.
* I’m getting old and constantly struggles with joint, nerve and muscle pains.
* I want a greater body but I find exercises too stressful.

**Don’t Panic!** We are here to help you recover faster and stay healthy. How about partnering with Motion Fit Rehab and Wellness to help get your problem solved and live the better life that you desire.

**Highly Qualified Care**

Physiotherapy, Chiropractic, Massage Therapy, Acupuncture, Traditional Chinese Medicine, Diet & Nutrition and Homeopathy

# Who We Are

Motion Fit Rehab is a Toronto based rehab and wellness company, our goal is to help you live a happy and healthy life free of pain, we welcome guests from around Toronto and all over the world. At Motion Fit Rehab , we provide one-on-one personal training with qualified and experienced professionals who are dedicated to providing you with personalized treatment plans to help you improve your lifestyle both physically and emotionally.

**What We Do​**

[**Physiotherapy**](https://motionfitrehab.com/departments/physiotherapy/)

Our physical therapist at the clinic will help you maintain maximum range of movement and physical ability by working on your nerves, muscles and joints to strengthen weak areas and increase flexibility.

[**Chiropractic Treatment​**](https://motionfitrehab.com/departments/chiropractic/)

With regular sessions, our expert chiropractor at the clinic can help you improve spinal motion and improve your body's physical function.

[**Massage Therapy​**](https://motionfitrehab.com/departments/massage-therapy/)

Lower back pain? Stressed and tight muscles? Sprains? Our massage therapist is here to give you a therapeutic massage to ease soft tissue pains

[**Acupuncture and Facial Rejuvenation​**](https://motionfitrehab.com/departments/acupuncture/)

We use acupuncture points to stimulate the natural healing mechanism of the body to help you reclaim your smooth skin, youthful facial glow, and holistic wellness.

[**Traditional Chinese Medicine​**](https://motionfitrehab.com/departments/tcm/)

Our traditional Chinese medicine practitioner uses the herbal Chinese medicine to not only fight diseases but also prevents it to help you live a healthier life.

[**Diet & Nutrition​**](https://motionfitrehab.com/departments/dietitian-nutrition/)

With our experienced nutrition expert understanding the relationship food has on one’s overall health, he’s able to help you reduce weight, improve metabolism and treat you in a way that suit your specific requirement.

[**Homeopathy**](https://motionfitrehab.com/departments/homeopathy/)

The homeopathic doctor at our clinic can help you will work perfectly on your health based on his diagnosis without using heavy pharmaceutical drugs with side effects.

**How We Do it**

We combine both traditional and modern wellness techniques with a holistic approach to achieve long term wellness. We offer our guest a positive and comfortable experience that minimizes side effects and risk

**What People Are Saying About Carter Physiotherapy**

…I’ve been having problems maintaining my diet and body shape for the past 10years now, I have unnecessary fat in my body and I just hate my body sometimes. I’ve attended more than 4 diet programs until a friend of mine told me about Motion Fit Rehab and Wellness. This is my third week and I’m beginning to see changes in my body already. The part I like the most is the part where I get to talk to the nutritionist like a friend. I’m glad …Lara,23 years old

I had a serious injury during summer last year, I thought I wouldn’t be able to work again because I sprained my ankle already, after struggling with this injury for about a month without improvement, my mum was worried and decided to tell her friend about it. Her friend informed us about Motion Fit Rehab and Wellness and I’ve been receiving treatment since then, It’s been 10weeks now and I can proudly say that I’m walking perfectly already…..JIM,19 years old

**Live A Better Life Today!**

Let Us Help You Solve the Problems Affecting Your Health.

This An Opportunity to Improve Your Quality of Life. Take It!