

About

Our Team Of Professionals

PHYSIOTHERAPISTS



PAULA BOUCHARD

An avid Flames fan and experienced physiotherapist for more than 15 years. Paula is a graduate from the University of Alberta and she also holds a degree in Kinesiology. She enjoys treating all types of injuries including motor vehicle accident and work related injury, but especially sport injury. She is trained in Acupuncture and is able to apply traditional Chinese Medicine points to provide therapeutic benefit for many musculoskeletal conditions. Other highly specialized skills include spinal manipulation and ultrasound for mastitis.



HEATHER CODY

Heather graduated from the University of Alberta with her Masters in Physical Therapy and previously, her Bachelor of Science in Kinesiology at the University of Calgary. Since graduating she has worked in 2 private practice clinics, as well as part time at the Foothills Medical Centre. She recently completed her first Acupuncture course and is able to apply traditional Chinese Medicine points to provide therapeutic benefit for many musculoskeletal conditions.

During her education, she completed a variety of placements, including working with stroke survivors in the Traumatic Brain Injury Centre, mobilizing patients post pulmonary thoracic surgery and rehabilitation programs for seniors in a long term care facility. She also completed two private practice placements working with WCB clients, MVA accident injuries, as well as sport injuries.



BRIAN YU

An experienced physiotherapist of more than 18 years, Brian graduated from McMaster University with his Masters in Rehabilitation Science specializing in Advanced Practice and Early Neck Disorder Management. He previously completed his Bachelor of Science in Physical Therapy at Queen's University. Since graduating, he has worked in 3 provinces comparing the strengths of each system. As a past Councilor at the College of Physiotherapists of Ontario and past executive on the Canadian Physiotherapy Association Private Practice Division, Brian has been exploring innovative ways on how to improve health care delivery.

MASSAGE THERAPISTS



KELLY MYERS

Kelly graduated from the Massage Therapy course at Mount Royal University in 2012. She offers relaxation massage as well as thereapeutic deep tissue massage. Deep Tissue Massage releases the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the grain of muscles, tendons and fascia. It is called deep tissue, because it also focuses on the deeper layers of muscle tissue. It can help reduce pain, increase range of motion, relieve muscle spasms and improve circulation. 2200 hours of certified massage therapy training so billing to insurance companies is accepted.



MIKE YAN

Massage therapist of over 20 years and a Member of NHPC (Natural Health Pracitioners of Canada), and

Calgary city licensed RMT with a First Aid Certificate.

Specializes in the massage treatment of Sciatica, lower back pain and whiplash.

He holds excellent skills to modify the massage techniques and works according to the contraindications of the pathological conditions and combines the traditional oriental massage techniques together to set up a helpful and adaptive treatment plan. He has excellent communication skills; is fluent in English and Mandarin, speaks German and understands Russian. 2200 hours of certified massage therapy training so billing to insurance companies is accepted.