

## **Locations**

**Nepean**

### **.LOCATIONS**

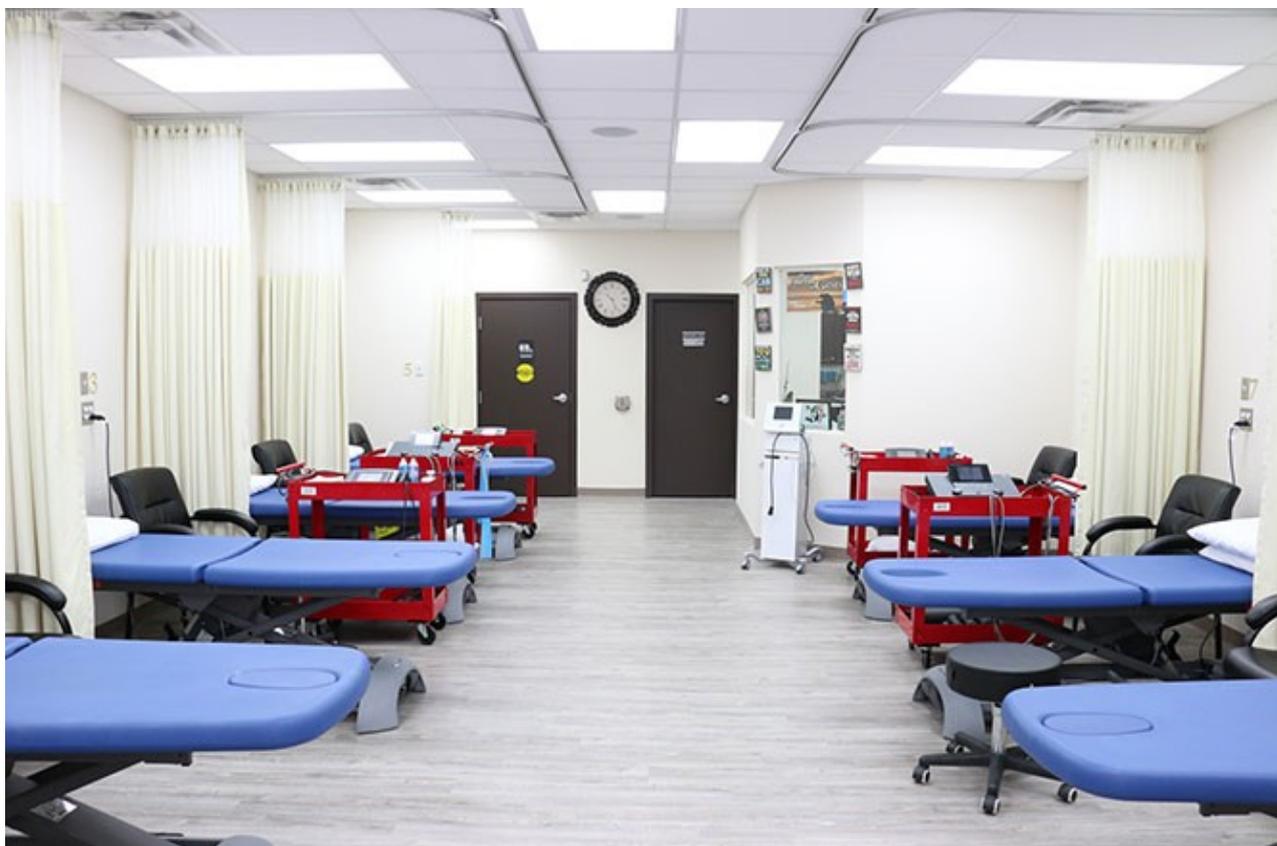
**Your Quest for the Physiotherapy Clinic in Nepean Ends Here at  
Physiocare Physiotherapy & Rehab Centre:**

#### **Greenbank Rd – Nepean, ON**

289 Greenbank Rd  
Nepean, ON, K2H 8K9  
Phone: 613-714-9495  
Text: 613-801-6587  
Fax: 613-422-9496

#### **Hours:**

Mon- 6:30am - 9:00pm  
Tues- 6:30am - 9:00pm  
Wed- 6:30am - 9:00pm  
Thur- 6:30am - 9:00pm  
Fri- 6:30am - 9:00pm  
Sat- 8:00am-12:00pm  
Sun- Closed



Physiocare

Your Quest for the Physiotherapy Clinic in Nepean Ends Here at Physiocare Physiotherapy & Rehab Centre

Physioca

A Female

Your Quest for the Physiotherapy Clinic in Nepean Ends Here at Physiocare Physiotherapy & Rehab Centre

A female

Your Quest for the Physiotherapy Clinic in Nepean Ends Here at Physiocare Physiotherapy & Rehab Centre

Group pi

chair for

# Your Quest for the Premier Physiotherapy Clinic in Nepean Ends Physiotherapy & Rehab Centre:

- Acute and Chronic Pain
- Work-related Injuries
- Child and Adolescent Injuries
- TMJ Pain
- Orthopedic and Sports Injuries
- Neurological Rehabilitation
- Vertebral Rehab
- Deep Tissue Massage Therapy
- Medication Management
- Cervical Collar Brace
- Cervical Orthotics
- Physical Therapy
- Chinese Cupping
- Dry Needling
- Assistive Devices Program
- Shockwave Therapy
- Laser Therapy
- Manual Osteopathy
- Chiropractic Service
- Quit Smoking

## Prepay for a massage

- 30min Massage
- 45min Massage
- 60min Massage

## New Patient Booking Fee

Non refundable \$25

New Physio Assessment fee with 1 Reschedule option

## Clinical Mentorship Program

6 Months of Orthopaedic Clinical Mentorship. 2-3 calls or meeting/week, 30 min each. ( For Resident or Registered I

## Our Team at Nepean



### **Gunjan Vermani Director and Registered Physiotherapist**

She has been practicing physiotherapy from 2006 and completed her 2 years specialization in Neurological Sciences ( taking many hands-on workshops and courses to continuously enhance her clinical knowledge and skills.

Gunjan is certified in the treatment of urinary incontinence, central pain management, Concussion rehab, Manual therapy, and dry needling.

She is also an ADP Authorizer for walkers and wheelchairs apart from assessing and prescribing for orthotics, compre



## **Vijay Sharma Manager and Registered Physiotherapist**

With his over 17 years of practice in physiotherapy, he has experience in sports injuries, orthopaedic injuries and disorders like Osteoarthritis, Rheumatoid arthritis, Fibromyalgia, autoimmune disorders etc, and various neurological conditions like spinal cord injuries etc.

He completed his ACPAC -Advanced Clinical Practitioner in Arthritis Care certification from University of Toronto in multiple clinics in Ottawa and he was first one to do that from any clinic in Canada.

He is a firm believer in continually updating his skills and is certified in TMJ/jaw pain treatment, arthritic care, Manual rehab, Graston technique, Acupuncture, Dry needling, Chinese traditional Cupping, M2T Blade and Kinesiology Taping.

He is ADP authorized for walkers and wheel chairs and can prescribe custom orthotics, compression socks and custom



## **Mehul Patel Registered Physiotherapist**

He earned the degree of Bachelors of Physiotherapy in 2008 with honours. Mehul completed his clinical apprenticeship with orthopaedic surgeons & neurologists.

Mehul identifies root causes of pain and biomechanical dysfunction while providing proper education to his patients and gives ergonomics advices. He employs a variety of specific manual techniques along with therapeutic exercises to add

Mehul has undertaken certification courses in Concussion rehabilitation, TMJ and jaw pain management, Kinesio taping techniques to name a few and also performs acupuncture and dry needling.



## **Vani Mallah Registered Physiotherapist**

Vani's extensive 10 years of experience as a Physiotherapist includes Orthopedic, Neurological, Cardio-Respiratory, C across different conditions while practicing such as Sciatica, Arthritis, Spondylitis, Carpal Tunnel, Fractures, Joints R Cord Injury, Burns and many more.

She graduated with a Bachelors of Physiotherapy from India in 2010. She is also certified in IASM -Graston level 1 and Kinesiological taping, Mulligan and Mckenzie Mobilization.

She really enjoys her work and career as a Physiotherapist. She has a good sense of humor and a strong ability to build travelling and painting.



## **Kajal Patel Registered Physiotherapist**

Kajal studied Bachelor of Physiotherapy from Gujarat University, India in 2016. She completed her internship from C experience working with Orthopedic, Neuro, Cardiac and Pediatric patients. Â

She moved to Canada in 2018 and completed the Physiotherapy Practice within Canadian Health Care Context course. Additionally, she did Occupational Health and Safety Management program for 2 years from Lambton College. She p Physiotherapy license exam in November 2019 and started practicing as Resident Physiotherapist.

She enjoys her work and passionate about her career as Physiotherapist.

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**Dr. Jason Singh BSc, DC - Chiropractor**

Jason is a compassionate chiropractic professional with a strong background in a holistic approach to diagnose, treat, and prevent injury. He graduated from Dâ- Youville University as a Doctor of Chiropractic, after completing his Honours Bachelor of Science in Health Sciences. Jason has a passion for empowering patients in their healing journey, with a dedication to continuous professional development. He is committed to providing a supportive environment and building strong relationships with patients and colleagues within a multidisciplinary setting, aiming to improve the lives of those seeking natural and non-invasive solutions for their health and well-being.



## **Chiu Mien (Mina) ChiangTCM Acupuncturist**

Proudly introducing our new acupuncturist, Chiu Mien - or Mina - from Taiwan. With a vast history in medicine including C.P.R. instructor in Taiwan, Mina graduated from IATCM with the Executive Director's Award in Academic Excellence. She is a practicing Traditional Chinese Medicine acupuncturist, and decided after having her own success with it, to pursue it.

She incorporates knowledge and experience with modern and traditional practices including wet cupping, modalities, and believes in taking time with each patient and promoting self-healing through her treatments to reduce symptoms and side effects. She takes great pride in being a helping hand in our patients' recovery.

In her free time, Mina has volunteered at Ottawa's Peter D. Clark Center. You can find her gardening, exercising, and truly believes in healing patients through patience and with dignity and you can see that in her work.

"I believe acupuncture treatment can heal the world - That drives me to be proud of being an Acupuncturist and doing it."



## **Michael RamosPTA**

Michael Ramos studied Bachelor of Science in Physical Therapy. He moved to Canada to migrate with his family and industries. With a little luck, and a new baby boy, he finally came back to his field and has been working as a budding

Outside of having fun at work, he loves to keep himself updated on the latest news, trends and technology. He likes to

T and educate himself on everything under the sun.



## **Donna Mary MathewPTA**

Genuine, committed & experienced professional who brings several years of work experience. Motivated, client-oriented, and detail-oriented professional with a strong background in physiotherapy care, administration, and customer service. An approachable, open and culturally savvy individual with excellent communication skills and experienced with interacting with other team members to discuss varying points of view and reach sound decisions. Fluently bilingual in English and Hindi among other spoken and written languages, which include Malayalam and Tamil.

Donna Mary Mathew completed Bachelor's degree in physiotherapy from Rajiv Gandhi University of health sciences, India. She worked as a physiotherapist in Holy family hospital, India where I was able to cater to the physiotherapeutic needs of both inpatient and outpatient services in orthopaedics, Neurology, General Medicine, paediatrics, obstetrics and gynecology, post operative intensive care unit.

I feel blessed to be a part of the Physiocare Physiotherapy team.

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## **Nishika SinghPTA**

Meet Nishika, a dedicated physiotherapist assistant who is committed to having a positive impact on patient's lives through learning and growth. Having pursued a Bachelor's in Physiotherapy in India and further honing skills in fitness and health expertise combines traditional and modern approaches to enhance well-being. With a strong enthusiasm for exercises and assisting individuals in their journey towards optimal health and mobility.



**Dhara RathodPTA**



## **Astha ShahPTA**

She is an internationally graduated physiotherapist with bachelor's degree in physiotherapy. She has practiced physiotherapy in India and is working on pursuing her Canadian licence for physiotherapy. She is passionate about her work and wants to build her career in Canada.



**Kunal AherPTA and Reception**



### **Simran Singh Receptionist**

Simran is 24 years old and completed her bachelor's degree in fashion design from Punjab, India and now pursuing BBA in Canada. She is persistently working to combine creativity with strategy. She also excels as a receptionist at a Physiocare in March 2023 where she demonstrates her multitasking abilities and interpersonal skills. Simran's journey exemplifies that of an active community volunteer in her college. In addition to her academics and job, demonstrating a dedication to both so



## **Ashish SharmaPTA**

I am an internationally graduated Occupational Therapist. I have completed my Bachelors in Occupational Therapy from the University of Ontario Institute of Technology (UOIT) and am currently in the process of licensing program with Canadian Association of Occupational Therapy (CAOT). Apart from that, I have also obtained RYS300 certification.



## **Marwa KhalifehManual Osteopath**

Marwa Khalifeh, a passionate manual osteopath. I wholeheartedly believe in the transformative power of osteopathy. This profession resonates deeply with me, as it acknowledges the body's incredible capacity to heal itself when properly aligned and balanced. It's a philosophy that emphasizes the interconnectedness of all body systems and the importance of treating the whole person rather than just the symptoms. My journey as a manual osteopath has reinforced my faith in the body's wisdom and its ability to heal itself with the right guidance. It's a belief that fuels my dedication to helping others unlock their full potential for health and well-being.

Beyond my professional life, I cherish the role of a loving mother to two wonderful kids. Spending quality time with them is my priority. Whether it's exploring the great outdoors, enjoying family adventures, or simply being there for them, family is at the heart of everything I do.



## **Sharri-Anne ParsonsCustomer Experience Manager/Corporate Office Manager**

Sharri-Anne comes to us from Queensway Carleton Hospital. She started with our clinic in June 2017 with a one year gap during the pandemic. Sharri-Anne graduated from Algonquin Careers Academy in July 2015 with honors from the Medical Office Administration program. As a mom of 3 boys, she is very good at multitasking and staying organized. Sharri works hard and stays on tasks to ensure the best customer experience.

Sharri enjoys conversating with people and has a great sense of humor. She loves animals and has many of her own at home. She spends a lot of time with her family and friends.



## **Svetlana Lopez Vargas Registered Massage Therapist**

Since graduating from CDI College as a registered Massage Therapist (RMT) in 2006, Svetlana has had the opportunity to work alongside physiotherapists, chiropractors, acupuncturists, naturopaths, providing treatments to clients with wide varieties of conditions including postural imbalances, sports injuries, post surgeries, pregnancy massage. She has also experienced firsthand the benefits of massage for systemic conditions such as MS and Parkinson's.

Svetlana's goal has been to continue learning as much as possible to give her clients the most up-to-date and effective treatments. Courses she has completed are

- Hot Stone Therapy
- Electrotherapy and Therapeutic Ultrasound
- Deep Connective Tissue Massage
- Muscle Energy and Isometric Techniques

In order to achieve her clients' goals on their road of recovery Svetlana uses different techniques of Swedish Massage. She is also a member in good standing of the College of Massage Therapists of Ontario. She is fluent in English, Spanish, and Russian.



## **Gunjan Vermani**

She has been practicing physiotherapy from 2006 and completed her 2 years specialization in Neurological Sciences (MSc). She has taken many hands-on workshops and courses to continuously enhance her clinical knowledge and skills. Gunjan is currently working on pelvic floor dysfunction, incontinence, central pain management, Concussion rehab, Manual therapy level 1, and performs acupuncture and dry needling. She also provides services for walkers and wheelchairs apart from...



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