

Locations

Stittsville

Hazeldean Gardens – Stittsville, ON

6130 Hazeldean Rd
Lower Level of Hazeldean Gardens
Stittsville, ON, K2S 1B9
Phone: 613-714-9495
Text Our Front Desk: (613) 909-9979

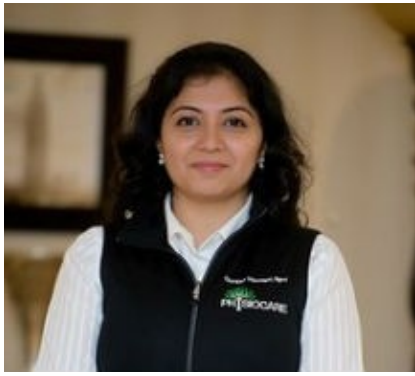
Hours:

Mon- 1:00pm - 6:00pm
Tues- closed
Wed- 1:00pm - 4:00pm
Thur- closed
Fri- 1:00pm - 6:00pm

At Physiocare Physiotherapy in Stittsville we offer the following services :

- Deep Oscillation
- Neuro Rehab
- Concussion
- Orthopedic & Sports Injuries
- Acupuncture
- Chinese Cupping
- Women's Health
- TMJ Pain
- Custom Knee Braces
- TCM Acupuncture
- Dry Needling
- Aqua Therapy
- Chiropractor
- Assistive Devices Program

Our Team - Stittsville



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, compression socks, and custom orthotics.



Vijay Sharma Manager and Registered Physiotherapist

With his over 12 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 2015. He is the 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 therapy, 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 orthotics.



Nela Mernik BSc. HK

Nela graduated from the University of Ottawa with a Bachelor of Science Honors in Human Kinetics. While at the University of Ottawa, she was a member of the women's hockey team. Since graduating, Nela has taught exercise classes for the city of Ottawa and worked at various fitness centers. She is passionate about fitness and healthy living. Nela is always eager to learn and has obtained certifications in older adult's exercise, vestibular rehabilitation, and personal training. She is currently looking for new opportunities to learn, grow, and apply her knowledge and skills.



Nela MernikBSc. HK

Erica GiffordChiropractor

Dr. Erica Gifford grew up in the city of Ottawa. She attended the University of Ottawa, where she obtained an Honourary Degree in Biology. While attending the University of Ottawa, Dr. Gifford started her professional journey working with patients. She went on to obtain her Doctor of Chiropractic Degree, graduating with Magna Cum Laude from the Canadian Memorial Chiropractic College in Toronto. During her time at CMCC, she also worked as a Certified Personal Trainer. She is certified in Acupuncture, Active Release Technique and Active Release Tools and Active Release Technique.

Dr. Gifford provides patients with the most current evidence-based care. She tailors each treatment plan to your specific needs and works with you to help you understand the cause of your pain. She uses a combination of Chiropractic Adjustments and Active Release Technique, Acupuncture, education and rehabilitation exercises to decrease your pain, get you moving better and prevent future pain in complex chronic pain patients.

Recreationally, Dr. Gifford enjoys rock climbing, skijoring (cross-country skiing fueled by her dog Bella), snow boarding and snowmobiling. She also coaches competitive water polo in Ottawa. She is thrilled to join the PPRC team, starting on March 18th, and looking forward to meeting you all.



Erica GiffordChiropractor

Megan MiddletonRegistered Massage Therapist

Megan graduated from CDI College and has been a member of the College of Massage Therapists of Ontario for the past 10 years. She has helped people with a variety of injuries and illnesses including pain management, stress and anxiety reduction, circulation, and promoting overall health and well being. Massage can be preventative or restorative, helping to maintain, rehabilitate, and not helping her clients, Megan enjoys spending time with her family, and the outdoors.



Zoe KungTCM Acupuncturist

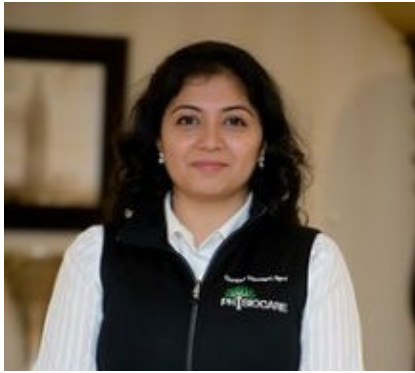
We are proud to introduce to you, the latest addition to our team. Hsiang Lan KUNG (Zoe) is a Medical Acupuncturist. She completed her TCM Acupuncture courses and clinical practice training at the TCM School in BC and currently hold the license of R.Ac. and is a member of CTCMA in BC. Not only does she have many years of experiences training and learning from R.TCM. P. YANG who is a disciple of famous Beijing TCM & Acupuncture professors (YU Ying-Ao & WU Xi-Jing) in China's Academy of Traditional Chinese Medicine. She has gained independent clinical experience for several years afterwards. Her patients are multi-culture; thus she can speak English and Chinese to communicate with them.



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.



Gunjan Vermani

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