

Specialty Clinics

Blocked Milk Ducts Clinic

Blocked Milk Ducts

Blocked milk ducts, also called clogged or plugged milk ducts, prevent the flow of breast milk. They are hard, tender lumps that form in the milk ducts. They can cause swelling, redness, and pain in the area where they develop. This is a common breastfeeding problem. The use of therapeutic ultrasound and heat are used to treat blocked milk ducts.

Gunjan Vermani

Director and Registered Physiotherapist

She has been practicing physiotherapy from 2006 and completed her 2 years specialization in Neurological Sciences (University Topper) in 2008. She has been 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 level 1, and performs acupuncture and dry needling.

She is also an ADP Authorizer for walkers and wheelchairs apart from assessing and prescribing for orthotics, compression socks and custom bracing.

Clinic Hours

Kanata:

Mondays - 12pm – 3pm

Nepean:

Tuesdays -9am – 2pm

Thursday - 9am – 2pm

Westboro:

Fridays - 2pm – 4pm

