

Retrain your Brain and Body

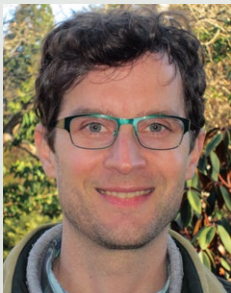
Customized Rehabilitation Programs

with registered physiotherapist,

Chris Lamb, BSC, MPT

Comprehensive rehabilitation programs for people recovering from or who have orthopedic (bone/muscle/joint) or neurological conditions. Integrating principles of pain science, neuroplasticity (the brain's ability to reorganize itself), feldenkrais, and mindfulness/meditation, each program is individually tailored and geared towards re-establishing healthy mind/body connection.

Regardless of how long you have experienced symptoms, significant improvement and/or full recovery is often possible. Tapping into the potential of the nervous system's ability to change—reduce and alleviate pain (if applicable), retrain your brain and body to move in a healthy, functional, unified way—and safely return to all the things in life you love!



Chris Lamb holds a degree in kinesiology and a master's degree in physiotherapy—and has been a registered physiotherapist since 2006. He is most passionate about empowering people (regardless of level of fitness/health) to take an active and constructive role in reaching their health-related goals.



DOCKSIDE
PHYSIOTHERAPY

On-line booking/additional
information available at

www.docksidephysio.com

*Services billed as physiotherapy; patients able to receive reimbursement with extended health-care coverage and/or if on premium assistance with MSP. Fee is \$129/hour (*all sessions are one-to-one with physiotherapist for full hour); direct billing offered for extended health-care plans. No direct billing for WCB.