

Sports Medicine is OPEN!

Regulated Health Professions have been deemed ESSENTIAL and will be available during the current covid-19 response framework. As we continue to navigate through these unique and evolving challenges, we want you to know that the health and safety of our clients and employees remains our priority. To ensure you have a safe and comfortable experience during your visits, we would like to share our safety measures, so that you are fully prepared:



We have increased the cleaning and sanitization of all high touch surfaces.
Personal items: Please refrain from bringing personal items into clinic (leaving as many non essential personal items in your car or at home)



A self-check screening questionnaire will be provided with your email/text appointment reminder for each visit. We ask each client to complete this on the day of appointment, prior to attending and ensure it is submitted.



All clients must sign in electronically with administration and sanitize upon entry.
Waiting room: While waiting for therapist or administration, avoid touching any surfaces and ensure to practice 2m distancing.



Our employees will be wearing masks at all times. We kindly ask that you bring your own mask and wear it while in the clinic. If you do not have a mask, we can provide one for a small fee.



We are limiting the number of clients in our facility at any given time to allow for physical distancing. Ensure to book ahead to secure your appointment time.
Others in appointment: Please refrain from having someone accompany you to your appointment, unless under the age of 16 or requiring assistance. If so, a mask will be required by the person accompanying you.



Paperless intake forms are now available to omit any paper exchange. We will submit the fillable forms prior to your initial assessment.



All billing and payments will occur without direct contact. We are offering contactless payment or leave your credit card on file and receive an electronic receipt via email. We kindly ask that you refrain from making cash payments.



Online booking is available. Email and text appointment reminders are provided for your convenience.