

**About Us**

**Our Team**

**Our Rockstar Team**



## **Avinash Singh Registered Physiotherapist**

Avinash Singh has been a Physiotherapist since 2011. He grew up in Bombay, India and lived in Peterborough for the since 2014.

In his short, young millennial career, he has worn quite a few hats ranging from working as a Physiotherapist to a Clin currently co-owning and managing Clinical practices in the Hamilton and Burlington region.

Throughout his professional and entrepreneurial journey, he has taken many additional continuing education courses i Therapy, Hand Splinting, Certification in Temporomandibular Joint (Jaw) Dysfunction, Acupuncture, Active Soft Tis

He has a strong passion towards teaching and he has helped to shape the career path of more than 600+ new Physiothe conducting and coordinating Physiotherapy Competency Examination OSCEs, mentoring and tutoring various acaden their dream. He says it gives him a lot of joy and satisfaction to be a part of their success stories. He has been an invig University's Mock OSCEs for the Physiotherapy Program as well.

Avinash is also a Toastmaster member for many years and attributes his public speaking and leadership qualities to th high value on giving back to the community, inspiring people, and making a difference in people's lives. This is wh

He also believes that his patients should have ' the most awesome treatment experience' on their road to recovery cloud and remains his success mantra. He has infused the entire team at Hamilton Physio & Rehab with this same cult

When he is not treating patients or taking on big projects, he is a Cricket fanatic and loves watching and playing almo the fact that he is not athletic enough to make any professional team, but his love of sports is what drives him to get al ultimate pinnacle.



**Anand Patel Registered Physiotherapist**

Anand Patel has a Bachelor of Physiotherapy and completed his post graduate diploma in exercise science and lifestyle

has special certification as well in acupuncture and worked as a personal trainer in the past. His focus now is on muscles because he has a passion to help patients get back to optimal health and enjoy their life to the fullest potential, he enjoys he is not working.



Anand Patel Registered Physiotherapist

## **Nishanth Othayoth Registered Physiotherapist**

Nishanth obtained a Bachelors degree in Physiotherapy from in 2009, and has a specialty Masters degree in Musculoskeletal in 2011.

He practiced at Co-operative Institute Of health Science, Thalassery until 2015 and ran his own private practice gaining expertise in Neurological rehabilitation. During the same period, he was a Clinical Instructor and a Professor at CIHS Thalassery for 10 years which he thoroughly enjoyed. He has advanced training in Hands on manual therapy and has been an Instructor for many Physiotherapy students.

He immigrated to Canada in 2015 and has become a Registered Physiotherapist in 2018. He has practiced as a Physiotherapist from Orthopedic, Sports injury clinics to long term care.

His expertise lies in Hands on Manual therapy, Myofascial release, Active Release Treatment (ART), Orthopaedic Rehabilitation, Functional assessment, Motor vehicle accident/ Concussion management and Vestibular Rehabilitation.

He has an immense hunger to continuing to learn and evolve each day. He looks forward to taking many courses of his field to gain new skills.

At his leisure time, he loves to spend time with his two kids, and is known as the best Chef at his home. If not a Physiotherapist, he is a cook! a health conscious cook :)

When he is not working, he enjoys spending time with family and friends and staying active.



Nishanth Othayoth Registered Physiotherapist

## **Ami Patel Registered Physiotherapist & Pelvic Floor Therapist**

Ami Patel (She/her) is a registered Physiotherapist and pelvic floor physiotherapist, who graduated from India in 2014 and completed fitness courses from Mohawk college in 2016. Her journey started as a physiotherapist from India in 2014, where she moved to Canada.

Over the years of working in the physiotherapy field, she realized that she has special interest in working with women's pelvic floor dysfunction. She decided to study further in Pelvic floor and get specialized. She finished Level 1 (The physical therapy approach to Urinary Incontinence) and Level 2 (The role of physiotherapy in the treatment of Anyone Experiencing Pelvic Pain Through the Life Cycle).

She is passionate about helping women from the inside out by providing pelvic floor rehab and good education. She is currently working on women experiencing Pelvic pain, Weakness in pelvic floor muscles, pre or post natal pelvic floor physiotherapy, Bladder or Bowel dysfunction. She plans to do more courses on Pelvic rehab and expand her knowledge.

Ami is interested in helping people and providing her patients with the best quality of care using advanced and effective techniques to identify the root cause of the problems and treat them for long term relief and educate the patient for injury prevention and activity modification.

In her spare time, she enjoys drawing pictures of nature and walking around the lakes. She also enjoys doing exercises and staying active.



Ami Patel Registered Physiotherapist & Pelvic Floor Therapist

## **Amit SharmaRegistered Physiotherapist**

Amit completed his bachelor's of physiotherapy in 2018 from Charusat university (India). He has also finished a diploma in physiotherapy from Durham College in 2020. Previously Amit worked as a PTA in North York. Back in India, Amit has worked in various hospitals and clinics such as MVA, Neurological conditions, Burns, Pediatrics, and Cardiovascular. Amit loves to treat patients with hands-on techniques like Manual Therapy, Mobilization and he likes to practice with advanced technology such as Laser and Shockwave therapy. He strongly believes in continuous learning and upgrading their knowledge and skills, as it is inevitable for every health professional. In his spare time, He likes to play sports and photo editing.



## **Mitva NaikRegistered Physiotherapist**

Mitva Completed her Bachelors in Physiotherapy From India in 2016. She has 4 years of experience working as a physiotherapist at home in Canada. Mitva loves to work with seniors, help them with mobility and make their day to day life easy and pain free. She likes to sharpen clinical skills and use them into practice to help patients with pain and restore their functioning. She likes to hike in the spare time, Mitva love to travel and explore. She also like to go for hiking and being in nature. Her favorite sports are hiking and reading books on self development. Mitva believes personal development makes you a mature professional and helps in career growth.



Mitva Naik Registered Physiotherapist

## **Dryden TannerOsteopath**

Dryden is a graduate of the Canadian Academy of Osteopathy, obtaining a Masters in practice of Osteopathic Manipulation and a bachelors of science in kinesiology from St. Francis Xavier University.

Originally from Nova Scotia, Dryden spent most of his youth as a high level athlete training with the Canadian Soccer team. He played varsity soccer while studying at St. Francis Xavier University. Prior to studying osteopathy he spent time coaching high level soccer and hockey players. During his osteopathic education he was a founding member of the Student Osteopaths and created educational materials to assist students in classes and labs.

Dryden believes that motion is lotion and if we can get the body moving to the best of its ability we will be both healthy and happy. You can find him walking his dog or searching for new places to eat.



# AlexPTA

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## **Jamaal Jones-PetersPTA**

Jamaal Jones-Peters is a physiotherapy assistant at Hamilton Physio & Rehab. Jamaal is a graduate of Wayne State University, obtaining his degree in kinesiology with a concentration in exercise science. Jamaal was recently accepted into the Eastern Michigan University Physical Therapy Doctorate Program and is he eager to start a position to compliment his studies and enhance his experience. At Wayne State University, he worked in the sports medicine department as a sports medicine intern and student athletic trainer for two years from 2020-2022. Additionally, he worked in the Wayne State exercise science lab.

In his free time, Jamaal is an avid reader and enjoys being active outdoors. Instagram: @JamaalJPeters



Jamaal Jones-PetersPTA

## **Dr. Manuel GilChiropractor**

Dr. Manuel Gil graduated with highest honours in 2013 from McMaster University with a Honours Bachelor's degree. In his 4 years, he volunteered at the Hamilton Urban Core Community Health Center as a chiropractic assistant which sparked his interest in the field.

Dr. Gil started chiropractic school in 2014, winning the R. Lloyd Pennington Memorial award for the highest admission Scholarship for the highest GPA upon admission. While Dr. Gil was completing his chiropractic studies, he held leadership roles, notably the Student Canadian Chiropractic Association where he sat as vice-president and subsequently president. Dr. Gil graduated from the University of Western Ontario Chiropractic College in 2018.

Dr. Gil has several years of experience treating a variety of musculoskeletal conditions, and has special interest in treating athletes. He has expertise for a local semi-pro football team. He has advanced training in instrument-assisted soft tissue therapy, and uses this with his adjustments.

In his spare time, Dr. Gil enjoys hiking with his wife, spending time with his family, and cooking.



## **Dr. Farnaz NajmChiropractor**

Dr. Farnaz Najm is an evidence-based practitioner who has completed the Doctor of Chiropractic (DC) from the Canadian College of Chiropractic (CMCC), a leading education and research facility. Prior to becoming a chiropractor, Dr. Najm completed her Honours Bachelor of Science at the University of Toronto, majoring in Kinesiology.

Her technique emphasizes practical and efficient solutions for patients with consistent neck and low back pain. Her treatment focuses on reducing pain and disability, maximizing function and improving overall quality of life for spine.



## **Crysana Copland Registered Naturopathic Doctor**

Dr. Crysana Copland, ND is a board certified Naturopathic Doctor. She graduated from the Canadian College of Naturopathic Medicine with her Bachelor of Science with a specialization in Human Kinetics. During her 4th year clinical rotation, she took part in the Sports Medicine focus shift. She also attended and graduated with her Bachelor of Science with a specialization in Human Kinetics.

Dr. Copland's clinical interests include performance in sport and life, concussion, and chronic pain, along with marriage and family therapy, lifestyle medicine, botanical herbs, nutraceuticals, acupuncture, and more in her treatments.

Dr. Copland is an avid hockey fan and is passionate about the growth of women's sports. In her spare time, she can be found with her dog. She also enjoys DIY crafting projects.



Crysana Copland Registered Naturopathic Doctor

## **Channon Gomez Patient Coordinator**

Channon graduated from the Medical Office Assistant Program at Trios College in 2021. During her program she developed a genuine interest in rehabilitation. She has unfortunately been involved in both a work place injury and motor vehicle accident and has a deep understanding of the challenges of injury and a strong sense of empathy and compassion for what others are going through. She takes great pride in providing a welcoming environment for everyone and is the mom to four wonderful children and enjoys spending as much time as she can with them on family adventures. In her spare moment to herself, she loves to snuggle down with a good book and a hot cup of tea, thrifting and spending time with



Channon Gomez Patient Coordinator

## **Muzna Hamid Patient Coordinator**

Muzna studied social work at McMaster University and has enjoyed a long career in the non-profit and finance industries and returned to school for Nursing. She's excited to be a part of Hamilton Physio and Rehab as her introduction back into the field, spending time with her cats and watching her plants grow.



Muzna Hamid Patient Coordinator

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Dryden Tanner Osteopath

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