

# Our Team

**JUSTIN LOUIE**

**JUSTIN LOUIE, MScPT, CSCS**



**Occupation:** Registered Physiotherapist & Strength and Conditioning Coach

**About me:** Growing up I played a variety of competitive sports. Despite not being able to pursue these passions professionally, I combined my passion for athletics with my interest in medicine to pursue an Honours Specialization in Kinesiology from the University of Western Ontario in 2013. This then led to completing a Masters of Science in Physical Therapy from Queen Margaret University in Scotland, United Kingdom in 2015. During this time, I have taken a variety of courses, conferences, and workshops to better grasp the ideologies and intricacies of different sports, techniques, and treatment philosophies.

Combining my experience as a Strength and Conditioning coach and Personal Trainer with my work as a Physiotherapist I strive to return my patients back to their activity or goal as quickly as possible, and provide them with the tools and knowledge to return stronger than they were previously.

**Special Interests:** Justin worked as the team therapist for the University of Edinburgh Men's soccer team in the Scottish Lowlands football league. In 2015, he was selected to work as the team therapist for a match between the Scottish Universities vs. the Irish Universities teams. Recently, he has provided medical coverage for the Ontario Summer Games and the World Junior Badminton Championships. In the upcoming year he will be providing medical coverage for Skate Canada, Ontario Winter Games, and the Ontario Paraspport Games.

Justin continues to work on expanding his knowledge and skills to better support his client's needs. Since graduating, he has taken a variety of courses that include: mulligan, acupuncture, sprinting, coaching, and is currently pursuing his intermediate Manipulative Therapy credentials. In the future, he plans to complete diplomas in sports physiotherapy and vestibular rehabilitation.

Outside of the office Justin continues to enjoy athletics. He plays recreational hockey and tennis, is a hockey and soccer referee, and is currently training for an upcoming cycling event.