

# Our Team

**MELISA LUONG**

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**Occupation:** Registered Physiotherapist

**About me:** Melisa is an advocate for physical activity and healthy living. She is a competitive volleyball player and recreational snowboarder and biker. On her spare time, you will find her in the kitchen experimenting with new food recipes. She is actively involved in continuing education to further develop her skills as a physiotherapist.

**Special Interest:** Growing up a competitive athlete, I have a special interest in working with athletes of all levels with both chronic and acute conditions. I graduated with a Master of Science in Physical Therapy from the University of Toronto. Prior to that I completed a Bachelor of Science in Kinesiology and Health Sciences at York University. My treatment philosophy revolves around optimizing the mechanics of the body in order to enhance performance. My treatment techniques include: soft tissue release, joint mobilizations, taping, Graston, cupping, and acupuncture to the extremities.