

Our Team

NICK ASHMAN

**NICK ASHMAN, MScPhysiotherapy, CSCS, BSc (Hons)
Applied Sports Science**



Occupation: Physiotherapy Resident

About Me: Born and raised in the UK, I moved to Canada in 2019. I am, and have always been, passionate about sports, fitness and training. I have played both soccer and rugby competitively and I currently represent the local team Markham Irish RFC. I am an avid gym addict and have been strength training in the gym for many years. I am currently involved in Crossfit and will be training for a triathlon next year.

Special Interests: Rehabilitation of sports-related injuries, injury prevention, strength and conditioning and concussion management.

Nick is a Certified Strength and Conditioning Specialist (CSCS) and is currently working towards becoming a certified STOTT Pilates Instructor. Actively involved in continuing education, he has also completed courses including concussion management, sports first aid and human movement analysis through the Bobath Concept.

Nick graduated from Leeds Beckett University in 2015 with a Masters of Science in Physiotherapy. Prior to this, he graduated with an Honors Bachelor of Science Degree in Applied Sports Science at The University of Edinburgh. Upon graduating he has worked in a variety of roles in the UK within the NHS and a rugby club providing pitch side first aid and weekly sports injury clinics.

Nick looks to work closely with clients to educate and empower them to take care of their own body. His rehab style centers on functional strengthening and stability in addition to using a hands-on and biomechanical approach to aid in the prevention of injuries, to improve performance and to achieve goals.