

Our Team

OSVALDO BOLANOS

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Occupation: Registered Massage Therapist + Certified Kinesio Taping Practitioner

About me: I'm from Cuba! As a kid I wanted to be a professional athlete, which took me to practice different sports in my life and to be a track and field sprinter for 8 years. I was always fascinated on the body mechanics and how everything under normal conditions seems to align perfectly to allow us to move and function properly. That helped me to choose this career in which I not only help athletes but also anybody who wants to improve and be fit for sports and life.

Special Interests: Sports massage, rehabilitation of injuries related body mechanics or posture. Osvaldo "Ozy" Bolanos completed with honours in 2012, the Massage Therapy program from Bryan College of Applied Health and Business Sciences in Toronto. As well, he holds a Bachelor of Science degree in Physical Education from the University of Matanzas in Matanzas, Cuba. He is a Certified Kinesio Taping Practitioner and as a member of the CSMTA (Canadian Sports Massage Therapist Association) became a Sports Massage Therapist in 2013. Since then, he has been involved with different sporting events, such as being a part of the PanAm games Track and Field medical team. In 2016, he began working with the Canadian National Sprint Cycling Team while they were training in Canada as well as competing internationally. As an avid sports enthusiast himself, you will find him engaging in sports several times a week or attending new massage courses to help his clients reach the results they deserve.