

Our Team

SIMON CHOW

Simon Chow, BKin. RMT. CAT(C). R. Kin.

Occupation: Registered Massage Therapist + Certified Athletic Therapist

About me: I grew up playing competitive basketball with multiple severe sports injuries. These experiences have allowed me to understand the importance of proper rehabilitation and treasure the opportunities to help my patients to restore their and function in order to live a healthy life. I have extensive clinical experience ranging from high performance athletes to people with chronic diseases. I believe most people can build a stronger body with higher functional capacity to resist sports injuries and work-related repetitive injuries. While I am not working, I like to hang out with my two beautiful daughters and take them to the park.

Special interests: Simon went to University of Manitoba and graduated with a Bachelor of Kinesiology (specialized in Athletic Therapy). He became an Certified Athletic Therapist in 2012. Simon then pursued the additional credential with an advanced standing massage therapy program held in Ontario College of Health and Technology and became a Registered Massage Therapist in 2015. Simon believes in pure manual therapy techniques in conjunction with strength conditioning training is the ultimate solution to recovery.