

Our Team

SUMYA KHUDADAD

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Occupation: MSc. Physiotherapist (Resident)

About me: I completed my Bachelor of Arts (Honors) in Kinesiology and Health Sciences at York University. During my time at York University, I was a member of Dean's Honour Roll list for my outstanding GPA. I travelled to the UK in 2018 to pursue my Master of Science in Physical therapy. During my time in the UK, I travelled to many different countries and I met a lot of people along the way which made me grow as an individual and to become a better therapist. I like to travel, go to the gym and spend my free time hiking on different trails.

Special interest: Sumya has a special interest in biomechanics and human physiology which led her to pursue her Master of Science in Physiotherapy program at Leeds Beckett University in England. During Her clinical placements, Sumya had the opportunity to practice in a variety of settings including women's health, pediatric, trauma & orthopaedics, neuro surgery and musculoskeletal.

Through her personal athletic experiences and educational learnings, Sumya has recognized the importance of proper body mechanics and body conditioning in order to prevent injury and optimize performance.

Sumya believes in active lifestyle, personalized exercise prescription and evidence-based practice in order to have a sustainable rehabilitation and prevent re-injury.

Sumya has conducted and published a research article in Nursing Times journal on prevention and timely management of contractures in care home residents.