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Health + Medical **CHAMPIONS**

TOP DOCTORS 2016

A look at local doctors and medical industry professionals who go above and beyond the call of duty in giving extraordinary care. Your passport to better health begins here.

Clayton Heights Sports & Therapy Center

A DIVERSE TEAM TO TREAT A DIVERSE RANGE OF INJURIES



Physiotherapists

Fadi Qawariq BSc. PT, MSC MSK & Sport PT
Shilpi Joshi B.P.T, M.P.T. (Musculoskeletal)
Olamide Oluteye

Registered Massage Therapists

Alexander Glazyrin
Hazel Eslamy
Nancy Ngo
Sadie Lourenco

Kinseologist

Thiago Sarraf BSc. Kin, MSc. Biomedical Physiology

Acupuncture

Jason Liu BSc. Kin, TCM dip

LEFT TO RIGHT: Jason Liu, Fadi Qawariq, Dave Balfour, Thiago Sarraf, Alexander Glazyrin, Peeta Basra, Hawley Ellinthorpe, Shilpi Joshi, Front Row - Sadie Lourenco, Nancy Ngo.

105-18640 Fraser Hwy, Surrey BC V3S 7Y4 • 604.579.0105 • www.claytonheightsphysio.com

Dave Balfour has a personal stake in getting every client at Clayton Heights Sports and Therapy Center back in the game, back to work or back to whatever they love to do — fast.

Balfour opened the Clayton Heights clinic after two motor-vehicle accidents and many surgeries left him wanting more from his physical therapy experience. His goal was to provide the best level of care possible and for 5 years now, his professional team has been delivering just that.

“Part of our focus is to match patients, based on injuries and personalities, to the practitioners that are best suited to treat them,” Balfour says. “We have an extremely diverse team.”

It includes physiotherapists, massage therapists and professionals in active

rehabilitation and acupuncture. The clinic’s team reflects the cultural diversity of his community, as well, with practitioners having roots on six continents. Their backgrounds cover everything from osteopathy and internal medicine, to dance, athletics and post-surgical healing.

Treatment sessions are one-on-one and hands-on, with the practitioner dedicated to the individual patient’s unique case the entire time. “This allows our practitioners to get to the root of the problem a lot sooner and in fewer appointments,” says Balfour.

Alexander Glazyrin is a Registered Massage Therapist, who goes deep below the surface to evaluate each client. “I work not only with the muscles, but with the whole body, because the

muscles are usually responding to something else that’s going on,” he says. “My aim is to find the problem, wherever it is in the body.”

Practitioners stay abreast with the latest developments in their fields. “We base our clinical judgment on evidence-based practice and keep current with the latest in research and literature,” says physiotherapist Fadi Qawariq. “Treatment techniques always change; we’re constantly trying to improve upon what we do.”

Additional services at Clayton Heights Sports and Therapy Center include dry needling, vestibular rehab and vertigo therapy, craniosacral therapy, visceral manipulation, cupping and Graston technique. Athletes, including many runners, count on Clayton Heights. ■

ADVERTISING FEATURE

PHOTOGRAPHY BY MICHAEL CALLAGHAN