

Treatments

Physiotherapy



KEEP YOURSELF
STRONG TODAY
TO AVOID
INJURIES TOMORROW

Physiotherapists are primary health care professionals with a significant role in health promotion. They combine their in-depth knowledge of the body and how it works with specialized hands-on clinical skills to assess, prevent, and treat injury or disability.

Canadian Physiotherapists Association

At Bodyworx Physiotherapy our treatment tool-kit contains excellent physiotherapy skills and modalities, including:

- Physiotherapy
- Sports Injury Rehabilitation
- Pilates Rehabilitation - Clinical Pilates and Classes
- Chronic Pain Rehabilitation - www.brionyphysio.com
- Scoliosis / Scheuermann's Kyphosis Management
- Vestibular Rehabilitation and Balance Retraining Therapy
- Women's and Men's Pelvic Health Physiotherapy
- Acupuncture
- Gunn IMS
- Extracorporeal Shock Wave Therapy
- Orthotics

Our Physiotherapists



Lynn Brandon- Clinic Owner, Registered Physiotherapist, Certified Pilates Instructor, Registered Physiotherapist, Certified in Acupuncture, Certified in IMS Gunn, C Instructor, Certified Personal Trainer

Lynn Brandon completed her degree in physiotherapy at the University of British Columbia, graduating with honours. Her experience working in hospital and private practice has allowed exposure in many areas of physiotherapy. In 1994 she worked in a sports clinic where she was able to expand her skills in the area of sports and work injury management as well as continued post-graduate education. After completing all the courses available through the Acupuncture Foundation of Canada Institute in Toronto, she became a Certified Acupuncturist. In 2017, she added IMS to her 'tool kit' with certification through the UBC Gunn IMS program and has found both IMS and Pilates to be adjuncts to her practice.

Lynn volunteered with the Sharks Swim Team as Meet Manager and dry-land training as a Pilates Teacher. She has volunteered with many organizations over the years, which has allowed her the privilege of sharing her expertise with others with the intention of helping them find what they can find useful in their everyday life. Lynn is the past President of the Rotary Club of Strathcona Sunrise (2011-2012), the Hospice Society (2016-2017). When she is not working, Lynn volunteers her time doing trail maintenance and building trails, kayaking, snowshoeing and skiing.

Lynn's interest in fitness and living an active lifestyle evolved from her years growing up in the Comox Valley where water related activity were an integral part of childhood. Together with many years playing volleyball, these things played a significant role in her pathway in life. For several years, Lynn was a Course Instructor for Fitness Leaders. For 33 years she has been teaching Pilates and ACE certified Personal Trainer becoming certified with STOTT Pilates in 2002. She holds STOTT Certification in Pilates and Advanced Certification and specialized training for Injuries and Special Populations. Lynn has found Pilates to be a great form of exercise and is a lovely complement to all other forms of exercise. Her unique blend of warmth, sensitivity and positive energy provides a spiritual, intellectual and physical enhancement.

In 2005, Lynn and her family returned home to the Comox Valley where she founded Bodyworx Physiotherapy and Bodyworx Pilates, a beautiful facility known as the Manor, overlooking the Comox harbor and mountains. In addition to innovations such as Pilates, the clinic offers Scoliosis/Scheuermann's Kyphosis Management, Extracorporeal Shock Wave Therapy, Neuroproprioceptive Training, Acupuncture, IMS, Laser, Women's and Men's Pelvic Health, Vestibular Rehabilitation, and Balance Retraining Therapy, Functional Movement Screening and Functional Rehab Orthotics.

Lynn enjoys her clinical work and teaching immensely. She finds great joy in sharing her passion with others.



Laleh Eskandari- Registered PhysiotherapistBSc. P.T. , Certified in Parkinson's

Laleh earned a Bachelor of Science degree in Physiotherapy, from Shiraz University of Medical Sciences, Iran, in 2008. After graduation, she began working as a Registered Physiotherapist in private practice in the greater Vancouver area. Laleh has primarily worked in private practice; however, she has also experienced working in inpatient/hospital settings throughout her career.

Laleh's focus is in treating clients with various orthopaedic and musculoskeletal injuries, using a manual approach including manual therapy and exercise programs. Laleh has pursued academic post graduate training in manual therapy and advanced orthopaedic courses. She provides individualized exercise programs towards the goal of the patients.

In her spare time, she enjoys spending time with her family and outdoor activities.



Gordon McIlroy- Registered PhysiotherapistBSc. P.T.

Gord has lived and raised his family in the Comox Valley, since graduating from UBC in 1991. After working 25 years in the military, Gord is very excited to be joining Lynn and her team at Bodyworx Physiotherapy.

Mountain Biking, bike touring, cross country and downhill skiing, swimming, yoga and Pilates are some of the activities Gord enjoys, along with playing music with his friends.

Having an active lifestyle, Gord understands firsthand how important it is to remain as mobile and active as possible. He has experience with sports injuries as well as dealing with chronic conditions. At the core of his treatment practice is his belief in giving clients the tools for long-term management.

Gord enjoys working on a one to one basis treating orthopaedic and sports injuries, with a strong emphasis on soft tissue work, along with exercise and postural and stress awareness techniques.

Lifelong learning combined with 25+ years of experience will continue to help clients on their roads to recovery. Gord is excited about meeting new patients here at Bodyworx Physiotherapy.



Briony Beveridge- Registered Physiotherapist B.A., MSc.P.T., Pain Management

Born in Vancouver, Briony then spent her early adulthood cycling the vibrant streets of Montreal, where she obtained a Bachelor of Science in Biology and a Bachelor of Medicine. She continued her urban adventures as she completed the rigorous Master of Science program in Physical Therapy in 2013. She then relocated to the Comox Valley to be humbled by trees, not buildings, and hasn't looked back. When you move better, you will find her in her edible landscape, mulching the blueberries or making giant piles of compost.

Briony has developed her skills in manual therapy and exercise prescription through advanced and ongoing post-graduate education, including training with some of the foremost educators in clinical pain neuroscience and trained as a facilitator of Mindfulness Based Stress Reduction (MBSR).

Briony has personally explored movement and body awareness through practices such as meditation, yoga, pilates, and Tai Chi. She is also a practitioner of Hakomi, a form of mindful psychotherapy (Hakomi), allowing her to be more present, and to extend non-judgmental kindness to others. Her approach is further informed by her own recovery from a persistent pain condition. She has personally experienced chronic pain and has gained clinical and pain neuroscience knowledge, and is passionate about bringing this to people who are in pain.

www.brionyphysio.com