

About

Our Team



Ketan Trivedi, Registered Physiotherapist

Ketan achieved his Bachelors of Physiotherapy degree in 2010 from Rajiv Gandhi University Health Sciences, India. He has worked in different settings like Hospitals, Long Term Care, and Out Patient departments. He is a member in good standing with the Canadian Physiotherapy Association. He has acquired a number of specialized certifications which includes Acupuncture, Vestibular Rehabilitation. He is currently working on the certification of Concussion Management.

Ketan says he chose physiotherapy as a career because he was interested in knowing the anatomy and mechanism behind injuries. His passion is to treat those injuries by using different tools from his tool box.

When he is not working, he enjoys cooking, spending time with his 4-year-old son, and watching basketball.



Piyanka Patel, Registered Physiotherapist

Piyanka is a young, passionate, skilled and caring physiotherapist who graduated as a university topper in Masters from [university name] and is also certified in Mulligan mobilization, taping and manual therapy with specialization in spine-related disorders. She is also an assistant professor where she guided and trained young students and interns in PT college. She has commendable work experience in outpatient clinics and renowned hospital-settingsâ€™ sector since six years.

She firmly believes in evidence-based practice by providing both exercise-based and manual techniques in addition to manual therapy to accelerate healing and return to function. She prides on her treatment programs as they are designed based on patient-specific needs.

She also believes that empathy is her greatest virtue and patientâ€™s compliance is the key to success.

During her downtime, she loves spending time with her family, reading books on self-development, as well as enjoys



Piyanka Patel, Registered Physiotherapist

Ankita Dhingra, Resident Physiotherapist

Ankita has achieved her bachelors of physiotherapy from Guru Nanak Dev University, Amritsar, India in 2018. She is dedicated to improving the lives of her patients. She goes above and beyond while treating her patients using manual and believes in continuum growth and holds a learning attitude. She is in good standing with the Ontario College of Physio

She continues to improve the quality of life of her patients with her empathetic attitude. Her helpful and humble attitude

During her free time, she likes to spend time with her family, play with her dog and meditate to introspect her inner self



Dr. Carla Ciraco,Chiropractor

Dr. Ciraco's interest in sports injuries and her background in kinesiology led her to pursue a career in chiropractic where she became a leader in the conservative management of injuries and orthopedic conditions while also educating patients on injury prevention. She graduated with honors distinction from the University of Toronto with a Bachelors of Kinesiology (BKin) and soon after pursued her Doctor of Chiropractic (DC) degree from D'Youville University where she graduated Summa Cum Laude with her Doctor of Chiropractic (DC) degree. Dr. Ciraco specializes in chiropractic manipulation, instrument-assisted soft tissue mobilization and therapeutic exercise prescription. She has also completed her training in medical acupuncture/dry needling. She has worked with a wide variety of patients from car accident population to athletes. Dr. Ciraco also has a special interest in chiropractic research and has co-authored peer-reviewed research articles in chiropractic journals. She has also published in the trade magazine Chiropractic & Naturopathic Doctor.

In her spare time, Dr. Ciraco likes to spend time with her family, work out, go for walks, cook, bake, read and journal.



Analyn Pidor,Physiotherapy Assistant

Analyn Pidor graduated in 2017 from Velez College, Cebu Philippines. She got her licensure as Physiotherapist year 2018 and was able to rotate in different hospital settings and in ICU as well.

She wants to extend help to patients or clients in sharing her knowledge and expertise in regards with exercise prescription appropriate for the patients case. She will be assisting the Physiotherapist and make sure to prioritize the safety of the