



ADVANCED

HEALTH + SPORTS CLINIC

FORWARD THINKING. **FORWARD MOVEMENT**

WE ARE NOW OPEN IN TWO LOCATIONS!

NANAIMO & PARKSVILLE

- We are a direct access clinic and provide direct billing for patient convenience.
- We are a team of highly motivated health professionals from athletic backgrounds of all kinds who value getting patients moving better, feeling better, and understanding their bodies better.
- We have assembled a team of a dozen physiotherapists between our two locations to cut down on wait-list times for patient convenience and to expedite patient care and outcomes.



BOOK ONLINE: advanced.janeapp.com
www.advanced-healthclinic.com

NORTH NANAIMO | (250) 585-8553

5160 Dublin Way (Unit 203), Nanaimo, BC V9T 0H2

PARKSVILLE | (250) 586-8556

100 Lombardy Street (Unit 5), Parksville, BC V9P 0G4

WHAT WE SEE AND TREAT IN THE CLINIC

Post-Surgical Rehabilitation arthroplasty's, tendon repairs, ligament repairs such as ACL reconstruction, arthroscopy's.

Lumbar Spine Injuries disc herniations, sciatica, stenosis, arthritis, sprains, strains, spondylosis, scoliosis.

Cervical Spine Injuries whiplash, cervicogenic/tension headaches, radicular pain, arthritis, disc injuries, muscle strains.

Head Related Issues mTBI/concussion rehabilitation.



Shoulder Injuries frozen shoulder, rotator cuff pathologies, impingement, dislocations/subluxations, calcific tendinopathy.

Elbow/Wrist Injuries tennis + golfers elbow, neuropathies, fractures, sprains, carpal tunnel syndrome, arthritis.

Hip Injuries arthritis, labral lesions, femoral acetabular impingement (FAI), bursitis, tendinopathy (hip flexor, glute, adductors).

Knee Injuries meniscus lesions, ligament sprains, arthritis, patellofemoral pain, bursitis, muscle strains.

Ankle Injuries sprains, fractures, plantar heel pain, Achilles tendinopathy, ankle instability.

WE ARE EAGER TO CONTINUE TO CONNECT
with patients from the Nanaimo & Parksville
Qualicum Beach regions and are keen to
put our best foot forward as part of their
healthcare team.

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