

FREEDOM

PHYSIOTHERAPY

We are a progressive physiotherapy clinic located in the heart of Fort St. John, BC, just steps away from 100th Street and 100th Avenue. Our staff aims to provide the best physiotherapy and strength and conditioning services in the region through research, movement, and load. We look to coach, teach, and guide our clients along the path to helping themselves.



OUR SERVICES



PHYSIOTHERAPY

From musculoskeletal injuries, neurological conditions, concussions, joint mobilization, pre-operation, and post-operation... we have you covered.



STRENGTH AND CONDITIONING

Looking to get stronger, build endurance, move better, or improve athletic performance? Try strength and conditioning.

CUSTOM ORTHOTICS

Custom-made, full contact, high density polyethylene orthotics from Sole Supports. Book a Physiotherapy Initial Assessment to find out if they are right for you.

CLINIC PARTNERS *BOOK PRIVATELY*

Michelle Hofstrand with Freedom of Speech Therapy (Speech Therapy)

Heather Best with Trua Wellness (Clinical Counselling)

OTHER SERVICES & MODALITIES

Dry Needling
TENS
Shockwave Therapy
Ultrasound Therapy
Custom Orthopaedic Brace & Support Fitting
Rehabilitation Equipment Sales

OUR FEES



FEES ARE SUBJECT TO CHANGE

PHYSIOTHERAPY INITIAL ASSESSMENT \$100

PHYSIOTHERAPY FOLLOW-UP VISIT \$80

PHYSIOTHERAPY EXTENDED FOLLOW-UP VISIT \$100

STRENGTH AND CONDITIONING ASSESSMENT \$85

STRENGTH AND CONDITIONING SESSION \$50

CUSTOM ORTHOTICS \$450

CUSTOM ORTHOTICS (2ND PAIR) \$300

***WE OFFER TELEHEALTH OPTIONS FOR MOST SERVICES**

OUR TEAM



BRYCE KELLY
PHYSIOTHERAPIST



ANTON PONOMARENKO
PHYSIOTHERAPIST



MIKE VAN NOSTRAND
KINESIOLOGIST



NORAH VOGAN
EXERCISE PHYSIOLOGIST

FIND US ON SOCIAL MEDIA!



Freedom Physiotherapy



@freedomphysiofsj

Clinic Hours

Monday: 8am-5pm
Tuesday: 8am-5pm
Wednesday: 8am-5pm
Thursday: 8am-5pm
Friday: 8am-5pm

*Hours are subject to change

BOOK ONLINE

www.freedomphysiotherapy.ca

We can DIRECT BILL (if applicable) to the following: WSBC, ICBC, MSP, and most third-party insurance providers. Please be advised that coverage varies depending on the individual plan. We advise that the client consults their plan provider prior to seeking treatment to understand the extent of coverage, annual limitations on coverage, deductibles required, and if their plan requires a doctor's referral prior to treatment. Please note a physician's referral is NOT mandatory to begin treatment.

FREEDOM

PHYSIOTHERAPY



Freedom of Movement
Freedom from Pain

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