



SUSAN GARFAT, RKin, CAT(C)

Kinesiologist
Athletic Therapist

Find me in the clinic at:

Core Chiropractic

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As an Athletic Therapist, my skills tend to overlap with other disciplines such as Physiotherapy, Massage Therapy and Athletic Training. Having begun my career working in busy clinics across the GTA, and later spending 12 years working in a private school sports injury clinic, I have treated a wide variety of injuries and have worked with all levels of athletes.

Services available to my patients include:

- Manual therapies such as Craniosacral Therapy, Muscle Energy Techniques and massage techniques
- Exercise prescription including rehabilitative exercises and Stott Pilates
- Electrotherapy (ie. Laser, Ultrasound, IFC and muscle stimulation)
- Prophylactic and athletic taping and bracing

While I love working with novice athletes and weekend warriors, I am keen to help people of all fitness levels stay active through life. Whether you're seeking help for frozen shoulder, post-concussion syndrome, arthritic pains, runner's knee or anything in between, my whole-body approach is sure to get you back on track!

Call the clinic to book your consultation or contact me directly at segarfat@gmail.com for further inquiries regarding treatments or event coverage.

