





SportHealth

SportHealth Facility	Services Available	Fee	Contact
Vancouver Island University	Maximal Oxygen Consumption Test	\$50.00	PacificSport Vancouver Island office 740 6572
	Body Composition (skinfold) Analysis	\$10.00	
	Computerized Nutritional Analysis	\$15.00	
	Pulmonary Function Test, Maximal Breathing Capacity	\$15.00	
	Estimated VO2 Max for individuals or teams		
 <p>Dr. Abe Avender & Dr. Joe Foglia Island Optimal Health & Performance</p> 	<ul style="list-style-type: none"> -Chiropractic Care -Injury Rehabilitation -Soft Tissue Therapy -Strength training -Performance nutritional assessments and information -Gait analysis -Post injury biomechanical analysis 	30% off services	<p>#100 - 5271 Rutherford Road Nanaimo, BC V9T 5N9 Tele: 250.756.4647 Facsimile: 250.756.4648 Contact: Dr. Abe Avender</p> <p>103-1808 Bowen Road Nanaimo, BC V9S 5W4 Tele: 250 753 9449 Facsimile: 250 753 9409 Contact: Dr. Joe Foglia</p> <p>Email: info@islandoptimal.com</p>

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<p>Rehabilitation In Motion</p>  	<ul style="list-style-type: none"> -Chiropractic Care -Injury Rehabilitation -Strength training -Physiotherapy -Sport Medicine Physician -Massage Therapy -Clinical Counselling -Orthotic Inserts -Performance nutritional assessments and information 	<p>Contact Beverley</p>	<p>Contact Person: Beverley Cardinell Tele: 250 334-9670</p> <p>Comox Vally Clinic 103-780 Grant Ave. Courtenay, BC V9N 8P1 Tele: 250 334 9670 Facsimile: 250 334 9656</p> <p>Port Alberni Clinic 2996 2nd Avenue Port Alberni, BC V9Y 2Y2 Tele: 250 723 9675 Facsimile: 250 723 9699</p> <p>Campbell River Clinic 2315 S. Island Highway Campbell River, V9W 1C4 Tele: 250 923 3773 Facsimile: 250 923 3644</p>
<p>Grondin Sport Injury Consulting</p> 	<ul style="list-style-type: none"> -Prehab: injury prevention and biomechanical assessment -Soft Tissue Therapy -Manual Therapy -Sport specific return to play program -Gait analysis -Taping/strapping and preventative bracing 	<p>Contact Isabel</p>	<p>Cowichan Physiotherapy 102 255 Ingram Street Duncan, BC V9L 1P3 Tele: 250 889 3849 Facsimile: 250 656 4125 Contact: Isabel Grondin Email: igrondin@shaw.ca</p>
<p>Elite Performance Athlete Conditioning</p> 	<p>see website</p>	<p>Contact Steve</p>	<p>3517 Castle Rock Drive Nanaimo, BC V9T 0A4 Tele: 250 751 7540 Facsimile: Contact: Steve Van Schubert Email: info@eliteperformance.ca www.eliteperformance.ca</p>

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Dr. Stacey Scott	<ul style="list-style-type: none"> -Chiropractic care -Injury rehabilitation -Low light laser therapy 	30% off services	Woodgrove Pines Clinic 6439 A Portsmouth Rd. Nanaimo, B.C. V9V 1A3 Email: info@woodgrovepinesclinic.com Phone: 250 390 2003
Kyla Hartnell Long Lake Sports & Physiotherapy Clinic	<ul style="list-style-type: none"> -Rotator cuff seminars -Tapping workshops -ACL tear prevention -Biomechanical screening -Running clinics with gait video analysis 	Contact Kyla	#2-4906 Wellington Rd. Nanaimo, BC V9T 4B8 Phone: 250 751 0222 Contact: Kyla Hartnell
Lorenda Hattingh Dynamic Focus Physiotherapy	<ul style="list-style-type: none"> -Injury Rehabilitation -sport rehab -Strength training -Physiotherapy -Sport Medicine Physician 	30% off services	6458 Lasalle Rd Nanaimo BC V9V 1P3 Tele: 250 758 3505 Contact: Lorenda Hattingh Email: dynamicfocusphysio@shaw.ca
Patricia Chuey Dietician	<ul style="list-style-type: none"> -Consultations -Nutritional assessment -Nutrition plans 	30% off services	203-335 Wesley Street, Nanaimo, BC Tele; 250 797 9017 Email: Patriciachuey@shaw.ca
Beverley Spidle Knead	Registered Massage Therapy	30% off services	330-256 Wallace Street Nanaimo, BC V9R 5B3 Telephone: 250.753.6322 Email: bev@kneadtherapy.ca
Nicole Jandric Hillside Massage Therapy	Registered Massage Therapy	30% off services	5531 Oceanview Terrace Nanaimo, BC V9V 1G6 Telephone: 250.616.9404 Email: nicole_jandric@hotmail.com