

## CHINATOWN

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**Alex Wong**  
*Physiotherapist*

Alex graduated from the University of Manitoba with a Bachelor of Medical Rehabilitation (Physical Therapy) degree in 1996. Prior to settling down in Vancouver practicing in private clinics, he spent several years working in various hospital settings both in Canada and Hong Kong. Through these years of practice he has gained experience in treating a wide variety of orthopedic conditions and has developed a special interest in upper limb rehabilitation. He has been qualified as a Certified Hand Therapist since 2002 by the internationally recognized Hand Therapy Certification Commission. As a physiotherapist, he is able to communicate with his clients in English, Cantonese and Mandarin.

Outside of his work, Alex enjoys listening to music, playing tennis and badminton, reading about science and technology, and watching sci-fi movies. He is also an active member of a local Baptist church, in which he once served as Treasurer for six years. He is known amongst his friends as "the person to go to when you or your computer, and many other things in between, have a problem".

**Dr. Dominic Chan**  
*BSc, DC Bio*



Dr. Dominic Chan is a Doctor of Chiropractic committed to helping patients realize their full, pain-free potential. Dr. Chan grew up in the lower mainland and completed his Bachelors of Science degree from the University of British Columbia. He then pursued his dream of helping people lead healthier, more productive lives by earning his Doctor of Chiropractic degree from the University of Western States in Portland, Oregon. With more than a decade of clinical experience, Dr. Chan has had the opportunity to be exposed to a wide variety of patients.

From working with the underprivileged in downtown Portland to treating world class athletes, there isn't much that Dr. Chan has not encountered. Dr. Chan has had the privilege of being part of the medical team for the Portland international marathon, The Sea to Summit race and a whole host of intense, endurance races. Locally, he has also been a part of the medical staff for the Greater Vancouver Charity Classic. A local stop for the Canadian Golf Tour (now officially the PGA Tour –

Canada). With his extensive background treating athletes, Dr. Chan has cultivated the belief that everyone can benefit from the type of treatment an athlete receives. With this in mind, further training involving Active Release, soft tissue modalities and athletic rehabilitation has become a standard part of Dr. Chan's treatment approach with every patient.

His desire to provide the highest level of patient centered, evidence based care has resulted in many satisfied and happy patients. Dr. Chan was recently voted 'Best Chiropractor' in the city of Vancouver as well as 'Best in Health and Wellness Services'. This honour was bestowed by the readers of the Vancouver Courier newspaper in their 'Stars of Vancouver' edition.



**Joe Melo**  
*Physiotherapist*

Joe comes to LifeMark having earned his Master of Physical Therapy degree from the University of British Columbia. Prior to that, he also graduated from UBC with a Bachelor of Human Kinetics degree. During his time away from UBC, Joe worked for a local foot orthotic manufacturer where he broadened his understanding of the foot and ankle. He also spent three seasons as a trainer for a junior football team, which exposed him to many of the common sports-related injuries seen in physiotherapy clinics. He has volunteered at field hockey and lacrosse events, as well as the Vancouver Sun Run.

Joe has gained physiotherapy experience in a wide variety of clinical settings, including stroke rehabilitation, hand therapy, and paediatrics. He has also developed a strong knowledge base regarding whiplash-associated disorders thanks to research he helped conduct while in the Master's program. Joe's customized approach to physiotherapy treatment utilizes manual therapy, education, dry needling, and exercise to help his patients achieve their unique therapy goals.

Joe enjoys playing soccer and golf, but admits he is much better at being a spectator. He is certified in anatomical acupuncture through the Acupuncture Foundation of Canada Institute. He has also obtained his Level 2 certificate in orthopaedic manual and manipulative therapy through the Canadian Physiotherapy Association and plans on pursuing further education in this field in the future.



**John Scott Angrignon**  
*Registered Massage Therapist*

John is a graduate of the West Coast College of Massage Therapy, December 2006. He has worked 2 years at West 7th Massage Therapy, 2 years at Lifemark's Whistler Physiotherapy, and has spent the last 1 1/2 years at Symmetree Wellness in Kitsilano in Vancouver.

John is passionate about connecting with his clients and endorses a holistic treatment style. He draws from a wide range of specialized skills that includes Deep Tissue (Swedish), Muscle Energy Technique, Cranio Sacral Therapy, Myofascial Therapy, Postural Correction and Reconnective Healing.

John enjoys working with all patients from expectant mothers to injuries to clients with inflammatory diseases to palliative care.



**Dr. Jordan Atkinson**

Jordan J. Atkinson is a Doctor of Naturopathic Medicine, who graduated from BC's own Boucher Institute of Naturopathic Medicine. He earned his Bachelor of Sciences majoring in Kinesiology at Simon Fraser University, giving him a firm foundation in physiology and human kinetics. He empowers people to take an active role in their health and believes in being proactive, not reactive.

Dr. Atkinson creates an individualized treatment protocol that is tailored to meet his patient's specific needs. He uses cutting-edge diagnostic tools and therapeutic modalities to enhance the healing process. His ongoing professional development and up-to-date research ensures that his patients get optimal health care.

Dr. Atkinson has a primary care practice with a special interest in:

- Chronic musculoskeletal injuries (including low back pain, arthritis, sports injuries and injuries caused from motor vehicle accidents)
- Digestive issues (such as IBS, Crohn's, acid reflux, gas, colitis, and constipation)
- Hormonal imbalance (such as PMS, infertility, thyroid disease, diabetes, menopause, endometriosis, fibrocystic breast disease, uterine fibroids and PCOS)
- Cardiovascular issues (hypertension, migraines, headaches and high cholesterol)
- Fatigue
- Autoimmune conditions (such as rheumatoid arthritis, MS, fibromyalgia)
- Nervous system imbalances (such as depression, anxiety and

- insomnia)
- Weight loss
- Children’s health (such as allergies, skin disorders, respiratory problems)
- Autism
- Cancer

Dr. Atkinson integrates many forms of medicine including: Autonomic Response Testing, IV therapy, Botanical Medicine, Clinical Nutrition, Lifestyle Counseling, Neural Therapy, Homeopathy and Biotherapeutic Drainage, and Traditional Chinese Medicine, including Acupuncture and Physical Medicine.

**Paula Portnoi**  
*Physiotherapist*



Paula comes to Life Mark, from Brazil, with a bachelor degree in Physical Therapy from the Centro Universitario São Camilo and with 2 Latu sensu degrees, one in “Physical Therapy applied to Musculoskeletal System Dysfunctions” and another in “Physical Therapy applied to Orthopedics and Traumatology” both completed at São Marcos University.

Paula has gained physiotherapy experience since 2004 in one of the largest Orthopedic and Sports rehabilitation Institutes in South America and with her own private practice, where she has experience with hydrotherapy, sensory motor training, isokinetic training, pre and post-surgery treatment, seniors rehabilitation, athletic rehabilitation and much more.

She has also developed a strong knowledge base regarding hip arthroplasty rehabilitation and strength assessment, during her Latu Sensu’s program. Paula brings to LifeMark a customized approach to physiotherapy treatments where she treats with manual therapy, massage therapy, education and different exercise modalities to help her patients achieve their goals.