

## **HIGHLAND SPORT & SPINE**

- [Karen \(Kar\) Morgan](#) - *B.A. Sport and Human Movement Studies, B.Sc. PT, Registered Physiotherapist*
- [Karina Steinberg](#) - *BHK, BScPT, FCAMP, CAFCI, Gunn IMS, Registered Physiotherapist*
- [Krissy \(Kristina\) Sulic](#) - *Registered Massage Therapist*
- [Nicole Money \(fmr Dupuis\)](#) - *BScPT, BScKin, MCPA, CAFCI, Gunn IMS, Registered Physiotherapist*
- [Theresa Oswald](#) - *Registered Massage Therapist*

### **Karen (Kar) Morgan**

*B.A. Sport and Human Movement Studies, B.Sc. PT, Registered Physiotherapist*



Kar first came to the Sea to Sky Corridor in 1999 following her love for the mountains and to pursue her passion for whitewater kayaking, canoeing, raft guiding, mountain biking and snowboarding.

Graduating as a physiotherapist from Cardiff University in Wales, UK, she has worked entirely in private practice, focusing on Sport and Orthopaedic injuries. Joining Whistler Physiotherapy in 2006, Kar has experience working in all three of our clinics where she has gained wide experience in the treatment and rehabilitation of all manner of injuries caused by sporting, recreational, motoring, industrial and domestic incidents as well as the treatment of surgical and medical conditions.

Kar's clinical approach has been enhanced through personal experience with her own injuries and in the understanding of the need to return to an active lifestyle, with full function, as soon as practicable. Kar takes a 'hands-on' approach with an emphasis on active rehabilitation and patient education.

With a commitment to expanding her knowledge and clinical skills Kar is currently working towards her Advanced Certificate in Manual and Manipulative Therapy, and is training in Acupuncture and Visceral Mobilization. As a new mom she has a fresh understanding of core stabilization, pelvic floor training and women's health. She plans to continue training in these areas as an important way of further developing her holistic approach.



**Karina Steinberg**

*BHK, BScPT, FCAMP, CAFCI, Gunn IMS, Registered Physiotherapist*

Karina Steinberg is a sport and orthopaedic physiotherapist. She graduated from Queen's University in 2001 after completing a degree at the University of British Columbia in Human Kinetics.

She has completed her certificate in Advanced Manual and Manipulative Therapy, AFCl acupuncture, and is a qualified Gunn IMS practitioner. She is currently working towards completing her Sports Diploma and instructing in post graduate level orthopaedic courses. She has a diverse set of skills and combines it with her caring attitude to treat her client's individual needs.

As a former national level competitive swimmer, she understands the hard work and determination that is required by athletes and individuals overcoming injuries. This is why she believes in taking a pro-active approach to injuries by using individualized exercise prescription and education to assist individuals with their return to sport, training, or life.

Karina loves living in the mountains and some of her hobbies include skiing, climbing, SCUBA diving, and hiking. She looks forward to raising her children in this environment and sharing with them the beauty of the surroundings and a healthy lifestyle.

**Krissy (Kristina) Sulic**

*Registered Massage Therapist*



Krissy's true happiness arises when is able to expand her knowledge of massage therapy, and utilize it by helping others. After receiving her accreditation as an RMT in 2009, Krissy came back to Whistler to practice. Repetitive strain, acute injury or chronic pain, from the workplace, sports, pregnancy are reasons to book an appointment. I look forward to your health and wellness.

**Nicole Money (fmr Dupuis)**

*BScPT, BScKin MCPA, CAFCI, Gunn IMS, Registered Physiotherapist*



Nicole Money currently works at our Squamish location, Highland Sport and Spine Physiotherapy. Nicole attended the University of Western Ontario in London Ontario, first completing a degree in Kinesiology, Bachelor of Science Honors in 2003 and further continuing to complete a Masters degree in Physiotherapy in 2005.

Nicole has eight years of experience working in outpatient, sport physiotherapy clinics. She has developed her expertise in working with injuries resulting from: pre and post surgical care, car accidents, work injuries, sporting injuries, pre and post natal care, and generalized stiffness and deconditioning due to various chronic illnesses.

Since graduation, Nicole has completed courses in Orthopaedic Manual and Manipulative Physiotherapy, Visceral mobilization, Custom knee ligament bracing, fascia mobilizations techniques and craniosacral therapy, and Custom wrist and hand splinting. She is also certified in acupuncture (CAFCI), intramuscular stimulation (IMS) and dry needling techniques.

As a former competitive gymnast, Nicole has a keen understanding of the body and injuries as they relate to sporting activities. She has experience working with all levels of athletes from recreational to professional and Olympic level. She is passionate about educating patients about their bodies, how they can assist in recovering from their injuries and how to prevent future injuries.

Nicole likes to share her knowledge and passion for health and fitness with the community. She has volunteered her knowledge and skills for many local sporting events, such as the Paralympics in Whistler, BC in 2010.

In her spare time, Nicole likes to keep active and is involved in many recreational sports such as snowboarding, kayaking, yoga, hiking, running, trampoline, swimming and weight training.

### **Theresa Oswald**

*Registered Massage Therapist*



Theresa began her massage career in 1985 after graduating from the Kikkawa School of Massage & Shiatsu Therapy and obtained her Shiatsu Therapy certificate in 1987. While in Toronto, Theresa was active on the board of the Shiatsu Therapy Association of Ontario helping to promote and educate the public about Shiatsu. She also participated in many trade shows promoting both massage & shiatsu and volunteered as an RMT at the 1991 Canada Winter Games in PEI.

In 1993 Theresa returned to the West Coast, arrived in Whistler, and began to experience just how much fun living in the mountains

can be! Ten years later she joined the Whistler Physiotherapy team.

Theresa utilizes a holistic approach, incorporating principles from various disciplines, activities, and continuing education pursuits into each treatment as needed. Her extensive experience ranges from working with children to the elderly, pregnancy massage, acute & chronic injury recovery, sports massage, myofascial work, over use/repetitive strain recovery, relaxation, and stress reduction & management. Learning is ongoing in a career that is every changing and evolving. She is ever grateful for the opportunity to be a facilitator in her client's healing journey.

Outside of the clinic, Theresa works part time as a Nordic ski instructor and in summer as a nature walk and paddling guide . She enjoys volunteering for various groups and events with the highlight being a Vancouver 2010 cross country volunteer at both the Paralympic and Olympic Winter Games.