

KELOWNA – RICHTER

- [Catherine Vigar MSc.P.T.,B.Sc.Kin](#) - C.A.F.C.I., Registered Physiotherapist
- [Cody Walsh BSc.Kin](#) - MCPA
- [Jeannette Paine B.Sc. Kinesiology](#) - Exercise Science
- [Roy Gillespie BSc.P.T.](#) - C.A.F.C.I., C.S.C.S., C.G.I.M.S., Certified in Acupuncture, Registered Physiotherapist
- [Thierry 'Tez' Lamvohee B.App.Sc.PT.](#) - C.A.F.C.I, Certified in Acupuncture, Registered Physiotherapist



Catherine Vigar MSc.P.T.,B.Sc.Kin. C.A.F.C.I.
Registered Physiotherapist

Cathy is a true Okanagan girl, born and raised in Kelowna B.C. She attended Okanagan Mission Secondary School, where she was actively involved in field hockey, basketball, and tennis. She also spent her days on the soccer pitch playing Kelowna Select soccer for 8 years. After high school, she went to Okanagan University College where she began her Bachelor of Science degree. During her time at OUC she played varsity Soccer and was named MVP and nominated for Athlete of the Year in her first season. She moved to Calgary to complete her Bachelor of Science in Kinesiology at the University of Calgary. While going to school in Calgary, Cathy returned home for the summers to work at Pinnacle as a Kinesiologist.

In 2008, Cathy graduated from the University of British Columbia, Vancouver campus with her Masters of Physical Therapy and returned back to her roots to Kelowna and Pinnacle. Cathy volunteers as the physiotherapist for the Okanagan Challenge Men's Soccer team and the Okanagan Rockets Major Midget Hockey Team. In her spare time Cathy enjoys snowboarding, ice hockey, mountain biking, golf and tennis. Cathy can relate to being out of the game due to an injury and strives to do the best to get you back as soon as safely possible, whether your game is for sport, work or life.



Cody Walsh

BSc.Kin, MCPA

Cody grew up in Kelowna, an avid sports enthusiast. After High School, Cody attended UVic, completing his BSc in Kinesiology with distinction in 2007. Before pursuing his masters in physiotherapy at UBC, Cody worked for Pinnacle Physiotherapy - CNC as an associate trainer focusing on elite athletic development, biomechanical analysis, jump training, injury prevention, and rehabilitation. Cody has worked with sports teams including Victoria's Velox Vallhallians elite men's rugby club, the UBC women's rugby team in Vancouver and the Okanagan SUN football team in Kelowna.

As a physiotherapist Cody has worked for the BC Summer games, Western Canadian National U16 volleyball, and Kelowna United Soccer international camps. In his training Cody has worked with neurological clientele at Surrey Memorial's Laurel place high intensity rehabilitation unit, pediatric clientele at the Centre for Child Development, and geriatric clientele at Holy Family Hospital's extended care unit. Cody has also gained experience in orthopedic, sports and job related injuries that has spurred his passion for private practice. In treating patients, Cody prefers hands on techniques such as massage and joint mobilizations, while integrating exercise therapy to supplement his treatments.

Jeannette Paine

B.Sc. Kinesiology-Exercise Science



Jeannette was born and raised in Kelowna. She graduated from Okanagan Mission Secondary School where she enjoyed playing many sports including volleyball, basketball, cross country and track & field. She continues to be very involved in sports today.

Soccer has always been her true passion, playing since the age of 5, on community, select and provincial teams. Jeannette attended California State University Fresno with a soccer scholarship, playing as goalkeeper for the NCAA Div I Bulldogs for four years, winning two conference titles.

She graduated from California State University Fresno

with a Bachelor of Science degree in Kinesiology (Magna Cum Lade) and has since completed her Pre-Med requirements at UBCO.

Coaching has always been a highlight in Jeannette's life, with first coaching at the age of 16. She has coached volleyball, basketball and soccer. She is currently the assistant coach for the UBCO Heat Women's Soccer Team as well as being a goalkeeper coach for Kelowna United soccer coaching keepers from ages 9-18.



Roy Gillespie BSc.P.T.

C.A.F.C.I., C.S.C.S., C.G.I.M.S.

Certified in Acupuncture

Registered Physiotherapist

Roy has worked as a physiotherapist in British Columbia since 1993. Prior to this he worked in Australia and Nova Scotia. He graduated from Dalhousie University in Halifax. To date Roy has become certified in traditional Chinese acupuncture and Intramuscular Stimulation (I.M.S.) acupuncture. He has passed the Certified Strength and Conditioning Specialist examination as well, and uses manual therapy, exercise therapy, and acupuncture daily. His onsite experience with numerous sports teams/sporting events has provided insight into the sports medicine world.

Currently he is the head therapist for the Okanagan Sun football club, and has worked in the past with the National Freestyle ski team, National Karate team, Okanagan Challenge soccer club, Saint Mary's and Dalhousie University varsity sports teams, and B.C. provincial field hockey association. He has covered countless sporting events (National Judo championships, Provincial high school basketball and volleyball championships, USA National Track and Field Championships) to name a few. Currently he is working at our Richter Street office, and is involved in patient exercise programs at the Pinnacle Elite Training Centre in the Capital News Centre Building.



Thierry “Tez” Lamvohee B.App.Sc.PT., C.A.F.C.I
Certified in Acupuncture
Registered Physiotherapist

Tez was born in Paris, before moving to the sunny shores of Sydney, Australia. He completed all his schooling in Sydney and is a keen sportsman, having competed in a wide range of sports and represented Australia at the World Schools Cross Country Championship. Various injuries including 2 knee operations, led him to an interest in physiotherapy. Tez graduated from the University of Sydney with a Bachelor of Applied Science in Physiotherapy in 2004. Since then, he has worked in both small rural hospitals and large teaching institutions in Sydney & Kelowna.

Since arriving to Kelowna, he has been an active board member of the Kelowna Ultimate Frisbee society, a volunteer at the YMCA, Canadian Ironman and Canadian Ski Patrol team at Big White. Currently he is the team Physiotherapist for the Kelowna Falcons baseball and Tier 1 Midget Kelowna Junior Rockets. Since graduating, Tez has completed numerous post-graduate courses including acupuncture, myofascial release techniques and has achieved a Certificate of Spinal Manual Therapy.