

VICTORIA - MCKENZIE

- [Ali Boudewyn](#) - Receptionist & Athletic Therapy Student
- [Bettina Ruckelshausen](#) - Physiotherapist
- [Cameron Moffat](#) - Osteopathic Practitioner
- [Charlene Waldner](#) - Registered Massage Therapist
- [Collin Kirby](#) - Kinesiologist
- [Emily McNeil –Smith](#) - Registered Massage Therapist
- [Jodi Ganton](#) - Physiotherapist, Specializing in Pelvic Floor Dysfunction
- [Maria Christian](#) - Physiotherapist
- [Ron Anderson](#) - Physiotherapist
- [Stefanie Yao](#) - Chiropractor
- [Sandy Olsen](#) - Orthotics, Bracing and Rehabilitation Specialist

Ali Boudewyn

Receptionist & Athletic Therapy Student



Ali was born and raised in Victoria. She is currently completing her 4th and final year of the Bachelor of Athletic and Exercise Therapy Program. Ali has completed a 700 hour field practicum working with both the Falcon Gymnastics Competitive team and the Victoria Shamrocks Lacrosse teams. She is currently working to complete a 700 hour clinical practicum with LifeMark at their various clinic locations. Once completing her Bachelor degree, she plans on continuing her education by doing a Masters of Physiotherapy. Ali's hobbies include trampolining, skim boarding, baking, and hiking. When you come for your appointment, you may see her behind the desk or she may be helping you with your rehab!

Bettina Ruckelshausen

Physiotherapist

Bettina is a licensed physiotherapist in British Columbia, Germany and the Netherlands. She studied exercise science in a 6-year university program in Germany, and worked as a kinesiologist in several private clinics, rehabilitation centres as well as fitness and health centres.

In 2006, Bettina graduated with a Bachelor of Health degree with distinction from the European School of Physiotherapy in Amsterdam. Before her love for the outdoors drew her to Vancouver Island in 2008, Bettina worked in two private clinics in Germany with emphasis on orthopaedic physical therapy and individual exercise rehabilitation programs.

Bettina took a series of courses with Diane Lee and Linda-Joy Lee in Vancouver, which focused on the integration of different body parts.

Have you ever wondered whether the ankle sprain you had years ago might be related to the pain in your low back? Do you think it is possible that the degeneration of your hip joint might be caused by a shift in your chest? When you are curious to find out more about yourself - your body and the habits that shape who you are - then Bettina is inviting you to go on a journey of exploration.

Besides working at McKenzie Physiotherapy, Bettina is a casual physiotherapist at Adanac (RJH) where she sees post-surgery patients.



Cameron Moffat
Osteopathic Practitioner

Cameron is a graduate of the Canadian Academy of Osteopathy and a member of the Society for the promotion of Manual Practice Osteopaths. Cameron did an internship at the Osteopathic Centre for Children in San Diego, California, and is currently finishing a four-series course on Visceral manipulation through the Barral institute in Florida.

“Osteopathy seeks to find the underlying cause of your symptoms and then offers a path towards greater healing and a proactive lifestyle.”

Charlene Waldner
Registered Massage Therapist

Charlene graduated from the WCCMT in Victoria, B.C. in 2011, completing the 3000 hr program. Charlene is excited to be partnered with the professional healthcare team at McKenzie Physiotherapy, working together to encourage health and well being to all patients. Charlene has worked with a variety of patients ranging from elite athletes to people with acute or chronic conditions such as low back pain, fibromyalgia, postural imbalances and overuse injuries.

Charlene's experience has included working in various high-end Spa resorts and volunteering at many local sporting venues doing post-event massage.

Charlene has been a lifelong athlete herself, primarily in triathlon and running, she understands the benefits that manual therapies such as massage, physiotherapy, chiropractic, and acupuncture have for the treatment and prevention of injuries. Her modalities include Swedish massage, deep tissue, trigger points, muscle energy, myofascial release and stretching techniques.

Charlene's mission for every client is to provide a proper assessment, develop a safe and effective treatment plan and create a realistic homecare regime based on the goals and needs of the individual. Whether it is recovering from an injury or maintaining a healthy body, Charlene is motivated to help people achieve their best.



Collin Kirby

Kinesiologist

Collin grew up in Quesnel BC and moved to Victoria in 2008 to finish his Bachelor of Science with a Major in Kinesiology at UVIC. Collin has been working at McKenzie Physiotherapy since 2010 and enjoys working with a wide variety of injuries and disorders. Collin greatly enjoys playing many sports including cricket, soccer, futsal, cycling, and tennis but his passion is downhill skiing. During university Collin also gained sports injury experience by working as a trainer with the James Bay Women's Rugby Team. Collin Looks forward to attending UBC in the fall to pursue a Masters degree in Physical Therapy and hopes to move back to Victoria once he graduates.

Emily McNeil -Smith

Registered Massage Therapist



Emily graduated from the West Coast College of Massage Therapy (WCCMT) in Victoria, B.C. in February 2013, with a particular interest in sports injury, rehabilitation and stress management. Emily has danced from a young age, competed in ballet for many years, and is now teaching ballet. She combines her knowledge as a trained dancer with her healthcare training from the WCCMT to provide Massage Therapy treatments that can help with headaches, repetitive strain injuries, posture alignment, muscle spasms, joint stiffness, flexibility and chronic pain.

Emily combines a variety of techniques including of general Swedish massage, deep tissue, and Myofascial release to fulfill your individual needs as a patient.

Ron Anderson

Physiotherapist

After qualifying as a physiotherapist in England in 1979 and working as a staff therapist in the outpatient department of a busy London Hospital, Ron emigrated to Canada in 1981 seeking a better lifestyle and working opportunities. Ron worked at the Gorge Road Rehab Hospital for four years and during this period undertook a series of postgraduate courses to improve his treatment skills.

In 1985 he became a part-owner of the McKenzie physiotherapy clinic and started working in a private practice. Over 28 years and through two transformations with LifeMark and now Centric Health, he has continued to deliver quality health care to his patients. He takes pride in his assessment skills to provide his patients and himself with accurate diagnosis and direction for the treatment with his sound knowledge base and experience. Ron feels confident in helping his patients reach their full potential in recovering from their injuries through manual therapy, the use of mobility, and prescribing specific exercise programmes. Ron has won the respect of

the local medical community in Victoria and established liaises in BC with patients' doctors and other health care providers.



Stefanie Yao
Chiropractor

Dr. Stefanie Yao is passionate about optimising the health and wellness of her patients based on their individual lifestyles.

Dr. Stefanie provides a patient centered approach to help patients relieve pain and enhance their health. She enjoys treating patients of all ages for a variety of conditions ranging from sports injuries, motor vehicle injuries, neck and back pain, as well as maintenance and wellness care. She looks forward to meeting and being a part of your health care team as one of the dedicated professionals at Centric Health Victoria BC.

Other staff include:

- **Maria Christian**
Physiotherapist
- **Jodi Ganton**
Physiotherapist, Specializing in Pelvic Floor Dysfunction
- **Sandy Olsen**
Orthotics, Bracing and Rehabilitation Specialist