

WHISTLER – MARKETPLACE

- [Andrea Voros](#) - MPT, Functional Movement Screen Certified, Registered Physiotherapist
- [Ariane Fafard](#) - BScPT, Registered Physiotherapist
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Andrea Voros

MPT, Functional Movement Screen Certified, Registered Physiotherapist

Andrea joined the Whistler physiotherapy team in May 2012. Moving from Vancouver, where she worked for a neuro and orthopaedic rehabilitation hospital, she has now found her home in beautiful Whistler, BC.

Andrea graduated from the University of British Columbia with a Master's in Physiotherapy in 2011. She previously completed in 2003 a bachelors' degree in Recreation Studies at Ohio University where she played competitive Field Hockey for four years for a top 20 NCAA division 1 team. In between her University careers she played on the Thompson River as a raft guide for six years.

Andrea's main passion in physiotherapy is orthopaedics and she has taken many post-graduate courses to develop her skills as a therapist. She is certified in the Functional Movement Screen, which is a research based tool to assess an individual's potential risk of injury during sport.

Growing up Andrea involved herself in many different sports from skiing and snowboarding to tennis, gymnastics, softball and of course field hockey. Now as an adult, she has become very passionate in mountain biking and skiing. Whistler is the perfect place for Andrea to play hard and work hard.

Ariane Fafard

BScPT, Registered Physiotherapist



Ariane graduated from the University of Montreal in 2007 with a Bachelor of Science in Physiotherapy. During this time, she worked as an assistant physio for the university football team, giving her an initial insight into working in a sporting environment. After graduating, she worked for the next 3 years in a sport physiotherapy clinic in Montreal, working with a diverse range of clients, including elite athletes. Complimentary to this she was the head physiotherapist for an elite men's gymnastics club in Quebec, treating Olympic hopefuls.

Ariane also worked intermittently at the Cirque du Soleil training facility over these years, gaining experience working with a variety of interesting characters and athletes. After a recent snowboard trip to the southern hemisphere, Ariane has decided to settle in Whistler for the snow and the lifestyle.

Dina Goldfarb

Registered Massage Therapist



Dina, an avid snowboarder and mountain biker, has vacationed in Whistler for almost a decade. In 2008 she knew that Whistler must become her home. She closed her massage studio, located in a hot yoga studio in downtown Toronto, and hasn't looked back since.

Dina became conscious of her passion for massage therapy when she realized what a wealth of knowledge she had acquired about body movement, body function, and the injury/healing process from her 10 years of being coached as a competitive freestyle figure skater.

Becoming a Registered Massage Therapist has enabled her to continue to participate in, learn from, and share information within the athletic community which she loves and admires so dearly.

After years of practicing, it also became clear, her inclination towards assisting others in the healing process of both acute and chronic repetitive strain injuries created by the workplace and lifestyle. She has also had great success alleviating pain and increasing mobility with people suffering from the various stages of whiplash, Thoracic Outlet Syndrome and Frozen Shoulder.

Massaging for over ten years, Dina started her career as a body worker and acquired certifications in deep tissue (hot/cold) stone

therapy, yamuna body rolling, clinical aromatherapy, myofascial and trigger point therapy, repetitive strain and whiplash, visionary cranio-sacral, and myo-tonic release and relaxation therapy. She is in the process of adding on-table Thai Massage and Chinese Cupping and Scrapping. She received her Registered Massage Therapist designation in Toronto in 2006.

Hiromi Kubo

R.TCM.P., Registered Acupuncturist, Registered TCM Herbalist



Originally from Japan, Hiromi graduated and received the diploma of Dr.TCM from the International College of Traditional Chinese Medicine of Vancouver and completed her clinical practice at the TCM Hospital in Hefei, Anhui province in China.

She is committed to refining the complete set of skills of Traditional Chinese Medicine including acupuncture, herbal medicine, cupping, moxibustion, and acupressure. To find more effective treatments, she is also studying Japanese treatment modalities including Japanese acupuncture and Japanese herbal treatments.

Hiromi treats people as whole and positive individuals leading them to a path of self-repair and recovery.

Kristy La Mantia

*BScPT, MCAMP, Functional Movement Screen Certified
Registered Physiotherapist*



Kristy has been appointed Clinic Director of Whistler Physiotherapy – Marketplace. Presently Kristy divides her time between direct patient care, working with the Canadian National Slopestyle Snowboard team, management and administrative duties within the clinic.

Kristy was born and raised in a small Ontario town, Strathroy. She spent her spare time figure skating reaching a very competitive level. At the age of 14, her figure skating days came to an abrupt end due to a stress fracture in her lumbar spine. Experience as a patient opened the doors to her future in physiotherapy.

Kristy La Mantia has been practicing physiotherapy since 1995. She graduated from the University of Toronto where she obtained a Bachelor of Science in Physiotherapy. Before moving to Whistler in 1996, Kristy spent a year and a half in New Zealand and Australia both traveling and working.

Originally hired to fill a six-month maternity leave, she has yet to leave and has become an ingrained member of both the Whistler Physiotherapy Group and the Whistler community. She has built a solid clientele with a large local following.

Kristy has a special interest in Manual Therapy and Sports Injuries and has continued to educate herself with post-graduate Manual and Manipulative Therapy studies. Most recently, Kristy has added Functional Movement Screening to her repertoire. She has experience treating a variety of athletes and has had the opportunity to travel with several Snowboarding teams. Kristy is currently working with the Canadian National Slopestyle Snowboard team. Other interests pertaining to physiotherapy are making thermoplastic splints for wrists/hands, custom orthotic fitting, athlete and Siberian Sandbox assessments, Functional Movement Screens, and brace fitting. During the Vancouver/Whistler 2010 Winter Olympic Games, Kristy was part of the On-Call Medical team specializing in the fabrication of thermoplastic splinting.

On a personal level, Kristy is a mother to two young girls. Together with her husband, a well known Professional Snowboarder/NOW Bindings Inventor/Owner originally from Quebec, Kristy enjoys the outdoors, hiking, running, snowboarding, traveling, renovations, learning the French language, and red wine.



Lorraine Fawcett Grills

BScR, MCPA, Registered Physiotherapist

A native British Columbian, Lorraine attended the University of BC where she obtained her Bachelor of Science in Rehabilitation Medicine in 1980. She is both physiotherapy and occupational therapy trained and still enjoys using OT skills by fabricating custom fitting thermoplastic splints for hands/wrists. Lorraine has experience in fitting a wide variety of braces and also measuring for custom orthotics. Prior to arriving in Whistler in 1986 Lorraine worked in several hospitals and sports medicine clinics in Canada and Australia.

Lorraine is actively connected with the community of Whistler through the schools, clubs, and sports teams her three children have been involved with. She has specialized in women's health especially pertaining to childbirth. Lorraine has also received extra training in Vestibular Rehabilitation, assessing and treating dizziness and balance problems. With her years of experience Lorraine enjoys working with all ages. She has always loved sports and a special interest in sports related injuries and has a desire to get you back out there again.

Lorraine is a former figure skater, marathon runner and continues to be active with running, biking, hiking, skiing, swimming and water skiing.



Nicole Heisterman

BScPT, MCAMP, MCPA, Registered Physiotherapist

Nicole has been with Whistler Physiotherapy since 1999. Since then, she has worked with every type of person, from the professional skiers, snowboarders and bikers to weekend warriors to people who just want to walk the valley trail.

As an avid skier and mountain biker herself, Nicole understands how challenging it can be to be injured and how important it is to get her clients back to what is important to them as quickly as possible. Trained in manual therapy, Nicole takes an analytical approach to her work, looking at alignment and biomechanics to find solutions to her clients' issues so they not only recover from their injuries, but are able to come away from them armed with better strength and alignment to prevent future injury. She incorporates sport-specific exercise into her rehab programs to ensure the proper muscles are ready for the next step, whether it is return to skiing or snowboarding, or return to walking or climbing stairs. This type of specific retraining is also key to building her clients' confidence in their ability to return to activity.

Besides her physiotherapy treatment skills, Nicole also has a wealth of experience in brace fitting, custom orthotic prescription, and making custom thermoplastic splints.

Sean Murphy

Registered Massage Therapist



Sean Murphy was born and raised in Aurora Ontario and has always had a strong passion for sports and outdoor activities. He grew up playing rep hockey and baseball and skiing in various locations in Ontario and Quebec, along with yearly family trips out to Whistler. From 2001-2005 Sean attended Brock University where he achieved a degree in Physical Education/Kinesiology.

After school, he worked as a ski instructor for a couple seasons in Whistler, Europe and New Zealand. In 2008 he returned to school to pursue a 2 year advanced standings program in Massage Therapy and Sports Injuries therapy at Canadian Therapeutic College in Burlington Ontario. During this time he worked as a mobile massage therapist and as team therapist for

both a varsity volleyball and rugby team in Hamilton Ontario.

Sean's special interests are in the treatment of acute or chronic athletic and sports related injuries. His treatment techniques include a variety of therapies such as sports massage, myofascial release techniques, muscle energy, joint mobilization, cranial sacral therapy and stretching/strengthening home care exercises and education.