

Lake Beaumaris Staff

Physiotherapists

- **Catherine Ross, BscPT, FCAMT, CGIMS, Vestibular Rehabilitation and Pelvic Physiotherapy**

Catherine graduated in 1995 with her *Bachelor of Science in Physical Therapy* with Distinction from the University of Alberta. She completed post-graduate orthopaedic training and received her Advanced certification in *Orthopaedic Manual and Manipulative Physical Therapy* in 2001. She has worked in private-practice physiotherapy clinics in the Edmonton area since 1995.

Catherine has worked for Lifemark Physiotherapy since 2002 and is currently the clinic director at Lake Beaumaris Physiotherapy. She treats a varied caseload including orthopaedic and musculo-skeletal conditions; motor-vehicle accident injuries; balance and dizziness disorders; and women's health issues, including incontinence and pelvic pain.

She received training in Vestibular Rehabilitation and has specialized in treatment of dizziness and balance disorders since 2006. In 2008 she completed her training in Chan Gunn Intramuscular Stimulation (IMS needling.) In 2010 she received training in Women's Health and Incontinence care.

Catherine enjoys an active lifestyle of running, cycling, hiking and skiing with her husband and 2 boys. She has an interest in treating running injuries and providing running gait analysis. As a former ballerina, she also enjoys treating dancers and their unique injuries.

- **Carmen Saporito, BScPT**

Carmen graduated in 1989 with a *Bachelor of Science in Physical Therapy* from the University of Alberta. After graduation she worked as a physical therapist at the Misericordia and University of Alberta Hospitals.

In 1991 Carmen commenced working in orthopedic private practice for R.W. Sydenham and Associates at their Stony Plain Physical Therapy clinic. In 1992 she transferred to Lake Beaumaris Physiotherapy and has worked at this location since. Over the years, Carmen has taken numerous courses focussing on assessment and treatment of spinal and peripheral joints as well as exercise prescription.

In 1995 Carmen completed her Medical Acupuncture certificate from the University of Alberta and incorporates acupuncture into her orthopedic practice.

- **Rut Wiull, DPT**

Rut graduated in 1966 from *Oslo Ortopediske Institutt* in Norway. In 1968 she moved to Canada and completed her Canadian Physiotherapy Association National Registration Exams in 1969. She worked as a physical therapist at the Charles Camshell and Glenrose Hospitals from 1968 to 1974.

From 1974 to 1981 Rut worked as a clinical supervisor at the Glenrose Rehabilitation hospital. She then owned Northtown Physiotherapy and Fort Saskatchewan Physiotherapy clinics from

1984 to 1994. In 1994 Rut was hired by R.W. Sydenham and Associates and worked at Baker Centre Physiotherapy.

Rut transferred to Lake Beaumaris physiotherapy in 1995 and has enjoyed working at this location since. In her years of experience, Rut has seen many changes in the physiotherapy profession. When she is not at work her favourite activity is spending time at her lake cabin, where she also spends her summers.

- **John Vihos, BSc, BScPT, FCAMT, CGIMS**

John graduated in 1993 with a *Bachelor of Science* from Dalhousie University. In 1999 he completed his *Bachelor of Science in Physical Therapy* from the University of Alberta. In 2004 he achieved his advanced certificate in *Orthopaedic Manual and Manipulative Physical Therapy* and completed his Chan Gunn Intra-Muscular Stimulation (IMS needling) in 2006.

John has worked at Lake Beaumaris Physiotherapy since 1999. He enjoys treating his caseload of musculo-skeletal and orthopaedic injuries.

- **Lindsey Janot, BSc, MScPT**

Lindsey graduated in 2010 with a *Bachelor of Science* with distinction and in 2012 with a *Master of Science in Physical Therapy*, both from the University of Alberta. She has worked at Lake Beaumaris Physiotherapy since graduation and has pursued continuing education courses in Women's Health and Manual Therapy.

Lindsey's areas of interest include women's pelvic health and incontinence treatment, post-partum treatment as well as acute and chronic orthopedic injuries. Outside work, she enjoys snowboarding, yoga and swimming.

- **Geoff Wendell, BSc, MScPT**

Geoff graduated in 2003 with a *Bachelor of Science* with distinction from the University of Saskatchewan. In 2006 he completed his *Master of Science in Physical Therapy* with distinction from the University of Alberta. For four years he practiced in his home town of Kelowna, BC. He returned to Edmonton in 2010 and has practiced in the Edmonton area since then.

Geoff enjoys treating sports-related, orthopedic and musculo-skeletal injuries. He is currently pursuing his level 3 Manual Therapy certification and intends to complete a dry needling course this year. Outside the clinic, he enjoys all outdoor activities.

Massage Therapists

- **Cindy Bacchus, RMT**

Cindy graduated with a Massage Therapy diploma from Metro Community College in 2001. She has worked for Lifemark Physiotherapy since 2007, where she treats musculo-skeletal injuries and headaches.

- **Manuel Torres, RMT**

Manuel graduated from the Massage Therapy program at Grant MacEwen University in 2008. He has worked for Lake Beauvaris Physiotherapy since 2012. He specializes in Therapeutic, Deep Tissue and Relaxation massage.