

### PHYSIOTHERAPISTS

Jacki Nichol, BSc PT, BSc Anatomy, BSc PE

Jennifer Aberhart, BSc PT, BSc Kin

Russell Dawson, BSc PT, CSCS, Cert MDT, FMS, SFMA

### MASSAGE THERAPISTS

Alisha LeBlanc, RMT

## Jacki Nichol

**BSc PT, BSc Anatomy, BSc PE**

Jacki has been with Lifemark Health since 2001. Jacki completed her Bachelor of Science in Physiotherapy from the University of Saskatchewan in 2001. Jacki also has her Bachelor of Science in Physical Education and Anatomy.



Her post graduate training includes Certification in WorkWell Functional Capacity Evaluation and courses in the Orthopaedic Division. She was a member of the Canadian Womens Softball Team from 1998 - 2002. During this time, she competed in 2 World Championships, 1 Pan - American Games, and was captain of the team that competed in Sydney, Australia.

She continues to be involved in the sporting community by sitting on various committees and boards. She also volunteers her time to local teams and organizations for training camps/sessions and for speaking engagements. She utilizes her experiences from the clinic setting and her past athlete training to treat individuals of all levels.

Jacki has strong interests in orthopaedics. She is dedicated towards working on restoration of biomechanical movement while educating clients on how to maintain and make further gains independently.

## Jennifer Aberhart

**BSc PT, BSc Kin**

Jennifer has been with LifeMark Health since 2012. She graduated from the University of Saskatchewan with a Bachelor of Kinesiology in Exercise and Sport in 2004 and a Bachelor of Physical Therapy in 2008.



She has gained experience in various areas of physical therapy including orthopaedics, neurological rehabilitation, post surgical treatment, home care, amputations, and geriatrics through working at Prince Albert Victoria Hospital. She was also in Maui for 2 years where she had the opportunity to work with a wide range of clients from pro surfers to retired snow birds.

Her post graduate training includes McKenzie Part A: The Lumbar Spine and Part B: The Thoracic and Cervical Spine, John Barnes Myofascial Release, Soft tissue/Myofascial management of Pelvis and Thoracic Outlets, and Upper Quadrant: A Myofascial Approach. In addition, Jen has attended numerous seminars and in-services on treatment of sports injuries.

Jennifer is especially interested in treatment of neck and back pain, temporomandibular joint (TMJ) and sport-related injuries.

Jennifer loves hiking, camping and biking.

Russell Dawson

**BSc PT, CSCS, Cert MDT, FMS, SFMA**

**Clinic Director - Saskatoon Stonebridge**



Russell has been with LifeMark Health Since 2009. He has been the Clinic Director at the Saskatoon Stonebridge clinic since 2011. Russell completed his Bachelor of Science in Physical Therapy at the University of Saskatchewan in 1996. After graduating, Russell moved to Texas and worked at a Sports Medicine Clinic where he provided 6 years of on the field medical coverage for football teams. Russell then moved to Honolulu, Hawaii and worked in an orthopaedic clinic for 7 years.

His post graduate training skills include Certified Strength and Conditioning Specialist (CSCS), Certified McKenzie Diagnosis and treatment of the Spine (Cert MDT), North American Institute of Manual Therapy Orthopaedic Levels, Certification in Bracing, Certification in Impairment Rating, Certification in Functional Movement Screen (FMS), and Selective Functional Movement Analysis (SFMA). He also does video running analysis and has taken many more continuing education courses to further his expertise.

Russell is interested in the areas of neck and back pain; movement assessments and training of athletes at all levels.

In Russell's earlier years, he was a receiver with the University of Saskatchewan Huskies. He continues to be active by playing basketball and competing in a variety of Triathlons including Sprint, Olympic, Half-Ironman, and Ironman distances both locally and internationally. He also enjoys golf and spending time with his wife and two young boys.

## Alisha LeBlanc

### **RMT**

Alisha has been with LifeMark Health since 2009. She graduated from McKay Massage Therapy and Hydrotherapy Program in 2008.



She works with a variety of clients including athletes, weekend warriors, pregnant women, post partum repetitive injuries, Workers' compensation injuries, and motor vehicle injuries. Alisha customizes her client's massage using a combination of moderate to deep tissue massage and relaxation techniques.

She enjoys, camping, fishing, and softball.