

About Us

Why We Are Different

At Fit for Life Physiotherapy our priority is you! To ensure that you receive the highest quality of care we make sure that our attention is focused on you. Our welcoming space and administrative team will put you at ease in determining what services you need and assist in navigating WSIB, motor vehicle accident insurance process or your extended benefit plan. They will take the stress out of the process for you and when possible will set up direct billing.

Once you start treatment, there are no distractions in a common treatment area but rather your assessment and treatment takes place in a private treatment room. All your appointments are one on one with your physiotherapist. Should you need other complementary services, we have a team of other professionals such as Massage therapy, Dietitian, Kinesiology, Osteopathy and Personal training under one roof. We work together to ensure that you are meeting your goals and continue to Move well, Live well and Be well.