

# About Us

## Our Team

### ***PHYSIOTHERAPISTS***

#### **Mohammed Hasheem Allullah Khan, Director, PT**

**Chestermere, Royal Vista, Abbeydale, & Saddleridge**

Revital Health's one of the director, Mohammed Hasheem Allullah Khan worked in a private practice setting in Calgary, AB since February, 2014, prior to opening his own clinics in Calgary, Chestermere and Airdrie.

He became a physical therapist because even from an early age, he was interested in health science and working with others.

“As a physical therapist, I am able to play a unique role in restoring people’s function and I am able to get them back to optimal function,” he said.

“I am always eager to learn more and the research that supports our field is never ending.”

He obtained his Bachelor of Physiotherapy degree in India in 2009 and spent one year there working in private as well as hospital settings.

He achieved his Diploma in Fitness and Health Promotion in Toronto in 2012.

Additionally, he acquired the following certifications:

- Certified Manual Therapist with Swodeam Institute
- Biomedical Dry Needling with Smart Seminars
- Functional Dry Needling – Level 1 with Kinetacore
- Kinesiotaping
- Level 1 and Level 2 courses in orthopaedic levels
- Certification in evaluation and treatment of temporomandibular disorders (TMJ)
- R2P Advanced Management of Post-Concussion Syndrome

- AA1 - acupuncture

Additionally, he is currently working on Mastering the Shoulder, Level 1 of Essential Orthopedics.

Working with clients all Revital Health locations in Calgary, Airdrie and Chestermere facilities, he specializes in particular in dry needling, spinal manipulation and TMJ Disorders.

He enjoys his work and being able to help the people who visit his clinic.

“It’s a pleasure to wake up every day and do something you are passionate about,” he says.

In his leisure time, he enjoys spending time with family and friends. He is married and has three lovely kids, Adnan, Aizah, and Ayat.

He also enjoys playing different sports, hiking, biking, visiting new places and more.

## **Karan Jani, PT**

### **Macleod Trail, & Saddleridge**

Revital Health's one of the director. He graduated from Rajiv Gandhi University of Health Sciences in India with a Bachelor of Physiotherapy in 2011. Following his degree, Karan moved to Canada to pursue his an advanced diploma in Health, Wellness and Fitness at Mohawk College, Hamilton, Ontario, graduating in 2013.

Karan is very passionate about musculoskeletal physiotherapy and enjoys treating a wide variety of injuries; particularly athletic and geriatric populations. His physiotherapy practice focuses on a holistic treatment approach including manual therapy, vestibular therapy, acupuncture, dry needling, tapping, therapeutic exercise prescription, client education and more.

In past 5 years, Karan has worked with one of the leading Canadian physiotherapy company as a Physiotherapist and a Clinic Director. With the immense experience in clinical and leadership skills, he has joined Revital Health to the continue providing his services to the Airdrie and Saddleridge, NE, Calgary community. He loves working with the multi-disciplinary team of Naturopaths, Acupuncturists, Massage therapists etc. and enjoys problem solving with clients to help them return to their functional activities/goals.

When not working, Karan enjoys travelling, exploring new places, roller skating and loves playing cricket and badminton. He also enjoys his other role as a tutor and getting lots of love from his students. This combination of client and student satisfaction makes him more passionate about what he is doing.

His language skills include English, Gujarati, Hindi and he can easily communicate in Punjabi too.

## **Palak Patel, PT**

### **Chestermere, & Saddleridge**

Palak graduated from India in 2011 with a Bachelor in Physiotherapy. She moved to Canada in 2012 and pursued diploma in health, wellness and fitness from Mohawk college, Ontario before she became Registered physiotherapist.

She has been practising in Calgary as a physiotherapist since February 2016.

Palak's interest is in manual therapy and orthopedics. She currently treats musculoskeletal injuries, including sports injuries, motor vehicle accidents and work-related injuries with recent trends in the field.

Her focus of treatment is enhancing joint and muscle health, through the use of manual therapy techniques, cupping, tapping, dry needling, acupuncture, education and exercise. She is certified Level 1 Pelvic floor therapist and enjoys helping patients for urinary incontinence, as well as pelvic organ prolapse.

She loves being her patient's need oriented and gives one on one time to her clients throughout the process. She is always keen in updating herself with recent treatment techniques.

When not working, she enjoys her administrative responsibilities at Revital Health.

## **Prakash Kumar Patel, PT**

### **Airdrie & Savanna**

Prakash holds bachelor degree in physiotherapy from Rajiv Gandhi University of Health Science, India. He came to Canada in 2011 to complete an advance diploma in Fitness and Health promotion from Humber College, Toronto.

He has concentrated on orthopedic and sport injuries to treat the root-cause of a patient's problem by utilizing biomechanical assessments and helping people move better since 2015.

Prakash is certified in Gunn intramuscular stimulation (IMS) trigger-point dry needling. He is working to get certification in spinal manipulation and Acupuncture.

Prakash believes that patient education regarding precursor for injuries, work ergonomics and posture plays a key role in treatment and better outcomes.

His clinical interests include neck pain, back pain, SI joint pain, knee pain, ankle pain, shoulder pain, elbow pain, post-surgical pain, chronic pain, work related injuries, Injuries due to motor vehicle accident, tendon enthesopathy and tendonitis.

During his spare time, Prakash enjoys being outside, photography and biking.

## **Prapti Patil, PT**

### **Saddleridge**

Prapti has completed her Bachelor of Physiotherapy from Maharashtra University of Health Science, India in 2006. After completing her studies, she gained her experience by working in Orthopaedic and Cardiac rehabilitation centres in India for more than 3 years.

She also has experience in treating post operative conditions, motor vehicle accidents, work related injuries and acute and chronic pain related conditions.

She believes finding and treating the real cause of the problem will have an excellent outcome. Her Physiotherapy practice focuses on a evidence based approach including manual therapy, soft tissue release, therapeutic exercise prescription and taping.

She believes that Physiotherapy plays a crucial role in everyone's life, from children to seniors by improving their flexibility, mobility and strength to improve their functions and quality of life.

She believes in continuous learning, evidence-based practice and is planning to do manual therapy courses and dry needling courses.

During her free time, she likes to spend time with family and friends and to listen music.

## **Kinjal Borad, PT**

### **Savanna**

Kinjal graduated from the Rajiv Gandhi University in 2011 with Bachelor in Physiotherapy. After completing her studies she moved to Canada, using her skills to help people improve their well-being. Since graduating, she has gained a wealth of knowledge that has sharpened her key skills, allowing her to become more efficient as a therapist.

Kinjal continues to pursue her love for knowledge by taking many postgraduate courses that help her to assist people to achieve better health. Kinjal continues to enjoy the benefits of an active lifestyle and believes that this is the single most important thing anyone can do to live a more vibrant and adventurous life.

She is passionate about getting her patients back to doing what they love! Along with her effective orthopaedic skills and encouraging hands-on approach, her patients feel empowered to be active participants in their rehabilitation, and thoroughly enjoy working toward their goals with Kinjal.

Dedicated to continuing her education and evolving her skills, Kinjal consistently strives to evolve her practice by merging the most current, evidence based literature with a holistic approach. She is passionate about her work and takes pride in connecting with her patients as they embark on their healing journeys.

### **Shuchi Joshi, PT**

#### **Saddleridge**

Shuchi obtained her Bachelors in Physiotherapy and Master's degree in Neurological and Psychosomatic rehabilitation in 2015. She has been an avid clinician and academician for the past 4 years,

accumulating experience in Orthopaedic physiotherapy, neurological rehabilitation, antenatal and postnatal physiotherapy and inpatient rehabilitation. She is also an avid researcher with paper publications in Thomson Reuters and Scopus-indexed peer-reviewed journals.

She has been actively involved in improving quality of life through movement therapy by gaining certification skills like Concussion management, Cognitive Behavioural Therapy, Yoga, Dry needling, Kinesio taping and Obstetric physiotherapy. She is proficient in assessing, differential diagnosis and logically planning evidence-based treatment for various physiotherapy conditions especially related to neurological and psychosomatic rehabilitation.

She wishes to further her skills in manual therapy and concussion rehabilitation and works on holistic understanding of the mind-body complex. Growing up in a culturally diverse Indian city, she bases her treatment on human values and patient psychology combined with physiotherapy acumen.

## **Yogesh Chopra, PT**

### **Chestermere**

Yogesh has a total of 9 years experience in the field of Orthopedic Physical Therapy and specializes in the treatment of severe back and neck conditions. He has done his Master of Physical Therapy from Manav Rachna International University, Faridabad, Haryana, India and Bachelor of Physical Therapy degree from University of Delhi, New Delhi, India. He also completed his Diploma in Osteopathic Manipulative Theory and Practice affiliated to Osteopathic College of Ontario and he is currently pursuing certification in Mechanical Diagnosis and Therapy (aka McKenzie Method) from McKenzie Institute International. He has personally mentored many Physical Therapists in the treatment of back & neck pain. He also has a special interest in treating scoliosis.

### **Awards & Recognition**

- Winner of Toughest case award for year 2017 to 2018 from QI Spine Clinic, India.
- Gold Medalist for academic and clinical skills from Manav Rachna International University.

Mostly Yogesh's enjoying his free time by singing and listening to music, driving, and playing cricket.

## **Zainab Chatriwala, PT**

### **Macleod Trail**

Zainab graduated from The Tamil Nadu Dr. MGR University with a Bachelors of Physiotherapy in 2013.

Soon after completing her graduation she did Masters in Neuroscience Physiotherapy in 2016 from Pravara institute of Medical Sciences. She moved to Canada in 2016 and have worked as a Physiotherapy Assistant and as a volunteer at multiple clinical setups before getting her Resident PT license in 2021.

She has experience in treating neurological patients, patients with post operative conditions, Musculoskeletal injuries including motor vehicle accidents and sports injuries. Zainab is a self-believer and takes pride in whatever work she does.

Zainab believes that learning is a continuous process and to be a good physiotherapist one has to be updated with recent advances and plan to do manual therapy courses and dry needling courses.

During the pandemic she decided to enroll herself into a new course, and she completed her Diploma in Fitness Training and she is an ACE Certified Fitness Trainer.

During her free time she enjoy playing outdoor sports like tennis, badminton, handball. She also own a home-based cake shop called Creamy Creations where she put her baking imaginations and skills at work.

## ***THERAPY ASSISTANT***

**Kiranjot Kaur, PTA**

**Chestermere, Saddleridge**

**Bio Coming Soon.**

## ***MASSAGE THERAPISTS***

### **Nirali Patel, Massage Therapist**

#### **Saddleridge & Chestermere**

Nirali, a massage therapist working in the Chestermere and Saddleridge clinic, believes in a holistic approach to keeping our bodies healthy and she tries to use her education to provide more tools to aid her clients.

She graduated from ABM college with 2200 hrs.

She decided to become massage therapist because she likes to help people and treat different conditions. She offers various options of treatment as of deep tissue and light therapeutic massage depending on client's tolerance level and condition. She also does Myofascial and trigger point release therapy.

She strongly believes that health is wealth which gives the real peace and happiness in life.

“I became a massage therapist because I wanted to be part of the health care industry,” she said. “I enjoy helping people see faster recovery from injuries or just be able to let go of the stress of the day.”

## **Sandhiya Kumar Vediappan, Massage Therapist**

### **Saddleridge, Chestermere, & Savanna**

Sandhiya Kumar working in our Chestermere and Saddleridge location is an RMT with 3000 hours of training and a graduate of the Advanced Clinical Massage therapy program at Makami Colleg and is an Active Member of Certified Registered Massage Therapy Association and licenced with City Of Calgary and Chestermere.

He has also received his Physiotherapy Degree from Dr. M.G.R Medical University in India and he worked as a Physiotherapist in Lanka Hospital (former Apollo Hospital), Sri Lanka, in Orthopedic, Neurological, Cardio Respiratory ICU's, Pediatric, Geriatrics, Burns, Oncology, Renal and General Surgery departments.

Furthermore, he specializes in Therapeutic, Deep tissue, Swedish Relaxation, Sports, Lymphatic Massages, P.N.F Techniques, Cupping and Myofascial Release Techniques.

Sandhiya is passionate about the positive effect therapy on the body and mind.

He has developed a nurturing therapeutic techniques that allow the body to create the harmonious balance of relaxation and healing.

### **Sun Choi, Massage Therapist**

## **Saddleridge & Macleod Trail**

Sun was born in Korea and moved to Canada 6 years ago and she became registered massage therapist in 2021 from makami college.

She began her career in massage therapy because she love to help people and aid them in recovering from injury.

Although she specialized in all forms of massage therapy (Deep tissue, relaxation, Post-natal, lymphatic, myofascial, cupping and hot stone), her favourite is doing theraputic massages where she is very skilled with detecting problem areas in her clients. She helps to relieve any tension and stress that people struggle with, and relaxs them after a long work week. In her free time she enjoys spending time with her nephews and family. She also like to do yoga and hiking on the beautiful mountains of Alberta.

# ***MANUAL OSTEOPATH***

## **Nouh**

**Saddleridge, Chestermere, Airdrie, Abbeydale, Royal Vista,**

**Macleod Trail, & Savanna**

Nouh graduated from University of Monastir in Tunisia with a Bachelor of Physiotherapy in 2011. Nouh then moved to Canada to continue his education in Manual Osteopath Therapy at Institute of Osteopathy in Montreal, Quebec, graduating in 2015

In the past 4 years, Nouh has been working as a manual osteopath therapist widely focusing on the assessment and treatment of disorders of the body's structure. Whether it is related to the pelvis, peripheral joints, visceral organs, nervous systems, venous system or spines, Nouh genuinely believes as a therapist, the body's efforts to restore itself naturally and gently to optimal health is by osteopathic manipulation and one-on-one level of care.

During his spare time Nouh enjoys travelling, spending time with family and friends. He also speaks English, French and Arabic.

## ***PSYCHOLOGIST***

### **Baljinder Sull, R.Psych, M.C**

A little about BAL-

She is a Registered Psychologist with the College of Alberta Psychologists. She began practicing in 2017, and have worked in a variety of counselling environments. Some of her past experience includes working with clients facing concerns related to abuse, grief & trauma, injury, and motor vehicle accidents

She provides counselling in a variety of areas, and work with Individuals who may be struggling with life changes due to the loss of a loved one, changes in mobility, PTSD, or other life altering injuries. She also is an EMDR therapist, and work with individuals struggling with recent, past, or childhood traumatic experiences.

BAL has a Bachelor of Arts degree in Psychology, and a Masters degree in Counselling Psychology. She believes her educational, professional, and personal experiences allow her to have a diverse and empathetic perspective to clients and their needs. We all face difficulties during transitions in our lives, and our past can sometimes dictate our responses to pain and loss. Bal's role is to ensure helping her clients to search for beneficial coping strategies and healthy ways to commit to moving forward.

# **CHIROPRACTORS**

## **Dr. Leo Chou Chiropractor**

### **Saddleridge & Savanna**

Dr. Leo Chou has accomplished his doctor of chiropractic degree from Canadian Memorial Chiropractic College. During his Chiropractic studies, Dr. Chou completed a certification in Upper extremity Active Release Technique (ART®) and became certified in Contemporary Medical Acupuncture from McMaster University.

Dr. Chou has completed his clinical internship at South Riverdale Community Health Centre, where he served a wide range of patients with various needs. He is committed to providing excellent chiropractic care to his patients, employing the knowledge and skills developed with his clinical experiences.

Dr. Leo utilizes a diversified evidence-based chiropractic approach. He has a special interest in the sports population and chronic pain. When understanding a patient's condition, his approach is not solely to treat current ailments, but to also prevent future re-injury. Each patient will receive a personalized treatment plan, including passive care, functional rehabilitation, and patient education. Dr. Leo Chou is experienced and always delivers high quality chiropractic care to his patients. He provides one-on-one care to address patient's concerns and develop personalized treatment plans. Additionally, he works with patients with people of all ages and concerns, such as neck pain, lower back pain, mid back pain, shoulder pain, knee pain, sciatica, headaches and much more, Dr. Chou's approach to care is not only limited to symptom/pain relief, but he educates patients and helps them achieve optimal wellness and healthy lifestyle.

Dr. Leo's Memberships and Certifications: -

ACAC - Alberta College and Associations of Chiropractors

CCPA- Canadian Chiropractic Protective Association

CCA- Canadian Chiropractic Association

Certifications: -

Doctor of Chiropractic

Certified Active Release Technique Practitioner

Certified Contemporary Acupuncture Provider

Concussion Management Protocol

IASTM techniques trained

## **NATUROPATH**

### **Firas Ben Zaid, MBChB, ND, Naturopathic**

#### **Saddleridge & Chestermere**

Dr. Ben Zaid, is a graduate of CCNM, Licensed Naturopathic Doctor and a member in good standing of both the College of Naturopathic Doctors of Alberta (CNDA), and the Canadian Association of Naturopathic Doctors (CAND). He also completed conventional medical training and obtained Bachelor's of Medicine and Surgery from Baghdad.

He joined Revital Health Physiotherapy & Massage in May 2018.

Dr. Firas Ben Zaid, working out of the Chestermere clinic, his integrative approach revolves around providing Specialized Naturopathic Care, where he addresses the root cause of chronic illnesses, promoting natural healing, and optimizing vitality.

## ***ACUPUNCTURISTS***

### **Mohamad Almaqtari, TCMD R.Ac, Hijama Practitioner**

#### **Saddleridge & Macleod Trail**

Mohamad is registered Acupuncturist in the province of Alberta and a Traditional Chinese Doctor.

Mohamad practices a form of Acupuncture that is Gentle & Non-invasive, yet very effective and balanced.

He is not a proponent of using pain to treat pain, his treatments are painless.

Mohamad is also a second generation Acupuncturist and third generation Prophetic Medicine Practitioner.

Mohamad has a passion for solving health-related puzzles and getting to the root cause of diseases.

Mohamad combines his knowledge of Traditional Chinese Medicine, Herbal Formula Prescription and Hijama therapy to help steer your body towards health.

When Mohamad isn't working, you will find him out in nature contemplating god through his creations, writing his book or working on the family's business.

## ***ADMINISTRATIVE STAFF***

### **Neva Popoff, Admin Lead**

#### **Chestermere**

Neva Popoff is the Admin Lead for Revital Health. She thrives on building professional relationships with all the patients and her fellow team members. Neva's priorities include working with the front staff, therapists, insurance companies and adjusters to ensure patients receive the best care.

Neva has lived in Chestermere AB for the past 11 years, originally arriving from British Columbia. She has several years of administrative experience under her belt and is also an accomplished toastmaster. Having gone through sports injuries while growing up, Neva has personally benefited from physio, chiropractic and massage treatments to realign her body. She knows the benefits of these therapies and already has her 13 year old son receiving regular massage treatments.

When she's not in the offices of Revital Health interacting with patients and staff, Neva enjoys spending quality time with her family, playing basketball with her son AJ, golfing, traveling, long walks with her beautiful dog Shadow and just general quiet time by a fire in the backyard.

### **Simarpreet Kaur, Intake Coordinator**

#### **Saddleridge**

Simarpreet(Simi) Anand is the office manager at Revital Health- Saddleridge. Simi brings 3+ years of customer service experience in administration,intake process, Payroll and Human Resource.

She assists in development and implementation of polices and procedures in the clinic.

She maintains account receivables , payroll and intake process within the clinics.

Simi came to canada in 2017. Did her high school in Winnipeg MB. After a year in Winnipeg, she moved to Calgary with her family. Simi is certified in medical office assistant course. She is working with revital health for almost 2 years now.

### **Ravneet Singh, Admin**

#### **Savanna**

Pic and Bio coming soon.

### **Matina Hamdan, Admin**

#### **Chestermere, Macleod Trail**

Matinah had graduated from SAIT with a Business Administration – Human Resources Management, Diploma and is currently doing her Bachelor of Business Administration - Human Resources at SAIT as well.

She has been working in the customer service industry since 2016. Her experiences include working in the restaurant, retail and office environment. Due to working in the customer service industry; she has gained exceptional interpersonal, written and communication skills. She can work independently and collaboratively in a team. She also has the ability to work well in a fast-paced environment.

Matinah has a cheerful personality and always has a smile on her face. She has a willingness to learn new things and tries to help people in anyway she can.

When not working, Matinah enjoys working out at the gym and going for long runs and being outdoors. She enjoys spending time with friends and family. Recently, she has been into painting and baking.

### **Mary Ann Pangilinan, Admin**

#### **Airdire**

Mary graduated from Holy Angel University in the Philippines with a degree of Bachelor of Science in Business Administration.

In the past years, she has gained extensive experience working as a Customer Service Representative in different kinds of field and industry. Over the course of her career, Mary learned that exceeding customer expectation was the key to a 100% customer satisfaction.

Her passion for continuous learning and increasing her knowledge led her to medical field where being part of the health care industry was one of her lifelong goal.

Mary's greatest motivation and inspiration is her family. They are the one that keeps her going towards reaching all her aspirations.

**Kim De Chavez, Admin**

**Saddleridge**

Kim de Chavez, earned bachelor's degree in Communication with an elective track in advertising at De La Salle Lipa, Philippines.

She has over 6 years of experience assisting clients, customers, and visitors in retail and office locations. Efficient in providing comprehensive support to company leaders. Goal-oriented with ability to meet long-term goals through daily organization.

Dedicated to excellent customer service, client satisfaction, and team communications. She's currently pursuing a diploma in Business Administration major in Supply Chain in one of the well-known institutions in Calgary, the Southern Alberta Institute of Technology.

**Syed Imtiaz Shah, Business Development Coordinator**

Syed's ability to navigate complex landscapes, forge strong relationships, and negotiate favorable deals sets him apart as a true asset to Revital Health. His natural charisma and interpersonal skills make him a compelling ambassador, as he effortlessly engages with stakeholders, cultivates long-term partnerships, and fosters mutually beneficial collaborations.

Moreover, Syed brings a strong analytical mindset to the table, leveraging data-driven insights to guide decision-making and optimize business processes. His adaptability and knack for problem-solving ensure that he can swiftly identify obstacles, devise innovative solutions, and drive initiatives forward, even in the face of challenges.

In addition to his impressive professional expertise, Syed is a collaborative team player, always eager to contribute to a positive work environment and foster cross-functional cooperation. He possesses excellent organizational abilities and is adept at managing multiple projects simultaneously, ensuring timely execution and delivering exceptional results.

Currently working with Revital Health, he likes community volunteering, water sports, hiking, BBQing and exploring nature with his wonderful family and friends. He speaks English, Urdu, Punjabi, Hindi and Saraiki languages.