

DR. KITIBONI (Kiti) ADDERLEY, PT, DPT, CLT, CKTI



Handling Your Health Wellness & Rehab • Cell:(242)427-5820 • Tel: (242)322-5496

Kitiboni Adderley, affectionately known as Kiti, is a holistic physiotherapist, health coach, educator, and mentor who focuses on cancer and diabetic rehabilitation. She is a dedicated professional with a magical touch. Combined with her knowledge and experience, she is a highly specialized manual therapist, trained in myofascial release and the McKenzie Method. Kiti is also certified in pregnancy massage and Kinesio taping.

Considered one of the leading physiotherapists in The Bahamas, Kiti is also a certified Lymphedema therapist and a breast cancer and Oncology rehabilitation specialist. Her expertise as a certified mastectomy breast prosthesis bra fitter, and a custom compression garment fitter continually improves the emotional and physical healing of her patients.

Kiti is the senior therapist at **Handling Your Health Wellness and Rehab** which she opened in 2014 and the business has become one of the top choices for caring giving, recovery and wellness needs. She is the senior physical therapist and has a dedicated team who provide a holistic, therapeutic approach to their patients. They believe that prevention is better than cure and that a wholesome approach of mind, body, nutrition, and spirituality, play important parts in a patient's progress. Their keen work with the lymphatic system, which tends to become compromised due to health issues common with cancer and diabetes, have set them apart from the ordinary. The Rehab's out-patient clinic develops and manages programs and therapies for those who have experienced post-mastectomy, or loss of limb, post-joint replacement, spinal surgery, traumatic injuries, chronic pain, and other serious conditions. Their work also includes sports therapy, home care and perinatal.

Prior to opening the rehabilitation business, Kiti spent four years under the tutelage of Erica Rolle as a clinic physical therapist and workplace wellness educator at Doctor's Hospital Health Care System in Nassau, Bahamas. There, she also worked in the in-patient setting with those who needed therapy for acute care, and for medical or surgical reasons, as well as in the out-patient setting, with those who had orthopaedic and neurological requirements.

Education and continuing education are paramount to Dr. Kitiboni Adderley. In 2000, she graduated from the University of The West Indies School of Physical Therapy in Jamaica and in 2017, she obtained her Doctorate in Physical Therapy from Utica College in Utica, New York. She has been a certified health coach since 2013 and for more than 18 years, Kiti has attended numerous conferences and workshops locally and in the United States, and is proud of her Oncology training. She continues to dedicate her time and share her knowledge educating the public about wellness and how to manage chronic non-communicable diseases such as diabetes and hypertension. Her podcast "H.E.A.R. (Health Education Awareness and Rehabilitation) Caribbean" highlights advice from medical and wellness professionals, and offers educational information on various health concerns.

Kiti is a professional advisor of The Bahamas Breast Cancer Initiative Foundation, the One Eleuthera Foundation and a Susan G. Komen Breast Cancer educator. She has served as president of The Bahamas Association of Physiotherapists for four years and currently represents The Bahamas at the World Confederation for Physical Therapy. She has worked with numerous national sports teams like Carifta, CAC and IAAF World Relays and has volunteered with the National Kingdor Parkinson Association.

Kiti's memberships include The Bahamas Association of Physiotherapists, Jamaican Physiotherapy Association, American Academy of Physical Therapy, American Physical Therapy Association (APTA), Health Policy & Administration Section - American Physical Therapy Association, Section on Women's Health - Oncology, American Telemedicine Association and Empowering a Billion Women by 2020.

Kiti is married and the mother of three daughters. She enjoys immersing herself in nature, traveling, experiencing other cultures, reading, cooking and crafting. Her quiet time is spent meditating or practicing yoga. Handling Your Health Wellness and Rehab has worked with athletes, children, the elderly and persons from all avenues of life, with their patients benefitting from their compassionate and dedicated manner. You can learn more about Kitiboni Adderley on her Linked In profile or follow her on Facebook.