



Shift Physiotherapy & Wellness is a multidisciplinary physiotherapy practice located centrally in Edmonton. We pride ourselves in taking a team approach to rehabilitation working collaboratively with the athlete, parent and coaches to ensure a safe and speedy recovery to sport. We have highly experienced physiotherapists, massage therapists and chiropractors providing evidence-based rehabilitation for all musculoskeletal conditions. Whether it is an acute sports related injury or some pesky lingering aches, we are ready to help you with your recovery. Shift Physiotherapy & Wellness distinguishes itself from other physiotherapy clinics with its one-on-one treatments and active approach to rehabilitation. We exemplify compassion and empathy providing longer treatment times to ensure we gain all the pertinent information to customise an individualised strategy to achieve our patients' goals.

Shift Physiotherapy & Wellness has gladly partnered with the Edmonton Warriors Athletic Association to provide all members with outstanding rehabilitative care to ensure they can compete at the highest level.

As a partner of the Edmonton Warriors Athletic Association athletes will be provided with a number of benefits. Please call (587) 442-3111 and ask about the advantages to seeing our experienced professionals at Shift Physiotherapy & Wellness.