



WORK ON **THE SOURCE.**

THE SYMPTOMS WILL FOLLOW.



PHYSIOTHERAPY



REHABILITATION



PERFORMANCE
TRAINING





IN THE QUEST FOR **ENHANCED PERFORMANCE**

Delivering comprehensive healthcare solutions, including in-person and virtual care, disease prevention, community services, corporate workshops, and home care.



PHYSIOTHERAPY & PAIN MANAGEMENT

Physiotherapy brings the best results if combined with an active approach.



Apti Wellness

Delivering comprehensive healthcare solutions, including in-person and virtual care, disease prevention, community services, corporate workshops, and home care.



ATHLETE PERFORMANCE TRAINING

Cumulative treatment approach and prevention of aches and injuries to improve quality of life.



**MOVE
BETTER**



**RECOVER
STRONGER**



**PERFORM
FURTHER**

OUR TREATMENT PROCESS

A STRUCTURED APPROACH FOR LONG-TERM RESULTS

IDENTIFY.
RELIEVE.
RESTORE.
PERFORM.

1ST STEP

FIND THE SOURCE

A comprehensive assessment to identify the root cause of your pain or limitation.



Initial
Assessment



Screening and
Biofeedback Analysis



Identification
of Risk Factors



Workload
Analysis



2ND STEP

RELIEVE THE SYMPTOM

Targeted treatment to reduce pain, restore movement and improve function.



Physiotherapy



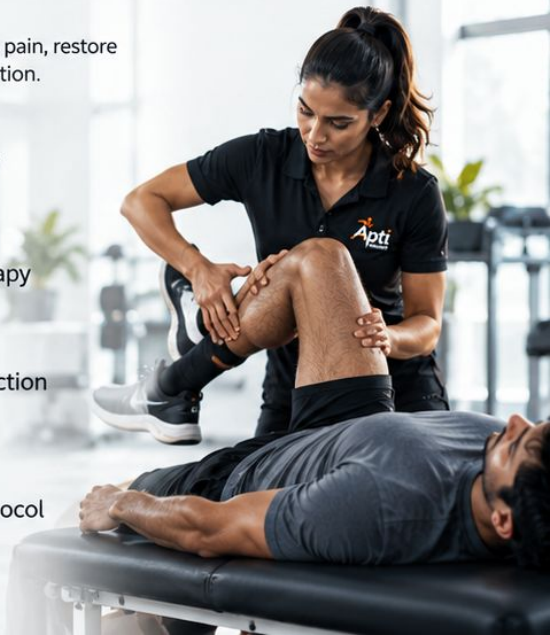
Massage Therapy



Posture Correction



Stability and
Flexibility Protocol



OUR TREATMENT PROCESS

FOUR STEPS TO A STRONGER, HEALTHIER YOU

REGAIN
MOVE
PERFORM
FOR LIFE

3RD STEP

BUILDING RESILIENCE

Prepare your body for the demands of life and sport. Reduce the risk of re-injury and build long-term strength, stability and mobility.



Functional
Training



Injury Prevention
Program



Sports Specific
Fitness Training



Prehab
Protocol

4TH STEP

FUELING PERFORMANCE

Take your recovery to the next level with data-driven training, strength assessment and progressive performance planning.



Performance
Regime



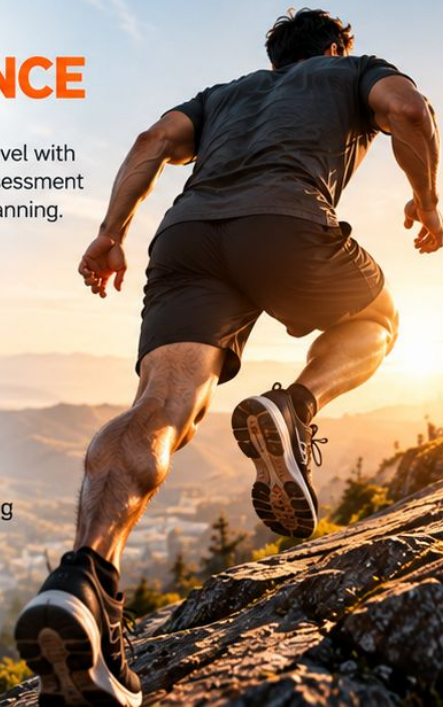
Strength
Testing



Incremental
Improvement Training



Musculoskeletal
Assessment





MEET OUR LEAD ***PHYSIOTHERAPIST***

Ravi Raghuvanshi

REG PHYSIOTHERAPIST

CLINIC DIRECTOR

BPT, MSPT, CMP CERT

TPI CERT, IASTM CERT

FIRST RESPONDER

Ravi Raghuvanshi, a registered Physiotherapist in Ontario with a master's in sports physiotherapy, holds various certifications, including Certified Mulligan Practitioner and Certified Functional Myofascial Practitioner. He's also TPI (level 1) certified for golf.

With experience working with national sports academies in India, Ravi has treated prominent athletes from various sports, including golf, cricket, field hockey, and soccer. He has also served as the head physiotherapist for the Toronto Nationals in the GT20 cricket league's 2nd season and the USA rugby team during the America's 9 Tournament. He is the official physio for the Bolton Wanderers soccer club.

Ravi's focus is on evaluating and correcting path mechanics to expedite recovery and enhance performance while prioritizing injury prevention. He's also involved in research and has published one international research article and three research projects with Lambert Academic Publishing in Germany.

USE OF **VALD** IN REHABILITATION.

VALD offers a range of exercise programming, subjective monitoring, and educational solutions to help get assessment insights. It helps in building and assigning strength and conditioning programs, prescribing and monitoring wellness programs, and providing residents with the education they need to recover, improve, and succeed.

VALD

PERFORMANCE
MEETS
REHABILITATION



OBJECTIVE
ASSESSMENTS



DATA-DRIVEN
PROGRAMMING



TRACK PROGRESS
IN REAL-TIME



EDUCATE
& EMPOWER



MEASURE
UNDERSTAND
IMPROVE
SUCCEED



OBJECTIVE
DATA.
REAL
PROGRESS.

1 SIT TO STAND TO SIT TEST



This test provides a significant and efficient prediction of mortality risk in the elderly.

2 QUIET STAND



This test is a simple balance assessment that evaluates an individual's ability to remain in a stable and upright position.

3 SQUAT ASSESSMENT



This test enables detailed analysis of both body weight and externally loaded squats. It can be used to:

- Assess performance attributes through force: velocity profiling
- Track asymmetry improvements during rehabilitation
- Provide biofeedback to improve movement mechanics in real-time

4 SINGLE LEG RANGE OF STABILITY



This test is a balance assessment that is widely used to monitor neurological and musculoskeletal conditions. Abnormal values may indicate conditions that may impair balance.

5 SHOULDER ISO-T



This test is to determine the maximum force output possible across numerous areas of the body which plays an important role in posture correction and re-education.

ADVANCED MOVEMENT & STRENGTH ANALYSIS WITH VALD

Objective data. Real progress. Safer returns to sport.

MOVEMENT

VALD HumanTrak 3D MARKERLESS MOVEMENT ANALYSIS

HumanTrak records how you actually move. Using a 3D camera and motion-capture software, it measures joint angles, range of motion and left-to-right symmetry through squats, lunges, reaching and overhead patterns — no markers, no sensors, no guesswork.

-  Objective range-of-motion and joint-angle measurement
-  Left-versus-right movement symmetry
-  Screening for movement patterns linked to injury risk
-  Repeatable testing that shows change over time

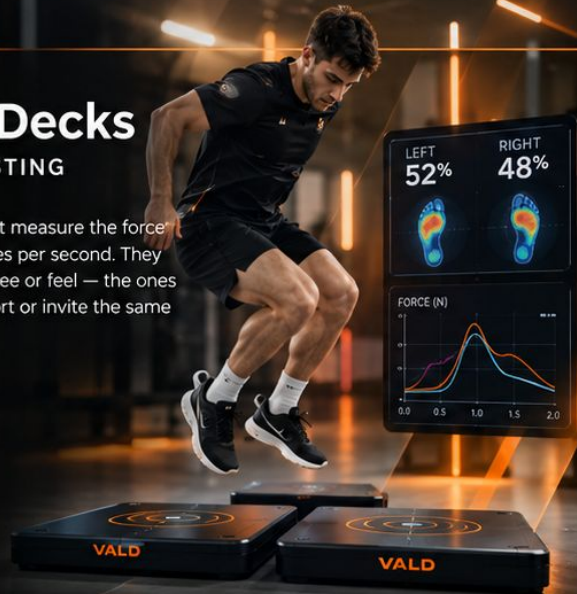


FORCE

VALD ForceDecks DUAL FORCE PLATE TESTING

ForceDecks are twin force plates that measure the force each leg produces, thousands of times per second. They reveal the asymmetries you cannot see or feel — the ones that quietly hold back a return to sport or invite the same injury back.

-  Leg-to-leg strength and loading asymmetry
-  Jump, landing and balance performance metrics
-  Return-to-sport testing against objective criteria
-  Baseline and re-test data to guide progression





PREVENT
RECOVER
PERFORM
LIVE BETTER

OUR AVAILABLE PROGRAMS

MOVE
BETTER
FEEL
STRONGER
LIVE
PAIN FREE



PHYSIOTHERAPY & MASSAGE TREATMENT

Our program blends physiotherapy and registered massage therapy for swift recovery from injuries, overuse issues, and diagnosed musculoskeletal conditions. From post-surgical stiffness to postnatal recovery, our approach caters to a wide range of concerns, making it ideal for both athletes and those pursuing a healthier lifestyle.



MUSCULOSKELETAL SCREENING

This is a detailed physiotherapy assessment and pre-participation examination focusing on finding the possible sources of injury and aids in planning a prehab program. It focuses on the prevention of injury and enhancing performance.



INJURY PREVENTION PROGRAM

This program is designed after a thorough musculoskeletal screening. Thoughtfully designed to meet the needs of a professional athlete, recreational weekend warriors or just someone who wants to lead a healthy and fit life.



PREHAB & REHAB PROTOCOLS

Customized according to the injury and sport-specific programs which help an individual to prevent and treat injuries in a very effective manner.



Apti Wellness

Provides a wide range of healthcare services, including in-person and virtual care, disease prevention programs, community outreach, corporate workshops, and home care, with a growing focus on long-term care and retirement homes, guided by ethical standards and a commitment to compassionate care.



STRONGER
MIND
STRONGER
PERFORMANCE

- FOCUS
- CONFIDENCE
- RESILIENCE
- PRESSURE
- PERFORMANCE



MENTAL PERFORMANCE CONSULTANCY

The mental side of sport, coached like any other skill — confidence, focus, and performing when it matters most.

LED BY A **CERTIFIED MENTAL PERFORMANCE CONSULTANT**

Erika Camilleri is a Certified Mental Performance Consultant® (CMPC) and an Apprentice Member with the Canadian Sport Psychology Association.



Certified Mental Performance Consultant® (CMPC)



Apprentice Member Canadian Sport Psychology Association



Master of Human Kinetics — Intervention and Consultation



Honours BSc Biomedical Science, Minor in Psychology

01



MENTAL BLOCKS

Work through what is driving the block and rebuild trust in the skill.

02



SELF-CONFIDENCE

Build routines and self-talk that hold up when conditions are not ideal.

03



PERFORMING UNDER PRESSURE

Optimise performance when it matters most, including competition day, selection, or return after time away.



FIFTEEN YEARS INSIDE HIGH-PERFORMANCE SPORT.

Former competitive gymnast of 15 years, competed provincially and nationally; over a decade of coaching and judging in Ontario.



TRAIN THE MENTAL SIDE TOO



Book a mental performance session with Erika at Apti.



Mental performance consulting is performance-focused skills coaching for confidence, focus, pressure management and responding to setbacks. It is not a substitute for psychotherapy or medical care.



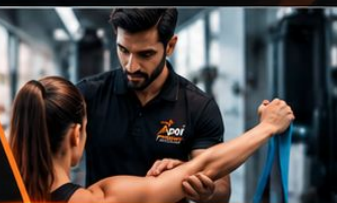
CUTTING-EDGE EQUIPMENT

Train with state-of-the-art gear designed to maximize your performance and recovery.



EXPERT COACHING

Work with certified trainers and physiotherapists who understand the unique needs of athletes like you.



COMPREHENSIVE PROGRAMS

Tailored workout plans, nutrition guidance, and recovery strategies to help you reach your peak.



WE OFFER A GROUP DISCOUNT ON MSK SCREENING

MSK Screening involves a comprehensive assessment of individuals engaged in sports through the use of specific standardized tests and procedures. This process provides valuable insights into various aspects of the individual's physical composition.





PREVENT
RECOVER
PERFORM
LIVE BETTER

WHY CHOOSE **US?**

“OUR WAY MANUAL WAY”

A source-driven approach is the secret behind the effectiveness of the Apti method.

This is achieved through comprehensive data collection and VISUAL BIOFEEDBACK analysis that takes guesswork out of the equation to help you return to your active way of life. And it's all made possible by the experience and expertise of leading health professionals who have shaped our 4-step process.



VALUED **PARTNERSHIPS**

OFFICIAL PHYSIO OF THE

BOLTON WANDERERS F.C.

The Bolton Wanderers are a sports organization dedicated to fostering the development of individuals in various roles within the soccer community, including players, coaches, referees, and administrators.



TORONTO NATIONALS

Based in Toronto, Canada The Toronto Nationals competed in the Global T20 Canada (GT20 Canada) cricket league, which is a professional Twenty20 (T20) cricket league in Canada.





INDUS **COMMUNITY SERVICES**

Indus Community Services, a 35-year-old non-profit, provides culturally sensitive support to diverse groups, backed by donors and the government. With 140+ staff, it aims for excellence, earning a Gold Seal for meeting global standards.



UNIVERSITY OF **GUELPH-HUMBER**

At the University of Guelph-Humber, students earn an honours degree and a college diploma in four years. A close-knit community focused on experiential learning, research opportunities, and integrating theory and practice.





WE'RE HERE
WHEN YOU NEED US.



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