



PERFORMANCE

INTEGRATED HEALTH



Raelene Lang, Physiotherapist

Raelene's passion for anatomy, exercise, and movement of the human body drove her to become a Physiotherapist. She obtained her Masters of Science in Physical Therapy from the University of Alberta after completing her bachelor's degree in Kinesiology and Health Sciences from the University of British Columbia.

Raelene has taken courses in soft tissue release and athletic taping.

She has had the opportunity to develop her physiotherapy skills in a variety of settings including private clinics, home care and hospitals. In these settings, Raelene has developed the skills to work with people of all ages with numerous neurological, musculoskeletal, and cardiorespiratory conditions.

Providing evidence based-techniques including manual therapy, therapeutic exercise, and patient education, Raelene empowers patients with the confidence and tools to effectively aid in the treatment of their conditions.

Raelene strongly believes in knowledge development and has created a passion for continuing education. She will be completing part 1 of the acupuncture course with Acupuncture Canada in February 2016.

Raelene has always been involved in sports including fast pitch and baseball, volleyball, and basketball, and continues to have a passion for exercise and fitness. When she isn't at the clinic, you can find her in the gym or running around the beautiful West Coast!