

Kaitlyn had a unique beginning to her career in physiotherapy that has given her the opportunity to help a variety of populations including athletes, seniors, adults and children. She found her home at Nova Physiotherapy treating both orthopedic and pelvic health conditions. Her passion for movement and exercise inspires her to be creative when treating anything from a sprain to post-op rehab, to pelvic health issues relating to pain, incontinence, pregnancy, postpartum, and more. Kaitlyn approaches pelvic floor physiotherapy with a holistic perspective and often incorporates her orthopedic experience and exercise knowledge into assessment and treatment. In her spare time, she can be found walking her two pups or doing CrossFit with her husband.