



Manitoba Association  
Physiotherapy Association  
manitobaine de  
physiothérapie

## MPA - Board of Director Bio

**Katie** is passionate about helping people achieve their best health possible and is a big advocate of physiotherapy. She graduated from the University of Manitoba with a Master of Physical Therapy in 2019 after which she went right into studies in pelvic health.

She continues to enjoy this area of practice at Nova Physiotherapy, and broaches potentially uncomfortable or painful topics with compassion and empathy.

Her goal is to educate her patients well, making known how common these potentially debilitating issues are, and that physiotherapy can help!

In her spare time she can be found breaking a sweat at the gym, throwing some pottery, trying new hobbies, and spending time with her husband, and fellow physio, Steve and pup Gilmore.