

# Turning a New Leaf

## **DR. JENNIFER YAKIMISHYN**

**Co-founder, Foundation Chiropractic Co.**

Dr. Jennifer Yakimishyn was a competitive figure skater throughout her childhood and regular skating practices were a huge part of her life. Over the years she suffered many slips and falls while training and always managed to recover from them through conventional pain-based sports therapies. However, one day it all added up – years of repetitive trauma to her spine combined with a hard fall to the ice left her with a spinal injury that was far worse than anything she had experienced before. Initially, Dr. Jennifer's injury forced her to stop skating as she could hardly walk and even struggled to sit up straight. She had tried all the usual forms of pain relief but nothing



seemed to help. A family friend suggested trying a local chiropractor and it was at that moment that she started to appreciate the innate healing properties of the human body.

This experience led Dr. Jennifer to the University of Western Ontario where she graduated with her Honours BSc in Kinesiology. During her time there she led the Western Mustangs figure skating team to multiple wins at the provincial level while also working as a professional skating coach for young children. She then moved on to LIFE University to pursue her chiropractic degree, where she graduated magna cum laude and was named Salutatorian of her class. While at LIFE, she completed extra certifications in the Webster Technique and Torque Release Technique, and was also an active member of the International Chiropractic Paediatric Association. Her continued involvement with the ICPA has allowed Dr. Jennifer to develop the knowledge and experience needed to focus on paediatric, pregnancy, and family care.

Dr. Jennifer's passion lies in helping young children grow into happy and healthy adults. She loves educating her community on the benefits of receiving chiropractic care after the birthing process and enjoys teaching children about the amazing healing power inside of their own bodies. Dr. Jennifer considers herself very privileged to take care of newborn babies, pregnant mothers, and their families.

Dr. Jennifer co-founded Foundation Chiropractic Co. located in Oakville with her brother and business partner, Dr. Jason Yakimishyn. Dr. Jason is the official chiropractor of the Ontario Blue Jays and has a special interest in athletic injuries and corrective spinal care. Together they have combined their clinical expertise to offer your family the best care possible, providing services to children, athletes and everyone in between. Their new state-of-the-art chiropractic clinic is quickly becoming one of the busiest offices in Oakville.