

# Turning a New Leaf

## **KAREN SAN ANDRES, REG. PT**

**Registered Physiotherapist,  
ellephysio Clinic Owner & Director**

**B.A., B.Sc.H, MPhtySt, FCAMPT, MCPA**

Karen San Andres, Reg. PT, lovingly founded ellephysio on the premise that a client's success comes from finding confidence from within. Her welcoming clinic in Oakville recognizes the growing demand for physiotherapy that caters to the unique needs of women.



Since 2005, Karen has been skillfully helping patients get stronger, improve balance, and heal from injury. She enjoys working with women and girls of all ages and abilities, seeing treatment as a partnership with her patients. Karen has helped seniors restore their strength and freedom, pregnant women heal sore hip joints, and preteens improve athletic performance. She is especially interested in activity, exercise, training, and treatment for dancers, rep sport players, marathon runners, and weekend warriors.

In December 2012, the Canadian Academy of Manipulative Physiotherapy (CAMPT) awarded Karen with the internationally recognized Fellowship designation. Her six-year journey to Fellowship included being mentored by some of Canada's leaders in manual (hands-on) therapy. Karen now serves as a mentor to those following the same training path. She has also completed the Discover Physio series of courses, designed to hone physiotherapists' skills in clinical problem-solving. Karen has been practicing pelvic health since 2009, and is now a teaching assistant for courses focused on treating pelvic health concerns for men and women.

Karen holds Bachelor degrees in both Psychology and Life Sciences from Queen's University and a Masters in Physiotherapy from the University of Queensland in Brisbane, Australia.

The ellephysio clinic truly reflects Karen's warmth and desire to help and empower others. The space, the team, and the culture are an extension of her personal dedication to treating men, women and their families in an environment they can feel comfortable in. For Karen, ellephysio is more than a clinic; it's the realization of a dream, bringing providers and patients together on a journey toward healing and health.