



Kuljeet Cheema, Physiotherapist

Kuljeet Cheema (KC) graduated from the University of Dublin in 2015 with a Masters of Physiotherapy and a member of the College of Physiotherapists of Ontario and British Columbia. He completed his undergraduate degree at the University of Waterloo with Honours in Kinesiology.

With respect to his clinical approach, Kuljeet practices a multifaceted treatment, which includes biomechanical evidence-based medicine in conjunction with psychosocial approach. Kuljeet believes that manual therapy; patient education and consistent rehabilitative exercise are integral to successful patient outcomes.

An athlete himself, Kuljeet's true passion lies in working with athletes who are required to perform at the highest level. He understands the importance of optimal performance and strives to ensure that his patients are provided with the highest quality of care to ensure they recover rapidly and return stronger than before.

When not in clinic, Kuljeet continues to remain active by working out, playing golf and riding his motorcycle. He continues to work on his golf game and enjoys spending time with his newborn child.

A lifelong student, Kuljeet aims to further his skills as a clinician by continual self- improvement while keeping an open-minded approach to all aspects of healthcare and physiotherapy.

Session: Focusing on Mobility and Activity Wellness

Objectives:

1. Identify your functional baseline and when to ask for help
2. Benefits of regular physical activities for seniors and frail elderly
3. How to improve balance and strength while avoiding injury
4. Mobility aids and assistive devices

Date: Sunday, March 2, 2025