

About Us

Team



Avinash Singh,Registered Physiotherapist

Avinash Singh has been a Physiotherapist since 2011. He grew up in Bombay, India and lived in Peterborough for the since 2014.

In his short, young millennial career, he has worn quite a few hats ranging from working as a Physiotherapist to a Clin currently co-owning and managing Clinical practices in the Hamilton and Burlington region.

Throughout his professional and entrepreneurial journey, he has taken many additional continuing education courses i Therapy, Hand Splinting, Certification in Temporomandibular Joint (Jaw) Dysfunction, Acupuncture, Active Soft Tis

He has a strong passion towards teaching and he has helped to shape the career path of more than 600+ new Physiothe conducting and coordinating Physiotherapy Competency Examination OSCEs, mentoring and tutoring various acaden their dream. He says it gives him a lot of joy and satisfaction to be a part of their success stories. He has been an invig Mock OSCEs for the Physiotherapy Program as well.

Avinash is also a Toastmaster member for many years and attributes his public speaking and leadership qualities to th high value on giving back to the community, inspiring people, and making a difference in people's lives. This is what

He also believes that his patients should have “the most awesome treatment experience” on their road to recovery, and and remains his success mantra. He has infused the entire team at Hamilton Physio & Rehab with this same culture.

When he is not treating patients or taking on big projects, he is a Cricket fanatic and loves watching and playing almo the fact that he is not athletic enough to make any professional team, but his love of sports is what drives him to get al ultimate pinnacle.



Anand Patel,Registered Physiotherapist

Anand Patel has a Bachelor of Physiotherapy and completed his post graduate diploma in exercise science and lifestyle

has special certification as well in acupuncture and worked as a personal trainer in the past. His focus now is on muscles because he has a passion to help patients get back to optimal health and enjoy their life to the fullest potential, he enjoys he is not working.



Anand Patel, Registered Physiotherapist

Deepa Elango,Physiotherapist

Deepa completed her Degree of Physiotherapy in India. Prior to her current position, she has worked as a Physiotherapist. Physiotherapist, Deepa is committed to helping improve people's physical function. Recently, Deepa has also become a Manager. Management. When not in clinic, Deepa likes to watch movies and read books.



Deepa Elango, Physiotherapist

Farnaz Najm,Chiropractor

Dr. Farnaz Najm is an evidence-based practitioner who has completed the Doctor of Chiropractic (DC) from the Canadian College of Chiropractic (CMCC), a leading education and research facility. Prior to becoming a chiropractor, Dr. Najm completed her Honourary Bachelor of Science degree from the University of Toronto, majoring in Kinesiology.

Her technique emphasizes practical and efficient solutions for patients with consistent neck and low back pain. Her treatment focuses on reducing pain and disability, maximizing function and improving overall quality of life for spine.



Farnaz Najm,Chiropractor

Urvi Patel,Registered Massage Therapist

I've always had a passion for fun, fitness, the human body and living a healthy sustainable lifestyle. This is what led me to attend the University of Western Ontario, London, Ontario, Canada, graduating with a Bachelor of Physiotherapy. After realizing I still wanted to continue to learn and grow, I completed a Massage therapy program.

I am highly motivated in my professional and personal life and enjoy a challenge when it's presented. With a background in physiotherapy my goal is to combine the knowledge and skills I have learned and use it for the best care and treatment of my clients.



Urvi Patel, Registered Massage Therapist

Gabriella Pablo, Acupuncturist and Osteopathic Practitioner

Gabriella Pablo is a compassionate and highly trained healthcare professional who provides personalized acupuncture in the Burlington, Oakville and Hamilton regions. With over 13 years of experience, she has extensive knowledge of traditional

As a registered Acupuncturist and Osteopath Practitioner, Gabriella specializes in using acupuncture and manual manipulation, including back pain, sciatica, fatigue, and more. She is dedicated to improving the body's nervous, circulatory, and lymphatic systems for optimal health and wellness.

Gabriella obtained her manual manipulation training from the Toronto Academy of Osteopathy and Health Science and the College of Chinese Medicine and the College of International Holistic Studies. She is registered with the Ontario Association of Acupuncturists, ensuring that her patients receive the highest quality of care.

In her spare time, Gabriella enjoys cooking, reading, and spending time with family.



Pooja Jani, Patient Coordinator

Pooja earned her bachelor's degree in homoeopathic medicine and surgery and finished her internship in Mumbai, India at Emergency Medicine Services and was given the fantastic opportunity to intern at the prestigious Wockhardt Hospital.

in 2021 and attended Mohawk College to pursue a diploma in health, wellness, and fitness. She has experience working

She has always been passionate about working in the healthcare sector, helping people in whatever way she can, and in healthcare. She is most motivated to achieve her goals by her work as a resident medical officer in the Covid-19 pandemic. dedication, hard work, and destiny all go hand in hand.

She plans to pursue studies in psychology and nutritional science in the future and is committed to promoting holistic health. Her pillars of support are her family and friends. She enjoys watching movies, eating Indian food, traveling, and listening to music.



Pooja Jani, Patient Coordinator

Muzna Hamid, Patient Coordinator

Muzna studied social work at McMaster University and has enjoyed a long career in the non-profit and finance industries and returned to school for Nursing. She's excited to be a part of Hamilton Physio and Rehab as her introduction back into the field, spending time with her cats and watching her plants grow.