

MEET ANDREA ENGELMANN



*Our mission is to provide
you with the very best
care possible.*



ANDREA ENGELMANN

*DPT, BSc, CSCS
PHYSICAL THERAPIST
CERTIFIED STRENGTH AND CONDITIONING SPECIALIST*

Andrea Engelmann, a North Vancouverite, has a **clinical doctorate** in Physical Therapy (with a concentration in orthopedics) and a bachelor's in Human Biology (earned while on track and academic scholarships) from Marquette University. Between earning these degrees, Andrea wedged in a year of full-time competition as a Canadian **national bobsled team member**.

After her undergraduate degree, she continued training for both **national level** track & field and **international** bobsled events. While in graduate school she worked as a teaching assistant in anatomy and a volunteer coach for Marquette's track & field team. She also earned her certified strength and conditioning designation and worked as a **personal trainer** for a diverse clientele ranging from youth soccer teams to Olympic snowboarders.

Andrea combines manual therapy, soft tissue work, modalities, and sport-specific exercises to reduce pain, risk of re-injury, maximize function and restore movement to help patients achieve their goals. She looks forward to helping new patients **regain, maintain** and **sustain** a healthy, active lifestyle at work and play.

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7 am — 7 pm Mon - Fri

www.northshoresportsphysio.com

**Andrea looks forward to working with you
at North Shore Sports Medicine Clinic—Physiotherapy**

Open to Every Body

Medical referrals are not required for Clinic services.