

# MEET CHRISTAL FRASER



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



## CHRISTAL FRASER

REGISTERED PHYSIOTHERAPIST  
MPT, BA (HONS)

Physiotherapist Christal Fraser seeks to help each individual achieve their goals and return to as high a level of physical activity as possible. In pursuit of these goals, Christal excels at manual therapy, soft-tissue release, and Kinesio® taping. She has additional training in the treatment of orthopaedic conditions and with occupational rehabilitation. She believes in the benefits of hydrotherapy and has instructed aquatic rehabilitation sessions for the past 10 years. Taking a holistic approach to rehabilitation, she is currently being certified in acupuncture.

Christal earned a master's degree in physiotherapy and a bachelor's degree with honours in psychology from the University of British Columbia. Since graduating, she has served as a physiotherapist with the World Police and Fire Games, and annually with the Bike Ride to Conquer Cancer. She has practiced at Royal Columbian Hospital in New Westminster, Burnaby General Hospital, Lions Gate Hospital in North Vancouver, and BC Children's Hospital, as well as several physiotherapy clinics.

Christal is a member of the Canadian Physiotherapy Association and the Physiotherapy Association of British Columbia (Orthopedic Division).

Passionate about the outdoors and being active, Christal enjoys hiking the Grouse Grind, snowboarding, cycling, and swimming. She also enjoys participating in marathons.

**Christal 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.***

**North Shore Winter Club  
1325 East Keith Road  
North Vancouver  
604.985.4135 loc 273  
7 am – 7 pm Mon - Fri  
10 am – 2 pm Sat**

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