

Core Connection Mobile Physiotherapy Annual Report 2024



For more information visit:

www.coreconnectionphysio.com

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IN 2024 WE:

HIRED 3 NEW TEAM MEMBERS



Vicky Forsyth
Physiotherapist
COWICHAN VALLEY



Julia Davenport
Kinesiologist
COWICHAN VALLEY



Samantha Corkern
Client Care
Coordinator

OPENED 2 NEW LOCATIONS



COWICHAN VALLEY
OPENED SUMMER 2024



KELOWNA
OPENED WINTER 2024



COWICHAN VALLEY - OPENED SUMMER 2024



Julia Davenport - Kinesiologist

Julia graduated from the University of Victoria in 2022 with a Bachelor's Degree in Kinesiology. Since graduating, Julia has worked at a long-term care home helping seniors rehabilitate and achieve their mobility goals.



Vicky Forsyth - Physiotherapist

Vicky completed a Bachelor of Science in Human Performance at UVic and then achieved her Physical Therapy degree at UBC in 1991. She has valuable experience working with pediatric, adult, and senior populations.

KELOWNA - OPENED WINTER 2024



Riddhi Seth - Physiotherapist

Riddhi, our beloved physiotherapist from the Victoria area, has moved to Kelowna and is working hard on expanding our mobile services in Kelowna and West Kelowna.

Riddhi's skills enable her to bring a holistic approach to treating rotator cuff injuries, sprains, strains, acute and chronic back pain, fibromyalgia, chronic pain conditions, and post-op rehabilitation.

SERVED 348 CLIENTS IN THE COMMUNITY



Rob

★★★★★ 3 months ago

I'm so grateful for Lauren's care for my elderly mother. She has been incredibly patient and understanding with my mother. Her expertise and compassionate approach have made a significant difference in my mother's mobility and overall well-being. Highly recommend!*

Alexa

★★★★★ a month ago

I had a wonderful experience working with Jan before I had my twins, and for postpartum support. Highly recommend!

John

★★★★★ 7 months ago

Robyn Elliot has done wonders for me. I've always been active, running, swimming, etc, but now in my late sixties, I've had numerous upper and lower body injuries that have made being active very difficult. However, with Robyn's expertise in diagnosing and treating my ailments, and providing exercises, I've been able to not only overcome injuries but also improve my strength, speed and flexibility. She is a great physiotherapist. Thanks so much!

EXPANDED OUR PROGRAM OFFERINGS

VICTORIA LOCATION

PERINATAL PHYSIOTHERAPY
PELVIC HEALTH PHYSIOTHERAPY

VICTORIA & COWICHAN VALLEY LOCATION

PAEDIATRICS
KINESIOLOGY & ATHLETIC THERAPY
VESTIBULAR & NEUROLOGICAL PHYSIOTHERAPY



VICTORIA, COWICHAN VALLEY & KELOWNA LOCATIONS

ICBC CLIENTS & SENIOR CARE
ORTHOPAEDIC & HOSPITAL DISCHARGE

MADE 11 DONATIONS TO OUR EVERY BABY BORN INITIATIVE, TOTALING \$550



Core Connection **donates \$50 for every baby born**, for whom the physiotherapist has worked with the mother once during pregnancy and twice during the postpartum period, through our Perinatal Physiotherapy Program. This donation is made in the baby's honour **to the Victoria Best Babies Foundation**, a prenatal and postpartum nutrition program for low-income families in Victoria.

Victoria Best Babies Foundation:

<https://fernwoodnrg.ca/fernwood-nrg-programs/community-programs/best-babies/>

OUR SISTER NON-PROFIT VICTORIA PHYSICAL REHAB SOCIETY IS ACTIVELY FUNDRAISING



Community Pelvic Health Program

1 in 3 women experience pelvic floor dysfunction in their lifetime, yet 50% of those in need can't afford treatment. In 2023, the only free pelvic physio clinic in town was unable to treat half of its referrals due to limited capacity. Our goal is to raise \$24,600 to serve 41 women who were unable to access care.

Victoria Physical Rehab Society

<https://physicalrehabociety.ca/>

GOALS FOR 2025:

EXPANDING ACCESS TO PHYSIOTHERAPY



Support 450+ clients across Victoria, Cowichan Valley and Kelowna, ensuring more individuals have access to in-home rehabilitation.

Continue growing the mobile physiotherapy services **in Kelowna**. Making care more accessible for seniors, post-op patients and ICBC clients.

COMMUNITY HEALTH PARTNERSHIPS

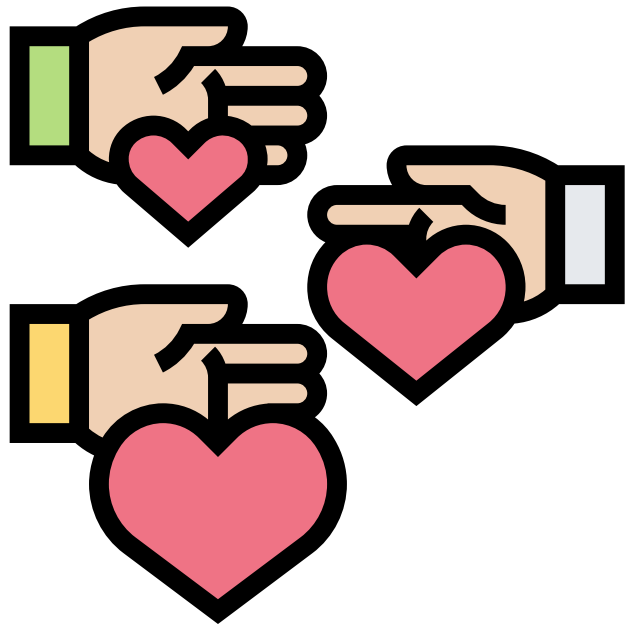
Offer 2 or more free community workshops, covering essential topics like pelvic health, senior mobility, and postpartum recovery.

Build at least 10 new partnerships with healthcare providers, including family doctors, midwives, and rehab specialists, to improve client referrals and continuity of care.



GOALS FOR 2025:

GROWING OUR IMPACT THROUGH NON-PROFIT INITIATIVES



Raise **\$24,600+** to support the **Victoria Physical Rehab Society's Community Pelvic Health Program**, helping provide treatment for **41 women** who otherwise couldn't afford care

Secure at least **two new funding partnerships** or grants to expand the reach of our community pelvic health program

Thank You!

With an incredibly successful 2024 behind us, and exciting goals set for 2025, we are excited to embark on another year. We would like to thank our clients, partners, and the community of Victoria for supporting our female owned small business.

Please do not hesitate to reach out if you have any questions regarding our programs and goals that we have set for 2025.

-Lauren & the Core Connection Team