

Our Team

Ogden

Physiotherapy, Chiropractic, Massage and Pelvic Health Ogden, SE Calgary

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Meet the Ogden Team



Alisha Mohamed-Kassam,Physiotherapist, Clinic DirectorPT, MScPT, Biomedical

Alisha graduated with her Masters in Science in Physical Therapy from the University of Alberta in 2012. She also completed her Bachelor's degree from the University of Alberta. Alisha is also certified to practice biomedical dry needling, acupuncture, and spinal and peripheral nerve physical therapy training, Alisha worked as an Exercise Therapist, as well as a trainer and coach for multiple men's, women's and youth teams. Alisha has well over five years of experience working with the Calgary Police and over ten years working in the Ogdensburg area providing guided exercise and targeted rehabilitation solutions for WCB cases, MVA claims and sporting injuries.

Along with ball hockey, Alisha has played competitive soccer, volleyball, and basketball. She also enjoys snowboarding and skiing.

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Dr. Allykhan Lila,Clinic Director, ChiropractorDC

Dr. Lila completed his high school education in Calgary, AB and then he moved to Winnipeg, MB where he spent time further his education he went to Toronto, ON to complete his chiropractic training at the Canadian Memorial Chiropractic College. He graduated with honors and was on the Dean's List for academic excellence.

Dr. Lila uses an evidence-based, diversified approach to care that includes manual therapy, instrument assisted soft tissue manipulation, myofascial release therapy, and numerous other modalities to help his patients achieve optimal function.

Dr. Lila has a special interest in working with all individuals struggling with complex conditions, pain, and dysfunction providing ergonomic coaching for office workers and individuals working in the labor field and trades.

Dr. Lila is a member of the College of Chiropractors of Alberta, Chiropractic Association of Alberta, and the Canadian Chiropractic Association. Dr. Lila welcomes new patients and former patients and is looking forward to being a part of your personal health care team.

In Dr. Lila's free time, he enjoys spending time with family and is a cricket enthusiast.

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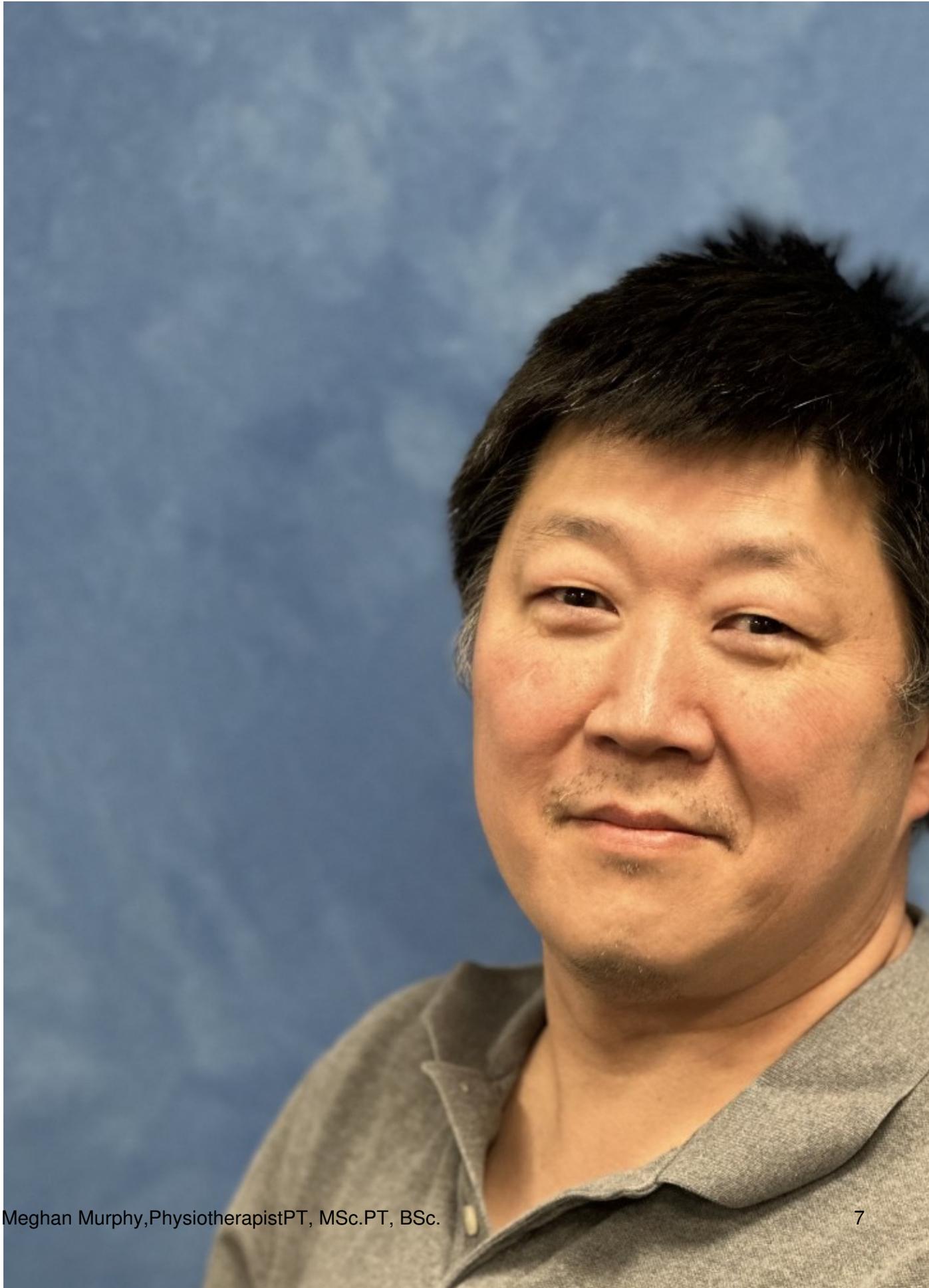
Dr. Allykhan Lila, Clinic Director, Chiropractor, D.C.

Meghan Murphy,PhysiotherapistPT, MSc.PT, BSc.

Meghan grew up in Calgary competing in dance, Kyokushin Karate, tennis, and rugby. As a result of her active upbringing with physiotherapy, inspiring her to pursue physiotherapy as a career. She completed her Bachelor of Science in Health Services of Calgary before earning her Masters of Science in Physical Therapy at the University of Alberta. Meghan started her physical therapy is grounded in strong manual therapy skills combined with education and individualized exercise prescriptions for orthopaedic injuries, but has a passion for Pelvic Floor Physiotherapy. Her experience in treating orthopaedics is fundamental in order to fully appreciate the pelvic floor's role and influence in many orthopaedic injuries and pain.

She has taken advanced training to specialize in Pelvic Floor Physiotherapy that allows her to treat conditions such as prepartum and postpartum, and pelvic pain. She is passionate about educating and empowering women to take an active role in their health.

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Meghan Murphy,PhysiotherapistPT, MSc.PT, BSc.

Brian Yu,PhysiotherapistPT, BScPT, MScRS, DPT

Brian Yu is an accomplished physiotherapist based in Calgary, Alberta, with a specialist interest in Whiplash-Associated Disorders. His clinical expertise spans early conservative intervention, advanced physical therapy, and the intricate realm of complex car accident-related injuries.

Having earned his undergraduate degree in Physiotherapy from Queen's University in 1996, Brian Yu continued to further his education with a Master of Science in Rehabilitation Science and a post-professional Doctorate in Physical Therapy. With a wealth of experience, he has served in various leadership roles and six years contributing to governance roles at the Ontario College of Physiotherapists.

As a founding partner and former clinical instructor at ptHealth, Brian Yu has played a pivotal role in shaping the landscape of physiotherapy in Calgary. His influence extends beyond the clinic, as he has collaborated with prominent physician groups, including Infini Health, Imagine Health, and the University of Calgary.

Passionate about health care innovation and fostering medical collaboration, Brian Yu actively participates in the Calgary Health Innovation Network. Currently, he practices at Momentum Health in Ogden, where he is an integral part of a dynamic multi-disciplinary team.



Brian Yu, Physiotherapist PT, BScPT, MScRS, DPT

Thomas Schlacht,Physiotherapist InternMScPT, BKin

Tom completed his Master's of Science in Physiotherapy at Glasgow Caledonian University in Scotland in 2023, when moving to Scotland, Tom completed his Bachelor of Kinesiology in his hometown of Edmonton at the University of Alberta with distinction.

After returning to Canada, while undergoing the credentialing process to be able to practice as a physiotherapist, Tom worked at Health. During this period, he gained experience working with a variety of patients and conditions including motor vehicle accidents, post-surgical rehabilitation, and sports injuries. Tom is also interested in keeping up to date with the latest research and articles looking at exercise and bone health, which can be found [here](#).

Tom's first experience with physiotherapy was as a teenager after tearing his ACL playing basketball. After engaging in physiotherapy after surgery, he recognized how important physiotherapy was in helping him return to the activities he enjoyed. Tom is passionate about pain and injuries so that they can get back to the things they love.

Outside the clinic, Tom enjoys reading, lifting weights, running, hiking, and a good cup of coffee.

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Thomas Schlacht, Physiotherapist Intern MScPT, BKin

Jon-Michael Bertoli,Registered Massage TherapistRMT

Jon-Michael was born and raised in the beautiful Okanagan city of Kamloops, British Columbia where he played a variety of sports including lacrosse, and volleyball. In 2010, working as a labourer for his grandparent's construction company, Jon-Michael decided to change his career path. In deciding, he chose massage because he had watched his father's body deteriorate from working in the industry and he wanted to eventually help him. In 2011, moved to Calgary to attend school for massage therapy. Jon-Michael is passionate about helping clients achieve their goals. He believes in treating the cause of each patient's concerns to alleviate or eliminate pain. He uses techniques that he has learned not only in school but in his own practice. Also as a part of the treatment he provides his clients with a regimen such as stretching and strengthening exercises and the use of hot and cold therapy to increase the efficiency of the treatment and a relaxing environment for treatment. When he isn't working or spending time with family and friends, Jon-Michael enjoys walking his puppy Lola.

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Susan Olson,Registered Massage TherapistRMT

Susan attended school at Lethbridge College. She has been a massage therapist for 12 years and specializes in deep tissue massage, performing prenatal massages and also performs some reflexology. She aims to complete ongoing education courses and has two cats and enjoys spending time with family and friends.

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Susan Olson, Registered Massage Therapist RMT

Johny Reyes,Registered Massage TherapistRMT

Originally from the Philippines, Johny moved to Calgary in 2013. He completed the 3000-hour Advanced Clinical Massage Therapy program at the University of Alberta. While practicing, Johny worked as a Physiotherapist Assistant, helping to rehabilitate patients and getting the Registered Massage Therapist, Johny is eager to help patients from a wide range of backgrounds using his skills in cupping, myofascial release, and other techniques including deep tissue, Swedish, and sports massage. Growing up, Johny participated in multiple sports including basketball, soccer, and taekwondo. The sport that stuck with him the most was basketball, which he has made part of his weekly routine for over 10 years. Johny has also become an avid rock climber and enjoys scaling walls both indoors and outdoors. In his spare time Johny loves to motorcycle and travel.

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Johny Reyes, Registered Massage Therapist RMT

Preanka Nahal, Kinesiologist BKin

Preanka graduated from the University of Calgary in 2023 with a Bachelor of Science in Kinesiology with a major in Kinesiology. She grew up in Calgary playing a wide variety of sports, with a primary focus on soccer which she has been playing since the age of 5. After she sustained minor injuries while playing soccer and wanted to become more knowledgeable about injury rehabilitation. During the COVID-19 pandemic, Preanka worked alongside the University of Calgary staff to guide the geriatric population suffering from knee pain through a group exercise program in an effort to increase strength and reduce pain. In her free time Preanka enjoys running, working out, hiking, and attending hockey games and cheering on the Calgary Flames.



Stefan Ruchlewicz, Kinesiologist BKin

Stefan obtained his Bachelor of Kinesiology from the University of Calgary in 2021. He has volunteered with various organizations, including those with osteoarthritis and a variety of neuromuscular conditions. Stefan enjoys leading patients through rehabilitation exercises that help them live the life they are used to. He grew up playing various sports, most notably baseball. In his free time, Stefan enjoys working out and watching sports.



Kaitlyn Zeiler, Kinesiologist B.A. Kin

Kaitlyn graduated with Distinction from the University of Lethbridge in 2024 with her Bachelor of Arts and a Major in Kinesiology. She completed her advanced classes throughout high school, and combined with her background as a competitive curler, she fell in love with studying and recovery that comes from injuries. Growing up in Calgary Kaitlyn has always gravitated towards outdoor activities like hiking, paddleboarding, or any activity where she can bring her dog along. Coming from a competitive athlete background, she maintains an active lifestyle through practicing pilates and yoga. Working at Momentum Health she hopes to create a positive and welcoming environment to heal and recover.



Kaitlyn Zeiler, Kinesiologist B.A. Kin

Vikki Small,Registered PsychologistM.C., R.Psych.

Vikki is a highly experienced practitioner with a kind, compassionate demeanour and a holistic approach to mental health. She holds a Master's degree in Applied Psychology, and she has been a Registered Psychologist with the College of Alberta Psychologists since 2007. She has worked in a variety of settings for a range of presenting concerns, including anxiety, depression, trauma, chronic pain, low self-esteem, and stress/anger management. In her current practice, neurorehabilitation, and education settings, Vikki maintains the highest professional and ethical standards. Her focus is on the achievement of client success, with applied modalities including Cognitive Behavioural Therapy (CBT), Trauma-Focused Cognitive Behavioural Therapy (TF-CBT), and Solution-Focused Brief Therapy (SFBT). Vikki also has specialized training in Eye Movement Desensitization and Reprocessing (EMDR), a well-researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms (i.e., by processing traumatic memories associated with trauma memories). Through a respectful, collaborative framework, Vikki helps identify treatment goals that are realistic, measurable, client-centered and mutually established. She looks forward to supporting Momentum Health's valued patients on their journey to wellness.

At Momentum Health, Vikki is pleased to offer online treatment services through Microsoft Teams, with weekday evening hours.

To book your virtual psychology appointment with Vikki, please call 403.455.0025.



Vikki Small, Registered Psychologist M.C., R.Psyc.

Banan Yousif,Office Manager

Banan graduated from SAIT with a Bachelor in Business Administrative and is the founder of the African and Caribbean. She has over 10 years of proven excellent customer service skills and experience in executive management support and client relations, always with a focus on helping people and providing the best care possible especially in clinic settings.

Banan is definitely a fashionista within her style of looking good and feeling good. She believes it's important is always to create a positive work environment to make it feel as a welcoming home. In her free time Banan enjoys spending time with family and friends.



Banan Yousif, Office Manager

Ashley Quaschnick, Office Administrator

Ashley was born and raised in Calgary, she grew up in a very family oriented environment and she has a strong passion for volleyball. She has spent her years after graduating working in different fields, with seven years in customer service and looking to go further. She loves meeting new people and building connections anywhere she goes. She is thrilled about the opportunity to become a warm and familiar presence for everyone who visits the clinic.

Ashley enjoys reading books, music, fashion, watching tv and movies, fitness, being outdoors and spending time with



Ashley Quaschnick, Office Administrator

Francesca Tartamella, Office Administrator

Francesca is currently a psychology student at St. Mary's University, intending to pursue an education degree and grew up in a very active household and played soccer for 13 years, where she and her team claimed a national gold medal in sports in high school including volleyball and field hockey. Francesca has always had a passion for making others feel everything she is involved in and is eager to bring that into the clinic. She previously worked at a summer camp for children and continues to support those individuals through respite work and volunteering. Francesca is excited about the opportunity to work in a supportive environment.

About Us

When you choose Momentum Health, you get experienced practitioners who use the latest evidence to bring you the most access to physiotherapists, chiropractors, massage therapists, kinesiologists and more who collaborate together to ensure your recovery.

If you are ready to overcome your pain, we are ready to help.

We emphasize an individualized approach and treat all injuries, including workplace injuries, sports injuries, and motor vehicle accidents. With our individualized approach, we will discuss the length of treatment and propose a plan uniquely created to help you meet your goals. At Momentum Health, we see you as soon as possible. The sooner you see us, the easier your recovery.

Our Values

Simplicity - We make it easy

Independence - We empower others

Compassion - We give all that we have

Communication - Right communication at the right time

Fun! We have fun, and so will you!

Services Offered

Physiotherapy

Chiropractic

Massage Therapy

AHS Funded Physiotherapy

Pelvic Health Physiotherapy

Concussion Program

GLA:D Canada for Osteoarthritis

GLA:D Back

Custom Orthotics

Ergonomics

Direct Billing Available With:

We can also bill Manulife, Ironworkers' Health & Welfare (FAS), the Interim Federal Health Plan for refugees (IFHP), and vehicle collision claims (MVA).

While those listed above are the main insurers that allow direct billing, other insurance companies may also allow direct billing. If you have questions about your coverage.

Testimonials

Ray F

2 years ago

“ I have had two hip replacements in the last year(2020). Meghan helped helped a lot for first hip replacement. Now both hips are doing a lot as well with second hip replacement. Both... ”

“ I have had two hip replacements in the last year(2020). Meghan helped helped a lot for first hip replacement. Now both hips are doing a lot as well with second hip replacement. Both Meghan and Rachel are experts in what they do and how to release tight muscles for a faster recovery. Meghan and Rachel gave many stretches and exercises to do at home that have helped immensely with my surgery. Thank you Rachel. Thank you!!!! Ray ”

Aadi

2 years ago

“ I have been coming to Momentum Health in Ogden and love this place. The Chiropractic treatments are the best I have had. The most effective chiropractic treatments I have... ”

“ I have been coming to Momentum Health in Ogden and love this place. The Chiropractic treatments are the best I have had. The most effective chiropractic treatments I have had. I had a really bad knee injury and just with 4 treatments I felt the difference and it was great! I was able to communicate what I am struggling with. Dr. Lila was able to provide me with the some advice. I highly recommend booking the telehealth appointment! ”

Courtney L

2 years ago

“ I have been going to momentum health in Ogden for a few years now and highly recommend the team there. I have had the best service has been superb every time and my life... ”

“ I have been going to momentum health in Ogden for a few years now and highly recommend the team there. I have had the best service has been superb every time and my life has been so much better for it. Thank you so much to a great team! ”

Tyler L

2 years ago

“ Hands down best chiropractor I have been too. I came in leaning to the left really bad couldnâ’ t walk, stand, sit, or and explained a treatment plan, he was... ”

“ Hands down best chiropractor I have been too. I came in leaning to the left really bad couldnâ’ t walk, stand, sit, or and explained a treatment plan, he was very engaged and explained everything to me and how heâ’ s going to treat it. finally got some mobility back he gave me some stretchâ’ s to do and also gave me a few pages on a long term plan v prevent the same problem. This place is amazing!!! Awesome employees, awesome vibes, and great service! ”

Get In Touch With Us

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Physiotherapy, Chiropractic, Pelvic Health and Massage in the Ogden, Lynwood South-East Calgary

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