

Our Team

Westbrook

Physiotherapy, Chiropractic and Massage at Momentum

Address: 3320 17 Avenue SW #312 Calgary, AB, T3E 7C1

Phone: 403.454.1600 **Fax:** 403.454.1641 **Email:** westbrook@momentumhealth.ca

[Click to Book Online with Momentum Health Westbrook!](#)

When you choose Momentum Health Westbrook, you get experienced practitioners who use the latest evidence to bring your needs. You have access to physiotherapists, chiropractors, massage therapists, kinesiologists and more who collaborate.

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.

We have one hour free underground parking accessible here:

Meet the Westbrook Team



Dr. Denis Simons,Chiropractor, Clinic DirectorDC, BSc.

Dr. Denis Simons graduated from Western States Chiropractic College in Portland, Oregon in March of 2000, where he graduated with a Bachelor of Science in Chiropractic. Dr. Simons moved to Calgary in the spring of 2000. He owned and operated Penny Lane Chiropractic and Health in the downtown core of Calgary until 2005, when he joined the Advantage Health group of clinics. An avid and once competitive skier, Dr. Simons spent many years as a competitive skier and competed in several Big Mountain Competitions. For several years he enjoyed the opportunity to work and travel with the Canadian National Ski Team, treating several Olympic medalists along the way. His reputation consistently has travelling musicians and athletes seeking his services to bring them through Calgary. Dr. Simons continually attends seminars and courses to make sure he has the most current information in his field. As a diversified chiropractic practitioner, he utilizes manual chiropractic adjusting techniques, home exercise, and various modalities to help his patients achieve their healthcare and wellness goals. Being a part of the multi-disciplinary team at Momentum Health, Dr. Simons works with physiotherapists, registered massage therapists, acupuncturists, naturopathic doctors and psychologists. As an OT, Dr. Simons utilizes new, groundbreaking chiropractic treatments for Frozen Shoulder Syndrome (aka Adhesive Capsulitis). This condition is a common ailment and sufferers of FSS often immediate and dramatic results. If you would like to learn more about this condition, or see a chiropractor, please visit <https://drdenissimons.com>

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Dr. Denis Simons,Chiropractor, Clinic DirectorDC, BSc.

Dr. Andrew Moore,ChiropractorBA, DC, ARTÂ®

Dr. Andrew Moore is a Cum Laude graduate of Palmer College of Chiropractic, in San Jose, California. He was born and received his bachelor's degree from Grant MacEwan University while playing for the University soccer team. Dr. Moore who uses manual spinal manipulation, combined with soft tissue manipulation, and rehabilitation exercises to help his patients. He is Body Certified in Active Release Technique (ART®) which helps patients to overcome headaches, whiplash, low back pain, and many other musculoskeletal dysfunctions.

In his spare time Dr. Moore loves to stay active in sports including soccer, golf, slo-pitch, skiing/snowboarding, and equestrian. He uses these new ways to help his patients recover and remain healthy.

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Carlee Anderson,PhysiotherapistPT, MScPT, BKin, BDN

Carlee is a graduate with a Master's of Science in Physical Therapy at the University of Alberta in 2015 and has also graduated from the University of Calgary in 2012. She is a CPA Orthopedic Level III Manual Therapist who is certified in Biomechanics, athletic taping/strapping and Kinesiotaping. Her clinical interests include SI joint dysfunction, acute low back pain, neck and shoulder injuries. Growing up in Champion, AB, Carlee was involved in several sports at competitive and recreational levels. She is most passionate and experienced with figure skating, equestrian, volleyball and softball. She also has an avid interest in her committed to living her best and healthiest life. She looks forward to continuing to complete the CPA Orthopedic Sports Therapist. Carlee believes in taking a comprehensive approach to rehab in order to maximize your recovery and

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Carlee Anderson, Physiotherapist PT, MScPT, BKin, BDN

Marie-Pier Begot Coladon,PhysiotherapistPT, MHScPT, BSc., IMS Certified, Bil

Marie-Pier graduated from the bilingual University of Ottawa with a Master of Health Sciences in Physiotherapy, after Biological Sciences at the Faculté Saint-Jean of the University of Alberta. Since graduating, Marie-Pier has completed the McKenzie Mechanical Diagnosis and Therapy method, which aims at addressing certain low back injuries, and is Manual Therapy courses through the Canadian Physiotherapy Association Orthopaedic Division.

She has gained clinical proficiency working with shoulder, low back, and knee injuries, with a particular interest in recreational and competitive female ice hockey herself growing up, she is also passionate about guiding both recreational and competitive athletes. Part of her treatments, Marie-Pier believes in the use of a comprehensive approach by complementing any manual therapy strategies to help her patients achieve the most prompt recovery.

In addition, Marie-Pier has been receiving training to gain the knowledge and competency to assess and treat infants and young children with conditions, such as torticollis, plagiocephaly and muscular imbalances. Part of her training focuses on educating and training parents on how they can help facilitate motor milestones and reflex integration at home to avoid developmental delays. Marie-Pier is hoping to start a pediatric physiotherapy clinic by the end of 2023.

Outside of the clinic, she enjoys spending quality time with her husband and daughter, caring for her two adorable burrito dogs, jogging, hiking, skating and downhill skiing.

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Marie-Pier Begot Coladon, Physiotherapist PT, MHSCT, BSc., IMS Certified, Bilingual (Français, English)

Kirsten Taylor,PhysiotherapistMScPT, MCISc (AHCP â' CMP), BHK, BSc (Honours)

Kirsten completed her Master's degree in Physical Therapy (MScPT) at the University of Alberta in 2014, and has recently completed a Clinical Masters degree in the Comprehensive Musculoskeletal Program (Advanced Health Care) (London, Ontario) and received her FCAMPT designation. She completed her certification in Gunn IMS in July 2018.

Kirsten has a special interest in sport injury prevention, concussion rehabilitation and a wide variety of athletic injuries. She worked as the team physical therapist for the University of Alberta Golden Bears and Pandas Varsity Swim team from 2014-2018. She enjoys playing ultimate Frisbee, mountain biking and road cycling, swimming, reading and travelling.

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Serena Bredin,Physiotherapist InternMScPT, BKin, BA

Serena Bredin completed her Master's of Science in Physiotherapy at the University of Alberta. During her Master's she gained clinical knowledge with a variety of patients including orthopedics, athletes, geriatrics, and neurological populations. She loves working with individuals as she believes in an individualized approach to treatment. She also currently works as a Physiotherapist for the University of Alberta.

Prior to finishing her Master's degree, she completed two undergrads in Communication Studies and Kinesiology. While in Kinesiology she played water polo in the NCAA as well as for Team Canada, representing Canada at several international events including the World Championships. Currently, Serena plays water polo in the Canadian major league, but also enjoys tennis, beach volleyball, and any pick-up game of any sport!

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Jenna Aiuto, Pelvic Health Physiotherapist PT, MScPT, BKin, FDN, Spinal Manipulation

Jenna graduated from the University of Calgary with a Bachelor's degree in Kinesiology in 2014. She then went on to graduate in 2016 from Glasgow Caledonian University. During her education, Jenna gained valuable knowledge and practical experience from pelvic floor dysfunction. She worked on the maternity ward directly with new moms and taught pre- and post-natal classes. Her thesis on "The Effectiveness of Pelvic Floor Muscle Training for the treatment of Urinary Incontinence in Post-natal women" led to her specialty in Women's health to treat patients with incontinence, diastasis recti, pelvic organ prolapse, overactive bladder, and more. In addition, Jenna has a passion for treating all musculoskeletal injuries and is certified in Functional Dry Needling and Spinal Manipulation. Jenna enjoys travelling, hiking, playing badminton, pickleball and soccer!

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Jenna Aiuto, Pelvic Health Physiotherapist PT, MScPT, BKin, FDN, Spinal Manipulation

Carrie Slater,Registered Massage TherapistRMT

Carrie has been practicing massage therapy since 2003. Her passion and excitement for massage continues to grow and she has developed new techniques and applications of Therapeutic Massage called Reciprocal Response Massage. This is a technical and therapeutic philosophy that it doesn't have to hurt to work! Achieving the results and benefits of a therapeutic massage without pain is her goal. Every massage is customized based on the needs and goals of each patient, helping to resolve underlying habits and improve daily stretch-er-cizes.

Carrie has bicycled to the 3 coasts of our beautiful country in an unsupported tour with a friend that took 4.5 months. It was a test of much beauty and test her mettle. It also proved her innate knowledge of biomechanics and the practical application of

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Carrie Slater, Registered Massage Therapist RMT

Carlos Guzman,Registered Massage TherapistRMT

Carlos Guzman has been a registered massage therapist with the Massage Therapist Association of Alberta (MTAA) since 2008 with a diploma that included 2200-hours training. Carlos enjoys helping his clients to feel better by releasing their muscle tension and assisting them in recovering from injuries such as sprains, strains and whiplash. He has also been privileged to assist athletes at races, marathons and team sports. Carlos specializes in deep tissue massage using different techniques such as ischemic compression and acupressure, allowing him to design a tailored treatment program for acute and chronic pain. Whether you want to reach your goals or relaxation, you've come to the right place. Carlos enjoys playing and watching soccer and football.

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Amber McCue,Registered Massage TherapistRMT

Amber is a passionate massage therapist who motivates her patients to actively participate in achieving their health goals. She uses a variety of techniques, including neuromuscular therapy and myofascial release, and she always strives to uncover the root cause of various conditions such as dysfunctional movement patterns, chronic pain and injuries, and chronic stress. Her personal goals are to support a sustained quality of life.

Amber's interest in the healthcare field was sparked by her experience as a patient, and she takes a trauma-informed approach. She is currently pursuing ongoing education and professional development in neuroscience and the neurobiologic effects of chronic stress and trauma to better understand the impact of the nervous system on the body.

Amber recognizes wellness as a continuous way of life and values empowerment, believing that recovery is possible. She works with her patients every step of the way, and patients can trust her expertise and passion for helping others to achieve their unique goals.

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Jordan Littlewood,Registered Massage TherapistRMT

Jordan is originally from the lower mainland of Vancouver where he graduated after completing the 3000 hour program in Massage Therapy in 2008. Moving to Calgary in 2009, he has been actively focusing on rehabilitation, posture and functional movement. His specialties include, prenatal, pediatric, geriatric, MS, fibromyalgia, Moya Moya, spinal injury, MVA, amputation, myofascial, L.A.S.T), men, and women's health.

In his youth, he competed in advanced levels of football, wrestling, martial arts, and martial weapon fighting. He is also a former professional athlete. He has extensive experience. He understands firsthand the rehabilitation process and how the right mindset is essential to move forward. His philosophy of life is to enjoy every day, being pain free is a bonus. Work with Jordan for your better today.

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Jordan Littlewood, Registered Massage Therapist RMT

Devon Dupuis, Athletic Therapist and Kinesiologist CAT(C), BSc. Kin

Devon's journey from her hometown of Vancouver to Halifax was driven by her passion for Athletic Therapy. Her path led to her love for helping athletes and individuals recover from injuries and reach their peak physical performance.

While studying in Halifax, Devon's commitment to Athletic Therapy led her to volunteer as a varsity student trainer, gaining valuable experience. This experience served as a catalyst for her decision to further her education.

Devon completed a diploma in Sport Science, specializing in Kinesiology from Douglas College in Coquitlam. Building on this, she earned a Bachelor of Science in Kinesiology at Dalhousie University. She made her way to Calgary's own Mount Royal University with her Post-Graduate Certificate in Athletic Therapy.

Following her own determination, Devon secured an internship at the CFL with the Calgary Stampeders for the 2022 season. Additionally, she participated in all aspects of care for the SAIT Trojans national ranking soccer team and national champion basketball team, as well as the Mount Royal Cougars Womens' hockey team.

Devon enjoys working with Calgary's rugby and hockey teams and numerous other community sports.

In the off-season, you might see Devon road-tripping through the Canadian Rockies with her dog, Aspen!

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Devon Dupuis, Athletic Therapist and Kinesiologist CAT(C), BSc.Kin

Tiolu Babatunde, Kinesiologist BSc Kin

Tiolu graduated from the University of Lethbridge with a Bachelor of Science in Kinesiology in 2021. While studying and rehabilitation of soft tissue injuries. She did some research and volunteered with a physiotherapist to learn more about undergoing physiotherapy for a knee injury introduced her to the world of rehabilitation and she then developed a passion with their rehabilitation. She is passionate about health and wellness, specifically creating better habits to improve physical resistance training and travelling.



Tiolu Babatunde, Kinesiologist BSc Kin

Hailey Rieger, Kinesiologist BSc Kin

Hailey graduated from the University of Lethbridge with a Bachelor of Science in Kinesiology in 2023. Hailey was born and raised in Lethbridge, Alberta, and has been participating in many sports, competitive swimming, and dance to name a few. With this upbringing, Hailey found herself dealing with many injuries, which contributed to her immense interest in the health and wellness field. Once entering university, Hailey discovered her passion for nutrition, and mental health in relation to exercise. Through previous treatments and her passion for the gym, Hailey has learned that proper treatments are to one's performance in the gym, as well as in daily activities. She is looking forward to helping everyone achieve their goals pain free. Hailey also enjoys hiking, yoga, and baking yummy treats!



Hailey Rieger, Kinesiologist BSc Kin

Alexandra Hanley, Kinesiologist BHPE

Alex hails from Newfoundland but has called Alberta home since the age of 6. With a lifelong passion for sports and fitness, she completed her Bachelor of Health, Physical Education and Literacy from Mount Royal University in December 2023. During her university years, Alex discovered her calling in personal training and group fitness, focusing on enhancing their quality of life. She firmly believes in the importance of building strong client relationships and addressing their unique needs. With previous experience as an assistant, Alex brings valuable skills to her role at the Momentum Fitness Centre.

Outside of work, Alex enjoys unwinding with a good book, camping adventures, working out, and spending quality time with family and friends.



Alexandra Hanley, Kinesiologist BHPE

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 recovery.

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.Psych.

Jessica PrÃ©zeau, Office Manager

Jessica is an Office Manager with seven years of experience in the paramedical industry. Though not originally from in a small town in southern Alberta. She attended Carleton University in Ottawa, Ontario for almost three years before and her family was simply too far away. So, she picked a poor Ontario man to spend the rest of her life with and move

In her pursuit to help others achieve their maximum potential, Jessica has always valued an ethical, sustainable and pu advocate for working smarter, not harder. Jessica is the champion of âslow is smooth and smooth is fastâ .

Jessica strives every day to be fearlessly authentic and unapologetically herself. She is one part leader, two parts learn dog addict. She lives for fun and walks at Nose Hill Park with her two four- legged companions. Maybe sheâ ll see y



Jessica PrÃ©zeau, Office Manager

Tracey Wilkinson,Office Administrator

Tracey has spent almost her entire life in Calgary and this is home for her. She was in Hospitality for over 20 years as That was, until covid hit and hospitality was the first industry to be shut down. This was when she had to make a very new chapter in her life. When she found the medical field, thinking that doctor's will always be in demand, it was a gr and started her practicum at Momentum Health in West Springs, she realized she made the right decision! She was ab loved, building relationships with patients/clients and seeing the patient reach their goal, much like seeing the comple

When she is not working, you can find her outside, enjoying the short summers of Calgary with her husband and dog her lap.



Manveer Sangha,Office Administrator

Manny possesses excellent communication and interpersonal skills, allowing her to build positive relationships with p is adept at handling sensitive patient information and ensuring confidentiality, while also providing a warm and welco interacts with.

Manny is a loving cat owner and adores her two cats, Leo and Gramps. She often shares stories and pictures of her fun and joy and laughter to the workplace. Manny's love for her cats reflects her caring and nurturing nature, which extends to her colleagues.



Manveer Sangha, Office Administrator

Stephanie Vandor,Office Administrator

Stephanie has spent the last 20 years in Calgary building her family and her career. She has a passion for being in the part of healing journeys. She has a big heart and is willing to help everyone. She has been in the medical field for the

When Stephanie is not at work, she spends her time with her large family hunting and fishing. She also enjoys curling reading a good book. Her favorite season is fall due to the colours.

Services Offered

Physiotherapy

Pelvic Health Therapy

Chiropractic

Massage Therapy

AHS Funded Physiotherapy

Custom Orthotics

Concussion Program

GLA:D Canada for Osteoarthritis

GLA:D Back

Dance Science

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!

View this post on Instagram

[A post shared by Momentum Health-Physio Chiro Massage \(@momentum_health\)](#)

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

Kylie B

2 years ago

“ The team at Momentum is amazing. My husband, daughter and I have all been cared for and helped to get back to our normal lives thanks to the fabulous physiotherapists and massage... ”

“ The team at Momentum is amazing. My husband, daughter and I have all been cared for and helped to get back to our normal lives thanks to the fabulous physiotherapists and massage therapists. They work collaboratively, are so knowledgeable and genuinely caring. ”
Patrick I

2 years ago

“ I have been a client of Momentum Health Westbrook for close to a year. I struggled with frozen shoulder and Dr. DeSimone's no-pain neck adjustments and now my shoulder is... ”

“ I have been a client of Momentum Health Westbrook for close to a year. I struggled with frozen shoulder and Dr. DeSimone's no-pain neck adjustments and now my shoulder is better. Dr. Simons is extremely knowledgeable and is very relatable. The front office is very friendly and professional. I am very happy with the care and service I have received. I highly recommend the team at Momentum Health Westbrook. Patrick I. ”

Martha A

2 years ago

“ Momentum Westbrook is amazing! Iâ€™ ve been there for everything: acupuncture, massage, chiro, and physio. Itâ€™s helped me when Iâ€™ ve been disappointed and they have helped me through... ”

“ Momentum Westbrook is amazing! Iâ€™ ve been there for everything: acupuncture, massage, chiro, and physio. Itâ€™s helped me when Iâ€™ ve been disappointed and they have helped me through so many wellness journeys. I started there 3 years ago with an injury and they totally supported me in my healing process. I have been going there since then and will continue. I recommend this place to everyone. ”

Get In Touch With Us

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