

Our Team

Mahogany

Physiotherapy, Chiropractic, Massage and Pelvic Health Health Mahogany

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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

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.

Meet the Momentum Health Mahogany Team



Shahin Pabani, Clinic Director, PhysiotherapistPT, BSc.Kn, DPT

Shahin Pabani is a Physiotherapist who has been working with Momentum Health since June, 2012. She graduated from Stephen F. Austin State University with a Doctorate in Physical Therapy and has a Bachelor of Science in Kinesiology from Stephen F. Austin State University. She specializes in orthopedics, working with children, and a multidisciplinary approach to care.

Not only has she been successful academically, but Shahin also played Collegiate Division 1 soccer for Stephen F. Au Functional Dry Needling (IMS- Level 1 and 2), orthopedic manual therapy (spinal and extremities), Acupuncture (Lev GLA:D certifications for hip & knee Osteoarthritis and chronic back pain programs.

In her spare time, Shahin enjoys spending time with family, especially her 2 sons, playing soccer, softball, tennis, and initiatives.

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Shahin Pabani, Clinic Director, Physiotherapist PT, BSc.Kn, DPT

MomentumHealth
Joel Newman
4
Physiotherapist

Joel Newman,PhysiotherapistPT, MSc.PT, BSc.Kin

Joel graduated from the University of Alberta's Physical Therapy program after completing an undergraduate degree in Physical Therapy. He minored in Anthropology (the study of primates) and knows way too much about monkeys. Joel has experience in a variety of areas of which include: elite and recreational sport injuries, motor vehicle accidents, chronic injuries, facial rehab, and post-operative rehab. He plans on continuing his education by pursuing the highest orthopedic levels. These would be in addition to courses and certifications for hip & knee Osteoarthritis, and Level 1 and 2 functional dry needling certifications. Outside of work, Joel likes to remain active by snowboarding, paddle boarding, and weight lifting. When he can bring his German Shepard named Havoc.

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Ashley Duguid, Pelvic Health Physiotherapist PT, BKin, MScPT

Ashley graduated from the University of Calgary with a Bachelor of Kinesiology in 2009 followed by a Masters of Science from the University of Alberta in 2011. She has post graduate training in functional dry needling and orthopedic manual therapy.

As a busy mom of two, Ashley understands the importance of health and wellness. The focus of her practice is to work pain free mobility and activity. Ashley enjoys treating a wide variety of musculoskeletal conditions including post motor related injuries.

Ashley also specializes in pelvic health physiotherapy.

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Ashley Duguid, Pelvic Health Physiotherapist PT, BKin, MScPT

Sierra Carter,Physiotherapist Intern

Sierra graduated from Mount Royal University in 2020 with a Bachelor of Health and Physical Education, majoring in Physical Education. She then completed her Masters of Rehabilitation Science in Physical Therapy from the University of Alberta in 2023. Devoted to improving patient-centered care, focusing on helping individuals reach their full potential. She offers guidance that draws upon evidence-based practice and healthy living for all ages. With a background in holistic wellness, yoga, and Pilates, Sierra brings a comprehensive approach to care. Her experience as an athlete in rugby, track, cheerleading, bodybuilding, and fitness instructing has instilled her with a deep understanding of movement and the importance of returning safely to sport or work activities.

Sierra's philosophy of care is anchored in creating a supportive and inclusive environment that empowers patients to reach their goals.

When she isn't working, Sierra enjoys a peaceful life with her husband and their two dogs, Thor and Vader. She is an avid hockey fan, enjoys watching hockey games, is an avid baker, and loves exploring new fitness classes throughout the city.

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Sierra Carter, Physiotherapist Intern

Jinan Funk,Physiotherapist InternPT, MScPT, BScKin

Meet Jinan Funk, a dedicated and passionate Physical Therapist originally from Chilliwack, BC. She has earned her MScPT from the University of Alberta, and a Bachelor's of Science in Kinesiology from the University of the Fraser Valley. Before practicing as a Registered Kinesiologist since 2018, where she further developed her passion for helping patients enhance their quality of life, she believes that everyone can reach their full potential through movement, genuine care, and a positive, inclusive environment. She has developed a keen interest in assessing and treating diverse patient populations, including pediatrics, women's health, and chronic pain. Jinan has completed additional training in Pelvic Health (Level 1) and clinical Pilates. Her treatment style values individualized care, providing individuals with the tools to be successful outside of physiotherapy. She is committed to continuous growth in support of her patients and is a cheerleader!

Outside of her clinical work, Jinan enjoys teaching and attending group exercise classes such as Pilates, boxing, HIIT, and pastries of all kinds, and will never say no to a bubble tea run!

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Jinan Funk, Physiotherapist Intern PT, MScPT, BSc Kin

Dr. Marlee Laméris,ChiropractorDC, BSc, CACCP

Dr. Marlee Lameris grew up in Red Deer and currently lives in SE Calgary with her husband and daughter. She went to university in Toronto and completed her Bachelor of Science degree with Distinction. She then completed her Doctor of Chiropractic degree at the University of Western Ontario in Toronto, where she graduated Cum Laude and with Clinic Honours. In addition to her training in Diversified techniques, Dr. Lameris has taken additional courses in Activator and Thompson technique. She has also completed her certification in Pediatric Chiropractic from the International Chiropractic Pediatric Association and is certified in Webster Technique.

Dr. Lameris creates a comfortable environment for families wishing to experience chiropractic care. She is particularly interested in helping adults and pediatric patients looking for a wellness approach to health. Dr. Lameris thrives for excellence by fostering a welcoming environment where patients can be an active member of his or her own health. By focusing on the chiropractic adjustment, muscle techniques and patient education, she is helping people get better, feel better and live better.

Dr. Lameris has been playing soccer since she was five years old and still enjoys playing on a recreational team. She has also volunteered as a soccer coach for youth soccer and as a mentor for Big Brothers Big Sisters of Canada. She also enjoys running and going for walks with her black lab, Aero.

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Dr. Marlee Lamiris, Chiropractor DC, BSc, CACCP

Dr. Colin Johnston,Chiropractor, Acupuncture ProviderBSc.Kin, DC, FRÂ®

Dr. Johnston grew up in Calgary, graduating from the University of Calgary with a Bachelor of Science in Kinesiology. He successfully completed his Doctor of Chiropractic degree from the Canadian Memorial Chiropractic College and received his Master of Science in Acupuncture through Canadian Memorial Chiropractic College before returning to Calgary in 2011. Dr. Johnston uses an evidence based approach of diagnosing and treating various neuro-musculoskeletal conditions of the spine and extremities. He is a diversified chiropractic practitioner who utilizes a combination of spinal and extremity manipulations, various soft tissue techniques, and rehabilitative exercises to manage both acute and chronic injuries.

A former international competitor in competitive lifeguarding, Dr. Johnston developed a passion for rehab and health care. With a focus on competitive swimmers and personal injuries, Dr. Johnston has developed a special interest in the management of shoulder and upper extremity injuries.

In his free time, Dr. Johnston enjoys getting out on the weekends to do back country hiking and camping with his dog. He has hiked Mt. Kilimanjaro, Berg Lake and this coming year, the West Coast Trail has lead him to do education talks on hiking with CORE, The Ramblers and the Calgary Alpine Club.

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Dr. Colin Johnston,Chiropractor, Acupuncture ProviderBSc.Kin, DC, FRÂ®

Dr. Allison Gross,ChiropractorDC, BSc.

Dr. Gross graduated at the University of Alberta in 1993 with a Bachelor of Science Degree, with Distinction. She then graduated in Chiropractic from the Canadian Memorial Chiropractic College in Toronto in 1997. She graduated Summa Cum Laude and received the Walter Sturdy Memorial Scholarship for highest academic standing.

Dr. Gross has been practicing in Calgary for over 20 years. She opened her private practice in 1997 in southwest Calgary and moved to downtown Calgary in 2003. She worked at both practices until August of 2006 when she moved her practice to Optimal Therapies at Mount Royal College. She then joined the Momentum Health team in the spring of 2019. She thrives in the environment at Momentum Health and the options for care it provides for her patients. Dr. Gross focuses her practice on helping patients themselves toward an active, healthy lifestyle. Dr. Gross enjoys seeing a wide range of musculoskeletal conditions, and particularly those through pregnancies and those suffering from headaches. She lives in SE Calgary with her husband and two daughters.

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Alexa Stevenson,Registered Massage TherapistRMT

Alexa has been a Registered Massage Therapist since 2017. Throughout her 3,000 hour program, she learned many techniques including Therapeutic massage, Prenatal massage, Myofascial Release, and more. One of her favorite techniques to use is myofascial release. She loves to connect with, educate, and utilize her skills to the best of her ability to meet her clients' needs. She loves working with clients and helping them to feeling great! She has always had a passion for physical activity and it is a big part of her life. When she is not at work or in classes as she is also a certified personal trainer. She loves both aspects of her education and thrives on getting people to feel better. Alexa loves being part of the Momentum Health Mahogany team!



Kimberley Arsenault,Registered Massage TherapistRMT

Kimberley is a Massage Therapist with a passion for helping others. Before becoming an RMT she was a Yoga Teacher whose intention is to educate her clients. She wants them to leave feeling empowered to take an active role in their journey. She is trained in a variety of techniques including relaxation, therapeutic, prenatal, and dynamic cupping. In her spare time, she enjoys hiking, camping, cooking, and spending time with her family.

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Momentum Health
Lelia York
Massage Therapist

Kimberley Arsenault, Registered Massage Therapist RMT

Lelia York,Registered Massage TherapistRMT

Lelia is a Massage Therapist with a passion for helping clients achieve their recovery goals and improve their musculature. She has a bachelor's degree in Child Studies, a certificate in Addiction Studies, and has been trained as a Postpartum Doula. Combining her knowledge and incorporating her interest in human anatomy and physiology, she graduated with 2200 hours at MH Vicars School of Massage. Drawing from her own personal experience in overcoming daily health issues, Lelia incorporates a variety of Therapeutic and Swedish massage techniques to provide the maximum benefits from their massage. As a Massage Therapist, she takes the time to listen to her client's goals and concerns, and provides support and encouragement to support them on their journey. She believes that health is a team sport and is excited to be part of Momentum Health's team.

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Lelia York, Registered Massage Therapist RMT

Jessica Arsenault,Registered Massage TherapistRMT

Jessica Arsenault is from Calgary, Alberta. She is a member in good standing with the Massage Therapist Association graduating from MH Vicars School of Massage Therapy with a diploma that included 2200-hours training. She specializes by incorporating ischemic compression, kinetic massage (SFH certified), and myofascial release techniques into her treatment. She looks to obtain certifications in reflexology, Active Release Therapy, and certified myofascial release techniques. Jessica's therapy can have in everyday life, or after an injury. Her goal is to “provide pain management and a sense of well-being and a purposeful connection”. Jessica enjoys yoga and traveling to different countries to experience new cultures.

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Ryan Washington,Registered Massage TherapistRMT

Ryan is an active member in good standing with the Certified Registered Massage Therapy Association. He completed his therapy certification and won the award for outstanding clinic performance. He is a member of the Makami College and has a wide-ranging skillset including deep tissue, therapeutic, cupping, sports, relaxation & beyond. His goal as a therapist is to meet individual's needs & increase their quality of life.

In his free time, Ryan loves to spend time with family outdoors, especially with his partner Chantal & 20 month old son.

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Ryan Washington, Registered Massage Therapist RMT

Clayton Franco,Registered Massage TherapistRMT

Clayton grew up in Surrey, British Columbia and only just relocated to Calgary with his wife in the middle of July 2021. He completed his diploma of Massage Therapy in British Columbia in 2021. He has a large athletic background, playing various sports throughout his life, including at the collegiate level. Clayton believes that patient education and helping his clients understand why they have their pain is an important part of being involved and empowered in the recovery process. Frequently used modalities include trigger point release, myofascial release, and various passive and active stretching techniques.

In his spare time, Clayton enjoys playing baseball, weight training, camping, spending time with friends and family, and going on long walks with Carly on long walks while exploring his new community.

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Clayton Franco, Registered Massage Therapist RMT

Quinn Yeager, Kinesiologist BKin

Quinn graduated from the University of Calgary in 2023 with a Bachelor of Kinesiology. He has spent time working with the University of Calgary's Joint Effort and GLA:D exercise programs, helping to improve their everyday functioning. Quinn's interest in Kinesiology began through years of playing hockey and maintaining an active lifestyle. This interest was made even more so after his own surgery. Having firsthand experience as a patient in recovery and rehabilitation allows Quinn to deeply understand and assist his patients. Quinn is excited to support patients in their recovery and to help them to feel healthier and happier.

During his free time, Quinn enjoys rock climbing, going to the gym, and spending time with his family and friends.



Quinn Yeager, Kinesiologist BKin

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 has a background in Applied Psychology, and she has been a Registered Psychologist with the College of Alberta Psychologists since 2007. She has worked for a range of presenting concerns, including anxiety, depression, trauma, chronic pain, low self-esteem, and stress/anger. In her current practice, neurorehabilitation, and education settings, Vikki maintains the highest professional and ethical standards. Her focus is on the success of her clients, 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 researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms (i.e., by processing memories associated with trauma memories). Through a respectful, collaborative framework, Vikki helps identify treatment goals that are 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. Psych.

Shalyn Huehn,Office Manager

Shalyn graduated from Bow Valley College with a Medical Office Assistant Certificate in 2013 and since, has been in the field. She has a background in Animal Health as she has a passion for animals.

Shalyn can empathize with Motor Vehicle Accident patients, as she is a survivor of one herself, in 2011. Since then, she has worked for a Fire Ambulance and has attended multiple fundraising events. She was in the 2012 calendar campaign, 2013 commercial campaign, and a documentary; The Golden Hour. She looks forward to bringing her knowledge and her fun personality to the team and ensuring every patient receives the most optimal care.



Morongo
Karla Se
Office Admin

Karla Selmer, Office Administrator

In February 2018, Karla graduated from Bow Valley College with a Medical Office Assistant Certificate. Prior to attending college, she worked over 12 years working as an Educational Assistant in the Foothills School Division. Karla is passionate about helping others and building meaningful relationships. These values that she holds dear are what led her to a new career in healthcare. Karla is looking forward to their health care journey and is very excited to join the team at Momentum Health & Evidence Sport and Spine. In her free time, she enjoys walking, yoga, golf, camping and hiking with her family.



Scarlet Girardin, Office Administrator

In 2019 Scarlet graduated from Bow Valley College as a Health Care Aide. For 2 years after graduating she gained her ALC unit and expanded her knowledge in the medical field. Scarlet is happy to meet new people and loves to help people. In her free time, she enjoys working, Scarlet has a dog, a cat, and fish that she loves to spend time with and spoil, whom she affectionately calls her ‘



Scarlet Girardin, Office Administrator

Ashley Sullivan,Office Administrator

Ashley started her career in the medical field as a Massage Therapist, working in clinics and teaching at CDI College. A strain of the job caught up with Ashley and pushed her to pursue work in other medical fields, including; Optical Assistant (EMR) and Veterinary Assistant. Ashley has a driving passion for the medical field and continues to excel in all medical fields, obtaining Honors in her Veterinary Assistant program at Robertson College. Ashley looks forward to seeing you and your Evidence Sport and Spine's team to meet and exceed your healthcare needs. In Ashley's Spare time she enjoys spending time with Sven (PS She's a big fan of Disney's Frozen).



Ashley Sullivan, Office Administrator

Kyleigh Wyatt, Office Administrator

Kyleigh graduated from the University of Lethbridge in 2017 after completing a degree in Psychology. Since then, she has worked with children and adults with disabilities. Most recently, Kyleigh worked in neurorehabilitation for 2 years. Kyleigh has always enjoyed helping others become their best selves and live life to the fullest. Outside of work, Kyleigh enjoys spending her time travelling to Newfoundland to visit family.



Kyleigh Wyatt, Office Administrator

Danica Madland,Office Administrator

Danica started her career in administration several years ago in an entrepreneurial role. For four years she was the sole successful pet service company. This role allowed her to explore the possibilities offered in an administrative role, and with clients to achieve their goals in an efficient and professional manner. Her previous experience with friends and families undergoing physical therapies for joint injuries, ruptured tendons, and vehicle accident injuries provides her a sense of understanding for the needs of a clinic environment. Outside of work Danica enjoys reading, hiking, art and spending time with her husband and the clientele reach their goals and loves to meet new people and hear their stories.



Danica Madland, Office Administrator

Selene Barnes,Office Administrator

Selene graduated from Bow Valley College in 2018, earning her Unit Clerk certification with honors. After completing in the ICU, she worked in Diagnostic Imaging and Optometry. Selene also brings many years of administrative and ac prides herself on providing exceptional patient care while continuing to learn and adding to her skill set.

In her spare time, Selene enjoys spending time with her family, especially her grandbabies and fur babies. She also en Caribbean destinations. Selene looks forward to meeting you!

Services Offered

Physiotherapy

Pelvic Health Physiotherapy

Chiropractic

Massage Therapy

Concussion Program

GLA:D Canada for Osteoarthritis

GLA:D Back

Dance Science

AHS Funded Physiotherapy

Custom Orthotics

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!

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[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

Teresa P

2 years ago

“ What a relief!! I had my first intake appointment with Dr. Allison and my neck felt relieved of weeks long pain. We went from months of pickleball pounding and I have... ”

“ What a relief!! I had my first intake appointment with Dr. Allison and my neck felt relieved of weeks long pain. We went from months of pickleball pounding and I have renewed confidence that I'll be feeling great soon. ”

F K

2 years ago

“ The entire momentum team helped put me back together again - literally!! Post op and post mva! My experience from the beginning to the end was phenomenal - I accessed massage, chiro and... ”

“ The entire momentum team helped put me back together again - literally!! Post op and post mva! My experience from the beginning to the end was phenomenal - I accessed massage, chiro and physio and each time was met by a professional who was both knowledgeable and caring. I highly recommend them! Thank you guys! ”

Nina E

2 years ago

“ I have to say that Peter has been amazing through my journey of a newer program called GLAD. It is basically a way to get out from some pain associated with arthritis in... ”

“ I have to say that Peter has been amazing through my journey of a newer program called GLAD. It is basically a way to get out from some pain associated with arthritis in the knees and or hips. He has a wonderful way of encouraging you, his patience, and his sense of humor. Even when the group of us stumped him he always came back the next session with an answer, he always managed to make the pain a little bit more fun... ask to see his socks...lol love the socks. He gave us tips and suggestions for continuing on, and provided us with tools for continued success... all we have to do is do it. I just want to say that my experience with the wonderful staff at GLAD was amazing. Thank you so much Peter and Thank you everyone else for all the smiles and encouragement, it was all appreciated. C Ladies of my group you helped make it fun toooooo. ”

Partnerships

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Get In Touch With Us

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Physiotherapy, Chiropractic, Massage, Kinesiology and Pelvic Health Calgary, AB

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