**Nika Townsend**

**Registered Massage Therapist RMT**

**Sport Massage Therapist Candidate Member SMT(cc)**

Nika Townsend graduated at the top of her class with a Diploma in Massage Therapy from Everest College in Barrie Ontario. She is a member in good standing with the College of Massage Therapists of British Columbia and is a member with the Sport Massage Association of Canada. Currently Nika is studying to obtain her International Sport Massage Diploma while also working towards becoming a Certified SMT Candidate.

Her clinical experience includes treatment of pain management, overuse injuries, sport related injuries, maintenance, rehabilitative practises, event recovery/restoration and injury prevention. She uses Orthopedic, Muscle Length and Range of Motion testing as well as subjective interviewing to establish baselines for treatment.

She believes in combining multiple forms of treatment techniques to obtain optimal results including the use of Trigger Point Therapy, Deep Tissue Techniques, Myo-Fascial Release, Static and PNF Stretching, Lymphatic Drainage and Strengthening.

Nika has worked with athletes from recreational to the elite from sports such as; Hockey, Soccer, Lacrosse, Rugby, Rowing, Cycling, Triathlon, Long Distance Running, Figure Skating, Gymnastics, Ballet and most recently the 2012 BC Lions.

Along with a passion for helping others Nika’s professional yet cheerful and energetic disposition enables her to provide patients with the highest level of care and a positive overall experience.