



Adiilah Heenaye Sumser

BSc, PT

Registered Physiotherapist

Adiilah is a registered physiotherapist with 12 years of experience focused in orthopaedic and musculoskeletal injuries. She has a passion to work and contribute to the wellness of the community and is also a strong advocate for her clients, community and profession. Adiilah enjoys providing quality one-on-one hands on treatment sessions with her patients by integrating evidence-based practice. She also values physiotherapy group programs for its large benefits and contributions towards education, lifestyle changes and self-management for her clients.

Practicing in a hospital earlier in her career for both inpatient and outpatient units drove Adiilah's interest in primary care and she has previously worked in a community health center and private practice. Her special interests are in chronic disease management and prevention, chronic/complex musculoskeletal conditions such as chronic back pain, hip and knee osteoarthritis, women's pelvic health (pre/post natal, pelvic pain and incontinence). Part of Adiilah's practice is dedicated to vestibular therapy and facial neuromuscular retraining (facial palsy) for which she has specialized training. She has also taken extensive manual therapy training and additional courses for soft tissue release, exercise therapy for osteoarthritis, dry needling/intramuscular stimulation (IMS), non-internal pelvic health and chronic pain.

Adiilah is actively involved with the Ontario Physiotherapy Association (OPA) as a member of their Board of Directors and sits on their Primary Care Advisory Committee and Hospital Advisory Committee. She also volunteers to help run classes at University of Toronto in their Physical Therapy Department and proudly received a clinical excellence award in 2017 and a recognition award in 2019 for her contribution in the education of physical therapy students.

Adiilah earned her Bachelor of Science in Physiotherapy from the University of Mauritius and graduated from the University of Toronto Internationally Educated Bridging Program.

She is fully bilingual in English and French.

