

Hanan Abid

BSc, PT

Registered Physiotherapist

Hanan is a highly motivated and dedicated registered physiotherapist committed to excellence in client-centered care. She has 20 years of experience working in primary care, private practice clinics in Mississauga focused in orthopaedic and musculoskeletal injuries. Using her hands-on skills, clinical expertise and evidence based treatments, she enjoys helping patients control their pain, increase mobility, improve posture and overall achieve a sense of well-being.

Hanan's main goal is to promote general health, wellness, self-empowerment, and restoration of movement and function. She is able to accomplish that through a unique treatment plan focusing on patient education, manual therapy, and a tailored exercise program. Hanan received her Physiotherapy degree from the University of Western Ontario in 2001. She remains an active participant in continuing education to provide her patients with the best and most effective care possible and has completed many post-graduate courses in orthopedics and manual therapy: Advanced Physical Therapy Education Institute (APTEI), myofascial release, muscle energy techniques, taping techniques, Acupuncture, Cupping therapy, Dry Needling/intramuscular stimulation (IMS), gait analysis and orthotics therapy, vestibular rehabilitation and chronic pain management.

In addition, Hanan has always had a passion for sports and fitness and completed a Group Fitness Training Certification in 2019 where she held group fitness classes in her community and children's school. Hanan speaks English and Arabic.

