



Female Hockey Players



Performance Care

Build the foundations necessary for optimal performance and athletic longevity. An individualized and comprehensive assessment by a Registered Physiotherapist to identify areas of dysfunction and create a holistic plan to optimize performance.

History of previous injury is a significant risk factor for future injury in youth, female hockey players.

Injury Rehab

An individualized rehabilitation program for acute or chronic injuries carried out by a Registered Physiotherapist. A unique and state of the art approach to getting your athlete back to competing pain-free and performing optimally.



Skating mechanics place unique demands on the hip joint and as a result, hockey players are at increased risk for lower extremity pain problems... Many of which can be minimized with proper proactive care.

Female athletes experience changes in their bodies during puberty that can affect their performance and risk for injury. With proper education, these changes provide an opportunity to improve function and performance.



Online Education

Educational videos with practical solutions for injury prevention and performance optimization specific to female hockey players.

Many of the risk factors for injury are modifiable. Being proactive can set the stage for a lifetime of healthy sports participation.

Team Education

An interactive education session for youth (ages 14-25) female hockey players lead by Registered Physiotherapists. Learn practical strategies to improve performance and decrease injury risk for common hockey-related injuries in females.



Instil Physio aims to empower young athletes by providing them with the knowledge needed to make healthy choices as they navigate their athletic careers. In addition to the rehabilitation of current injuries, we have a large focus on injury prevention and performance enhancement. Our goal is to provide athletes with the knowledge and treatment needed for optimal performance and athletic longevity.

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Visit www.instilphysio.ca or email info@instilphysio.ca for more information.