



Denise Brochu, B.Sc.PT, B.Sc.PE, M.C.P.A.

Denise graduated from University of Saskatchewan with a combined degree in physical therapy (96) and physical education (97). Denise worked in Saskatoon and then Calgary at the renowned Lindsay Park / Talisman Centre where she treated recreational athletes to National athletes. There she worked with many Orthopedic Surgeons, Sports Medicine Doctors and dear mentors in physical therapy.

Denise has been involved in pursuing a level in excellence in Sport Physical Canada (SPC). SPC Credentials are the recognized standard of excellence in Canada. She has been working on her diploma level for many years. The skills learned and taught are geared at supporting athletes in the entire continuum of sport. From the casual recreationalist to Olympic athlete, developing and refining ones abilities to offer those the best.

She has also taken post-graduate classes in women's health to help teach women to learn how to properly activate their pelvic floor muscles so they do not have pain or leak when they laugh, cough, sneeze or are active in sports.

Denise is an active mom and plays soccer. She loves yoga and also she also teaches numerous core classes to get one back to participating in life and sports pain free.

To register for Denise's classes please contact her directly:

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