



Neha

PhysioTherapist

Hello, there!

We would like to introduce you to our new practitioners at ProAction Health & Performance!

Neha Marepally has developed a passion for helping people who suffer from all manners of musculoskeletal injuries or conditions, with a special interest in sports injuries.

Neha believes that finding the root of the problem is the key to relieving the symptoms experienced by her patients, rather than simply masking the symptoms with medications, or providing treatment with only short-term benefits. This approach requires understanding her patients individually and applying an appropriate treatment intervention after a thorough assessment process. Using this individualized approach, Neha can achieve results leading to significant improvement in symptoms for most musculoskeletal injuries.

Neha is extremely passionate in the pursuit of patient-centered, evidenced-based MSK care. She administers integrated therapy to provide safe, effective care for pain management, post-surgical rehabilitation, and functional training.

Every patient under her care undergoes a comprehensive assessment, with a plan of management program specific to their condition, needs, and preferences.

With the skills acquired, Neha helps her clients and patients with their goals of living a pain-free, active, and full life. She guarantees that her patients will receive the highest quality and highest evidenced level of care, now and into the future.



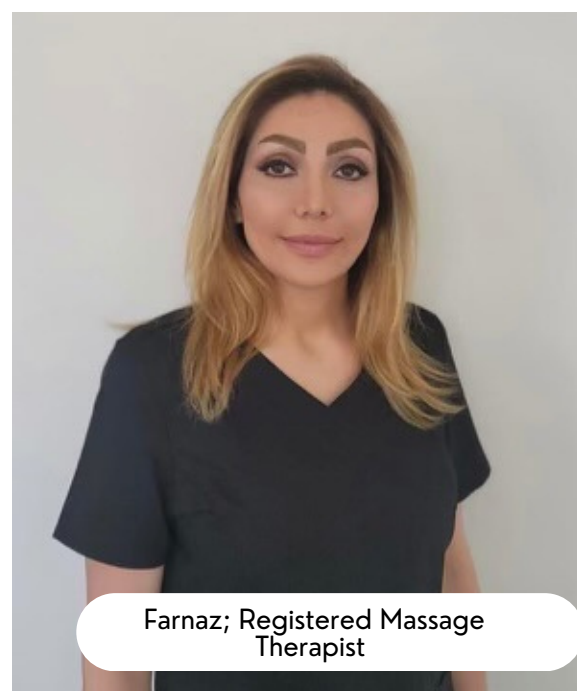
[Book Online Today!](#)

ProAction Health & Performance



Pro-Action Health and performance is excited to welcome Farnaz Firoozmand to our clinic. She is a highly skilled and dedicated professional in the field of massage therapy. With a deep passion for helping others and a commitment to promoting wellness, Farnaz is a trusted practitioner with over 11 years of experience and expertise as a physiotherapist assistant and 2 years as a registered massage therapist.

With a comprehensive knowledge of various massage techniques, including Swedish and non-Swedish, deep tissue massage, sports massage, myofascial release, prenatal, post-natal, stress relief and more. Farnaz possesses the technical proficiency to address a wide range of client needs. She has a keen understanding of human anatomy, allowing her to identify areas of tension and apply targeted therapeutic systems to alleviate pain, reduce stress, and enhance relaxation. With a professional and compassionate approach, Farnaz creates a safe and nurturing environment for clients to unwind, rejuvenate, and restore balance to their bodies and minds.



Farnaz; Registered Massage
Therapist

Through ongoing professional development and a commitment to staying informed about the latest advancements in massage therapy, Farnaz ensures that she offers the highest standard of care. She strives to create a personalized experience for each client, actively listening to their concerns and goals to tailor a bespoke treatment accordingly. With a focus on promoting overall well-being, Farnaz is dedicated to empowering individuals to take an active role in their health and achieve optimal physical and emotional wellness through the transformative power of massage therapy.

Farnaz will start booking patients Tuesday and Friday's beginning on Friday Aug 4. Book now to have your massage time reserved.

