



We can help you at Active Running

Early Physiotherapy is effective in
decreasing the risk of long-term
disability and pain

PRE & POST CANCER SURGERY MANAGEMENT



Prevent & Reduce

Secondary Lymphedema

Adhesions & Cording

Shoulder, Neck & Back Pain

Joint Stiffness & Muscle Weakness

Improve

Scar Appearance

Your Mobility & Strength

Your Overall Well Being

Lisa Després, Owner & Co-Founder of Active Running

Lisa graduated from the University of Ottawa in Physiotherapy and has been practicing for more than 25 years. Since graduating she has advanced her professional skills through the completion of numerous specialty courses related to Manual Therapy, Soft tissue Active Release, Neural Release, Functional Dry Needling and Exercise Therapy.

Lisa started working and helping clients who had cancer related surgeries early on in her career. If cancer has touched you or someone you know; Lisa would be an invaluable addition to your health care team.

Call us today to book your assessment



1004 Fisher Street North Bay

705-497-0004

www.activerunning.ca