

## APTI Physiotherapy & Sports Rehab opens in Bolton

Written By ALYSSA PARKHILL

Ravi Raghuvanshi hosted the grand opening of his new business APTI Physiotherapy and Sports Rehab on Dec. 8.

Ravi and his wife immigrated here three years ago, both with experience in professional physiotherapy.

Through the support and encouragement from members of the community and family, they decided to open up their own physiotherapy clinic, right here in Bolton.

"After clearing my physiotherapy license in Canada two years ago I started working with a private clinic. I realized there is so much more to do than conventional physiotherapy," explained Raghuvanshi in an interview with the Town of Caledon. "I have always been working with sports teams and professional athletes. I enrolled with Sports Physio Canada and feel that I can contribute so much to upgrade the profession and educate people about the things an effective physiotherapy can do to improve their quality of life."

APTI Physiotherapy and Sports Rehab offers several services such as physio and athletic therapy, posture correction, specific sports training and offers injury prevention programs.

Raghuvanshi is level one TPI certified physiotherapist holding a specific certification in golf. He has a list of experiences with working with a variety of different sports teams and players such as the Toronto National Cricket Team and United States rugby team. He is currently the official physiotherapist for the Bolton Wanderers Soccer Club.

"Our focus is to get people feeling and performing at their best. We do this by ensuring a precise evaluation of an injury, along with accurate data collection and analysis, visual biofeedback analysis, it takes the guesswork out of the equation," says Raghuvanshi. "Complete record-keeping enables continuity of treatment and we do specific training programs for every fitness goal. Our aim is to help people recover faster and perform better than ever before."

He added, "The residents of Caledon are very welcoming and friendly and have a very in-depth awareness of fitness and health," comments Raghuvanshi. "What better place than Caledon to put my vision to reality."

For more information about Ravi and his team at APTI Physiotherapy and Sports Rehab, please visit [aptisportsphysio.rehab](http://aptisportsphysio.rehab).