



Therapist Profile

Megan Drakeley

BSc Hons

APPI Pilates Instructor
Registered Physiotherapist



Being a physiotherapist and a pilates instructor helps Megan correct movement patterns to help her patients and participants in her pilates sessions enjoy pain-free activities to their fullest potential. Megan graduated from Brunel University, London, England in physiotherapy with first-class honors.

Previous Issue

Ice Pack or Hot Pack?

One of the most frequent questions people ask a physiotherapist is, "I've injured myself. Should I use ice or heat?" Either option, if used correctly, can help to control and heal an injury.

Community Contribution Award

Our Deep Cove Physiotherapy Clinic and North Shore Sports Medicine Clinics have been nominated for a North Shore Chamber of Commerce Community Contribution business award. We are honoured to be nominated along with three other North Vancouver organizations who have demonstrated outstanding commitment and leadership in a variety of activities which have made the North Shore a better place to live and work.

Our Mission

The mission of our clinics has always been to provide the highest quality health care services to the people of North Vancouver. Over the past few years, we have also worked on improving the health and health knowledge of the public. We have sought to achieve this goal through community events, sponsorships, and newsletters, all of which supplement our clinical practice. Speeding up recovery from physical ailments helps individuals attain their personal health and fitness goals, and helps BC athletes perform better and more successfully.

In the words of our owner, Paige Larson, "We need to be out in the community, looking after sports teams, providing information at Blueridge Days or Parkgate health fairs and setting up booths at Capilano University to educate students on the range of services we can provide them. We must be committed to sharing our knowledge in a variety of ways to help people learn to exercise more effectively and more safely. It makes you feel good when you can help somebody in a way that works for them."

Thank you!

We greatly appreciate the support from the community, our patients and our partners who have helped us grow over the past 23 years. We will continue to work hard to fulfill our mandate to meet the needs of active people from beginners to recreational and elite athletes, and we are always striving to achieve our long-term goal:

To become North Vancouver's Choice for Physiotherapy and Massage Health Care.

Physio Guided Small Group
Pilates Sessions
Now Available! Led by
Registered Physiotherapist
Megan Drakeley.

Call 604 985 4135 loc 273 for more information.

