

# Ergonomics

Directory of Service Providers  
Newfoundland and Labrador

**WorkplaceNL**

Health | Safety | Compensation

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## 1. Introduction

Many businesses are seeking advice and guidance in terms of ergonomics issues, and most require specific ergonomics services. In answer to businesses' needs for the identification of local ergonomics service providers, WorkplaceNL's Prevention Services Department and the Occupational Health and Safety Branch of ServiceNL have developed the *Directory of Ergonomics Service Providers*.

The consultants listed in this document have requested to be listed therein as offering the described services. Any description, contact information or titles have been provided to WorkplaceNL by the consultants themselves. This is not an all-inclusive list of ergonomics service providers. It is understood that WorkplaceNL and ServiceNL does not endorse or support any of these businesses, nor take responsibility for the quality of services which they provide. **It is, therefore, strongly recommended that anyone seeking consultation services from businesses listed in the directory follow the recommendations made in this document, for choosing a service provider.** (See Section 1.2, *Choosing a Service Provider*)

## 2. Choosing a service provider

Service providers are listed in this directory in several ways depending on your need or location. The following are some tips for how to choose a service provider:

- **Know what services you require**

Be well informed about which specific services you require before asking a consultant to provide you with an estimate of cost for services. Describe your situation in detail in order for the provider to clearly understand the services that you need.

If you have been issued an Order by an Officer of the Occupational Health and Safety Division of Service NL to obtain such services, it is recommended to provide the service provider with the text contained in the "To Wit" section of the Order. This will help the provider understand what is required. It can be helpful to direct the provider to contact the Officer to discuss the requirements of the Order. In this case, however, be sure to provide the Officer your permission to discuss the Order with the service provider.

- **Ask for an estimate of the cost for services**

Obtain estimates from more than one service provider. Ensure that the estimate is in writing, and that it outlines exactly what services are being provided for that price. It is advisable to ask for the estimate to include follow-up work. Follow-up services will help with implementing the recommendations made in the provider's report and to ensure the effectiveness of the service.

The estimate should stipulate for how long the price is applicable. It would be wise to find out how the consultant treats expenses such as travel, lodging, report-writing and on-site time. For example, is the consultant in town, or required to travel?

- **Determine the qualifications of the consultant?**

Consultants who offer ergonomics services could have a professional background in a variety of fields, such as Human Factors / Ergonomics, Engineering, Physiotherapy, Kinesiology, Occupational Therapy, Occupational Health Nursing, and others. Because of the varied disciplines, some professionals may not have the experience for the ergonomics services required. Therefore, it is important to inquire about the level of experience and training which the consultant has in the area of ergonomics. To ensure that you will be hiring someone who has training and experience in ergonomics, ask the following questions:

- What are their qualifications?
- What professional certification do they have?
- What other similar work have they done, and for how many years?

Most qualifications are specific to individual persons and not to the consulting firm itself. Thus, it is important to know the qualifications and experience of the person who will be working on your project. It is advisable to speak to previous clients, where possible. It would be helpful to find out who the consultant's last three clients for this service were so that they can be contacted as references. Note that this information may not always be available as clients may request that their names be kept confidential.

- **Determine what kind of report/service will be provided**

Ask the consultant to describe the typical duration of the services and the type of report you can expect to receive. If sample reports are available, it would be beneficial to view them. You should also be informed as to the amount of time expected for the report to be delivered after the service has been provided.

If you are hiring a service provider to do work by a certain deadline (e.g. before renovations begin, or by a due date required by an Order issued by a Service NL Occupational Health and Safety Officer), provide that information to the service providers you are considering to determine if it will be possible to meet the deadline.

### 3. How a service provider can be included in this directory

To add your business to this directory, please complete the Ergonomics Directory of Service Providers Request Form.

### 4. Updating a service provider's information in this directory

It is the responsibility of each service provider to ensure that their information in this directory is current. Please notify WorkplaceNL when revisions are required to the staff listing, location, services, contact information or other relevant information.

WorkplaceNL  
146-148 Forest Road  
P.O. Box 9000  
St. John's, NL A1A 3B8

t: 709.778.1552  
f: 709.778.1587  
e: [general.inquiries@workplacenl.ca](mailto:general.inquiries@workplacenl.ca)

Please include in the subject line of the email, or make the fax attention to, WorkplaceNL's *Ergonomics Directory of Service Providers*.

### 5. Service providers directory

#### a. Service providers – complete list included in this directory

Atlantic Safety Centre  
Central Rehab Inc.  
Definitions Health and Wellness Inc.  
DMC – Dallas Mercer Consulting Inc.  
EnviroTech Solutions Ltd.  
FIT For Work  
InMotion Health Centre Inc.  
Integrated Occupational Health Services Ltd. (IOHS)  
Kinetic Life Solutions Ltd.  
Pearlgate Physiotherapy Services  
PhysioNorth  
ProActive Physiotherapy & Massage Therapy  
Therapeutic Services Ltd.  
Therapy Works  
Therapy Works (Therapeutic Rehab Group Inc.)  
West Coast Physiotherapy Clinic

#### b. Service providers – listed by services

##### Services (in order)

- Back Education Including Body Mechanics Training

- Ergonomics Program Development / Implementation
- Fitness / Health Education
- Job Safety Analysis (JSA) / Physical Demands Descriptions (PDD)
- Musculoskeletal Injury (MSI) Awareness and Prevention Training
- Pre-Employment Assessments
- Risk Assessments - Ergonomics
- Safe Client Handling - Safe Work Practice (SWP) Development
- Safe Client Handling – Training
- Work Station Reviews
- Work Station Set-Up Principles (Education)
- Other Services Offered

***Back education including body mechanics training***

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
DMC – Dallas Mercer Consulting Inc.	709.364.3900
Deer Lake Physiotherapy Clinic Inc.	709.635.2046
Definitions Health and Wellness Inc.	709.576.3339
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
ProActive Physiotherapy & Massage Therapy	709.576.2090
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

***Ergonomics program development / implementation***

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611

Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.576.2090
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

***Fitness / health education***

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
ProActive Physiotherapy & Massage Therapy	709.576.2090
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

***Job safety analysis (JSA) / physical demands descriptions (PDD)***

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
DMC – Dallas Mercer Consulting Inc.	709.364.3900
Deer Lake Physiotherapy Clinic Inc.	709.635.2046
Definitions Health and Wellness Inc.	709.576.3339
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.576.2090
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693

Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

***Musculoskeletal injury (MSI) awareness and prevention training***

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
ProActive Physiotherapy & Massage Therapy	709.576.2090
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

***Pre-employment assessments***

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709-834.7390
Definitions Health and Wellness Inc.	709.576.3339
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.576.2090
The Assessment & Therapy Centre Ltd.	709.596.1370
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

### ***Risk assessments – ergonomics***

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT for Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.576.2090
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

### ***Safe client handling – safe work practice (SWP) development***

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

### ***Safe client handling – training***

Atlantic Safety Centre	709.576.7233
Central Rehab	709.834.7390
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

### ***Work station reviews***

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945

Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
Proactive Occupational Health Services	709.576.2090
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

***Work station set-up principles (education)***

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Kinetic Life Solutions Ltd.	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611
Pearlgate Physiotherapy Services	709.747.2929
PhysioNorth	709.944.7555
Physical Rehab Inc.	709.634.3788
Proactive Occupational Health Services	709.576.2090
Therapeutic Services Ltd.	709.753.3372
Therapy Works	709.466.4443/4693
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049
West Coast Physiotherapy Clinic	709.634.9540

***Other services offered (in alphabetical order by service provider)***

Atlantic Safety Centre	709.576.7233
<ul style="list-style-type: none"> <li>○ Qualitative respirator fit testing</li> <li>○ Safety Consulting</li> <li>○ A variety of OH &amp; S training</li> <li>○ Risk &amp; Hazard Assessment</li> </ul>	
Central Rehab Inc	709.834-7390
<ul style="list-style-type: none"> <li>○ 10 week pain management program (PGAP/PRFI)</li> <li>○ Assessment and reassessment programs for injured workers</li> <li>○ Functional Capacity Evaluations or Targeted Functional Assessments</li> </ul>	

Definitions Health and Wellness Inc 709.576.3339

- Physiotherapy
- Massage Therapy
- Acupuncture
- Occupational Therapy
- Athletic Therapy
- Kinesiology
- Registered Dietician
- TMJ Dysfunction
- Concussion Management
- Remote/Offshore Medical Services
- Functional Capacity Evaluations
- McKenzie Treatments
- Case Management
- Hearing/Vision Testing
- Drug Testing
- Pre Hire Assessments/Fit for Duty
- Manual Handling
- Health Leader Program
- Health and Safety Consulting
- Miners Medicals
- Wellness Program development for workplaces
- Chronic Pain Management and Treatment
- JDA Development
- Personal Injury Prevention Plans
- Manual Handling Certification
- Online Health Services (TeleHealth)
- REBA/RULA Assessments

DMC – Dallas Mercer Consulting Inc. 709.364.3900

- Understanding worker's compensation
- Disability management
- Industrial hygiene
- Qualitative respirator fit testing
- Safety consulting
- OH&S training

EnviroTech Solutions Ltd. 709.753.6601

- Industrial hygiene
- Confined space
- Respiratory protection
- Hazardous materials management

FIT For Work 709.722.7676

- Employment Testing & Pre-site Access Medicals

- Drug & Alcohol Testing 24/7
- Audiograms, Spirometry & Vision testing for Employment
- IME's, 2<sup>nd</sup> Medical Opinions, Functional Evaluations
- Occupational Rehabilitation for Physical & Mental Health
- Train the Trainer for Office Ergonomics
- Chronic Pain Management & Psychosocial Rehab
- Multidisciplinary Assessment
- Vocational Assessments and Transferable Skills Analysis
- Wellness Clinic

InMotion Health Centre Inc.

709.747.5945

- Occupational therapy
  - Clinic Based Occupational Rehabilitation (CBOR)
  - Worksite Occupational Rehabilitation (WSOR)
  - Functional Assessments
  - NEW: Concussion screening and assessment (SHIFT trained)
  - NEW: Cognitive assessments for mild to moderate brain dysfunction (Brain FX trained)
  - Progressive Goal Attainment Program (for chronic pain and/or anxiety and depression)
  - Pre-Employment Screening
- Physiotherapy
- Chiropractic
- Massage therapy
- Psychology
- Orthotics

Integrated Occupational Health Services Ltd. (IOHS)

709.722.9675

- All assessment, rehabilitation and return to work services for injured or disabled employees
- Train the trainer program in office ergonomics
- Workplace wellness and rehabilitation services directed to employees with mental health difficulties
- Pain Management Program i.e., Progressive Goal Attainment Program (PGAP)
- Home Demands Analysis (HDA) to determine attendant care, homemaking and adaptive equipment needs. Home modification needs assessment can also be provided.

Kinetic Life Solutions Ltd.

709.288.0123

- Participatory Ergonomics Programs
  - Training in house team to provide basic ergonomics risk factors
  - Identification, evaluation and controls

- Live Fit Rehabilitation Centre 709.489.3611
- Private consulting
  - Chronic pain management
  - Exercise prescription
  - Neuro and cardiac rehab
  - Occupational therapy
- Pearlgate Physiotherapy Services 709.747.2929
- Occupational rehabilitation
    - Clinic Based Occupational Rehabilitation (CBOR)
    - Worksite Occupational Rehabilitation (WSOR)
  - Assessment, rehabilitation and return to work services for injured and disabled employees
  - PGAP
  - Functional capacity assessment
  - Exercise prescription
  - Specialized TMJ dysfunction assessment and treatment
  - Specialized Vestibular dysfunction assessment and treatment
  - Physiotherapy
  - Massage therapy
  - Kinesiology
- PhysioNorth 709.944.7555
- Physiotherapy
  - Acupuncture
  - Auditing (ergonomics)
  - Qualitative respiratory fit testing
  - Exercise prescription
- ProActive Physiotherapy /  
Proactive Occupational Health Services 709.576.2090
- Physiotherapy
  - Sport Physiotherapy
  - Massage Therapy
  - Ergonomic assessments
  - Acupuncture
  - Orthopedic bracing
  - Orthotics
  - Sports Massage
  - Nutrition
  - Custom Bracing
  - Concussion Care
  - Studio Gyms

- Occupational Rehab
  - Clinic Based Occupational Rehab (CBOR)
  - Worksite Occupational Rehab (WSOR)
  - Functional Assessment's

Therapeutic Services Ltd.

709.753.3372

- Occupational rehabilitation
- Clinic Based Occupational Rehabilitation (CBOR)
- Worksite Occupational Rehabilitation (WSOR)
- Assessment, rehabilitation and return to work services for injured and disabled employees
- Functional capacity assessment
- Exercise prescription
- Acupuncture
- Women's health
- TMJ dysfunction assessment and treatment
- Physiotherapy
- Massage therapy
- Kinesiology

Therapy Works

709.466.4443/4693

- Pacing principles
- PGAP
- FCE
- Clinic based exercise
- Physiotherapy
- Chiropractor
- Massage Therapy
- Acupuncture
- Custom Made Orthotics

Therapy Works (Therapeutic Rehab Group Inc.)

709.786.9049

- Functional Capacity Evaluations
- Worksite Occupational Rehabilitation (WSOR)/Ease-Back Planning
- Clinic Based Occupational Rehabilitation (CBOR)/Work Hardening and Work Conditioning
- Exercise Prescription
- Pain Management Program (PGAP)
- Orthotics
- Acupuncture
- Massage Therapy
- Naturopathic Medicine Consults
- Chiropractic

- Occupational Therapy
- Physiotherapy
- Occupational Therapy-Children’s Program (Learning Disabilities, ADHD/ADD, Autism)
- Laser Treatment

West Coast Physiotherapy Clinic 709.634.9540

- Physiotherapy
- Functional capacity assessment
- Ergonomic Assessment, Job Site Analysis, Physical Demand Assessment
- Exercise prescription
- Vestibular dysfunction assessment and treatment
- Acupuncture
- Return to work planning
- Acute and long term injury management and treatment
- Massage therapy
- Occupational health and safety assessments
- Power line hazard assessments
- OH&S program development and assistance

**c. Service providers – listed by region of practice**

**i. Permanent location**

**St. John's / Mount Pearl / Paradise**

Atlantic Safety Centre	709.576.7233
Central Rehab Inc.	709.834.7390
Definitions Health and Wellness Inc.	709.576.3339
DMC – Dallas Mercer Consulting Inc.	709.364.3900
EnviroTech Solutions Ltd.	709.753.6601
FIT For Work	709.722.7676
InMotion Health Centre Inc.	709.747.5945
Integrated Occupational Health Services Ltd. (IOHS)	709.722.9675
Pearlgate Physiotherapy Services	709.747.2929
ProActive Physiotherapy & Massage Therapy	709.576.7762
Therapeutic Services Ltd.	709.753.3372
Therapy Works (Therapeutic Rehab Group Inc.)	709.786.9049

**Conception Bay South**

ProActive Physiotherapy & Massage Therapy	709.576.7762
Central Rehab Inc.	709.834.7390

## **Bay Roberts/Carbonear**

Therapy Works (Therapeutic Rehab Group Inc.) 709.786.9049

## **Burin Peninsula**

FIT For Work 709.279.7676

## **Clareville**

Central Rehab Inc. 709.834.7390  
Therapy Works 709.466.4443/4693

## **Central (Gander / Grand Falls)**

Live Fit Rehabilitation Centre 709.489.3611

## **Corner Brook**

FIT For Work 709.632.7676  
West Coast Physiotherapy Clinic 709.634.9540

## **Labrador**

Kinetic Life Solutions Ltd. 709.288.0123  
PhysioNorth 709.944.7555

## **ii. Mobility**

### **Travel province-wide**

Atlantic Safety Centre 709.576.7233  
Central Rehab 709.834.7390  
Definitions Health and Wellness Inc. 709.576.3339  
DMC – Dallas Mercer Consulting Inc. 709.364.3900  
FIT For Work 709.722.7676  
Integrated Occupational Health Services Ltd. (IOHS) 709.722.9675  
Kinetic Life Solutions Ltd. 709.288.0123  
Live Fit Rehabilitation Centre 709.489.3611  
Proactive Occupational Health Services 709.576.2090  
*Determined on individual basis*  
Therapy Works 709.466.4443/4693  
*If travel costs are supported/compensated*  
Therapy Works (Therapeutic Rehab Group Inc.) 709.786.9049

*Travel frequently all over the Avalon Peninsula:  
St. John's-Placentia-Arnold's Cove-Old Perlican*

### **Travel specific regions within NL**

InMotion Health Centre Inc. Avalon Peninsula Burin Peninsula As far west as Grand Falls/Gander area	709.747.5945
Integrated Occupational Health & Safety (IOHS) One therapist qualified to travel offshore (BST and Medical Certification)	709.722.9675
Pearlgate Physiotherapy Services Burin Peninsula Grand Falls/Gander area	709.747.2929
ProActive Physiotherapy and Massage Therapy Burin Peninsula Grand Falls/Gander area ( <i>Determined on individual basis</i> )	709.576.7762
West Coast Physiotherapy Clinic Corner Brook Northern Peninsula Labrador City Goose Bay Stephenville Port au Port Port aux Basques Burgeo	709.634.9540

### **Travel Atlantic Canada**

Definitions Health and Wellness Inc.	709.576.3339
Kinetic Life Solutions Ltd. ○ Nova Scotia, New Brunswick & Prince Edward Island	709.288.0123
Live Fit Rehabilitation Centre	709.489.3611

### **d. Service providers – business descriptions and contact information**

#### **Atlantic Safety Centre**

##### Location

P.O. Box 13787  
1200 Kenmount Road, Unit B  
Paradise, NL A1L 1N3

t: 709.576.7233  
f: 709.576.1409  
e: [msaunders@atlanticsafetycentre.com](mailto:msaunders@atlanticsafetycentre.com)  
w: [www.atlanticsafetycentre.com](http://www.atlanticsafetycentre.com)

Type of Business: Health, Safety, and Wellness Consulting Services

Contact Person(s): Mona Saunders (President), 709.576.7233

Professional Staff:

David Constantine, B.Ed., B.P.Ed., M.Ed., - Ergonomic Specialist

**Central Rehab Inc.**

Locations:

702 Conception Bay Highway  
Unit 4  
Conception Bay South, NL A1X 3A5

t: 709.834.7390  
f: 709.834.7391  
e: [donna@centralrehab.nf.ca](mailto:donna@centralrehab.nf.ca)  
w: [www.centralrehab.nf.ca](http://www.centralrehab.nf.ca)

760 Topsail Road  
Mount Pearl Square  
Mount Pearl, NL A1N 3J5

t: 709.747.5669  
f: 709.747.5668  
e: [donna@centralrehab.nf.ca](mailto:donna@centralrehab.nf.ca)

36 Balbo Drive  
Clarenville, NL A5A 4A4

t: 709.834.7390  
f: 709.834.7391  
e: [donna@centralrehab.nf.ca](mailto:donna@centralrehab.nf.ca)

Type of Business: Occupational Vocational Rehabilitation Clinic

Contact Person: Donna Pritchett, Administrative Assistant/Scheduler, 834.7390.302

Professional Staff:

Karen Butler, Occupational Therapist  
Mary Emberton, Occupational Therapist  
Danielle Hogan, Occupational Therapist  
Anne Morgan, Occupational Therapist  
John Dray, Kinesiologist

**Definitions Health and Wellness Inc.**

Location:

45 Hebron Way  
St. John's, NL A1A 0P9

t: 709.576.3339  
f: 709.576.3116  
e: [info@definitionsonline.com](mailto:info@definitionsonline.com)  
w: [www.definitionsonline.com](http://www.definitionsonline.com)

Type of Business: Private Full Suite Medical Services

Contact Person(s): Kevin Oram 709.576.3339

Professional Staff:

Nancy Hicks, Cert MDT, BScPT., Bkin.  
Kevin Oram, CAT, BKin.  
Carolyn Staple, RMT  
Zach Hynes, MScKin, BST  
Andrea Stokes, RD, BAsC, BST  
Patrick Whalen, BAsC, OT, FCE

**DMC – Dallas Mercer Consulting Inc.**

Location:

47 Beclin Road  
Mount Peal, NL A1N 5G4

t: 709.364.3900  
f: 709.364.3910  
e: [jessica@dmconsulting.ca](mailto:jessica@dmconsulting.ca)  
w: [www.dmconsulting.ca](http://www.dmconsulting.ca)

Type of Business: Disability and Safety Consulting Services

Contact Person(s): Jessica Power, Training Coordinator, 709.364.3900 Ext. 119

Professional Staff:

Denise Sullivan BscPT (Hons)  
Pam Fagan, BSc.Kin, NLCK

**EnviroTech Solutions Ltd.**

Location:

P.O. Box 13192 Stn "A"  
St. John's, NL A1B 4A4

t: 709.753.6601  
f: 709.753.6438  
e: [johnlewis@esl-hse.com](mailto:johnlewis@esl-hse.com)

Type of Business: Private Consultant

Contact Person(s): John Lewis, Sr. HSE Consultant

Professional Staff: John Lewis, CRSP, CIH, BSc (Biochemistry)

**FIT for Work**

Location:

114 Empire Avenue  
St. John's, NL A1C 3G2

t: 709.722.7676  
f: 709.722.6029  
e: [info@fitforwork.com](mailto:info@fitforwork.com)  
w: [www.fitforwork.com](http://www.fitforwork.com)

8 Gullage Avenue  
Corner Brook, NL A2H 7J4

t: 709.632.7676  
f: 709.634.1015

234 Ville Marie Drive  
Marystown, NL A0E 2M0

t: 709.279.7676  
f: 709.279.7677

Type of Business: Medical & Occupational Rehabilitation Services

Contact Person(s):

Renee Dyer, VP – Operations, St. John’s  
Lana Byrne – Office Administrator, Corner Brook  
Corina Thorne – Office Administrator, Marystown

Professional Staff:

Over 40 trained medical professionals including Physicians, Occupational Nurses, Occupational Therapists and Kinesiologists.

**InMotion Health Centre Inc.**

Location:

179 Hamlyn Road  
St. John’s, NL A1E 5Z5

t: 709.747.5945  
f: 709.747.5946  
e: [toldford@inmotionhealthcentre.ca](mailto:toldford@inmotionhealthcentre.ca)  
w: [www.inmotionhealthcentre.ca](http://www.inmotionhealthcentre.ca)

Type of Business: Vocational Rehabilitation Clinic

Contact Person(s):

Trent Oldford, President  
Pam Dolomount, Office Manager

Professional Staff:

Occupational Therapy

Trent Oldford BSc, BSc OT(R)NL  
Jason Dalton BSc Psych, M.Cl.Sc. OT(R)NL  
Danielle Button BSc Kin, BSc OT(R)NL  
Lori Mercer MScOT, OT (R)NL  
Dana Bonnell BSc OT (R)NL

Physiotherapy

Jason Shaw  
Keith Fahey  
Yassir Eltahan  
Natasha Gosse  
Sarah Rendell  
Jennifer Shaw  
Jeremy Warford

Massage Therapy

Angela Anderson

Stephanie Yetman  
Hilary Upshall  
Jenna Fagen  
Renee Quick  
Chiropractic  
Dr. Alanna McDonald

**Integrated Occupational Health Services Ltd. (IOHS)**

Location:

27 Austin Street  
St. John's, NL A1B 4C3  
t: 709.722.9675  
f: 709.722.9677  
e: [info@iohs.ca](mailto:info@iohs.ca)  
w: [www.iohs.ca](http://www.iohs.ca)

Type of Business: Occupational Therapy and Vocational Rehabilitation Clinic  
Vocational Rehabilitation Clinic

Contact Person(s):

Jane Simmons, [jsimmons@iohs.nf.net](mailto:jsimmons@iohs.nf.net)  
Tina Trickett, [info@iohs.ca](mailto:info@iohs.ca)

Professional Staff

Jane Simmons, President, Occupational Therapist  
Andrea Hutchens, Occupational Therapist  
Carla Evans, Occupational Therapist  
Theresa Roberts, Occupational Therapist  
Shannon McKnight, Occupational Therapist  
Gillian Locke, Occupational Therapist  
Kathy Pennell, Occupational Therapist  
Joanne Martin, Occupational Therapist  
Corrine Power, Occupational Therapist  
Henriette Brandts Buys, Occupational Therapist  
Karla Hartery, Occupational Therapist

**Kinetic Life Solutions Ltd**

Location:

PO Box 119  
Labrador City, NL A2V 2K3  
t: 709.288.0123  
f: 709.288.0122  
e. [kathylynn@kineticlife.ca](mailto:kathylynn@kineticlife.ca)

**Live Fit Rehabilitation Centre**

Location:

36 Toulette Drive  
Grand Falls-Windsor, NL A2B 1K7  
t: 709.489.3611  
f: 709.489.5604  
e: [livefitrehab@nl.rogers.com](mailto:livefitrehab@nl.rogers.com)

Type of Business: Occupational Rehabilitation, Private Consulting.

Contact Person(s):

Perry Davis, 709-489-3611  
Jocelyn Hodder, 709-489-3611

Professional Staff:

Perry Davis, BSc. PT, Physiotherapist  
Crystal Davis R.N., Staff Nurse / PGAP Facilitator  
Michelle Critch, Personal fitness and lifestyle consultant  
Jocelyn Hodder, Administrative Assistant

**Pearlgate Physiotherapy Services**

Location:

75 Barbour Drive  
Mount Pearl, NL A1N 2X3

t: 709.747.2929  
f: 709.747.2939  
e: [dawn@pearlgatephysiotherapy.ca](mailto:dawn@pearlgatephysiotherapy.ca)  
w: [www.pearlgatephysiotherapy.ca](http://www.pearlgatephysiotherapy.ca)

Type of Business: Private Consultant, Vocational Rehabilitation Services,  
Physiotherapy Clinic

Contact Person(s): Dawn McDonald, Owner

Professional Staff:

Dawn McDonald, Registered Physiotherapist  
Craig Seymour, BSc.Kin., Registered Physiotherapist  
Matt Davis, B.Kin., Certified Kinesiologist  
Jon Pike, B.Kin., Certified Kinesiologist

**PhysioNorth**

Location:

221 Humber Avenue  
Labrador City, NL A2V 2Y3

t: 709.944.7555  
f: 709.944.7557  
e: [info@physionorthnl.ca](mailto:info@physionorthnl.ca)

Type of Business: Physiotherapy and Occupational Services Clinic

Contact Person(s): Matthew Sullivan

Professional Staff:

Matthew Sullivan, Registered Physiotherapist  
Katie Soper, Registered Physiotherapist  
Kathy-Lynn Lee, Kinesiologist/Ergonomics Advisor

**ProActive Physiotherapy/ Proactive Occupational Health Services**

Locations:

46 Aberdeen Avenue t: 709.576.2090  
St. John's, NL

215 Water Street t: 709.576.7762  
St. John's

12 Merchant Drive t: 709.745.7762  
Mount Pearl

645 Conception Bay Highway t: 709.834.2905  
Kelligrews

382 Conception Bay Highway t: 709.229.2843  
Holyrood

261-263 Conception Bay Highway t: 709.786.7749  
Bay Roberts/Carbonear

25 Goose Cove Road t: 709.454.3220  
St. Anthony

2A Bowell Street t: 709.896.7228  
Goose Bay

Type of Business: Physiotherapy, Massage Therapy and  
Occupational Services clinic

Contact Person(s):

Justin Whittle, 46 Aberdeen Avenue, 709.576.2090

Chris Cluett, 46 Aberdeen Avenue, 709.576-2090

## **Therapeutic Services Ltd.**

### Locations:

20 Highland Drive  
P.O. Box 29006  
St. John's, NL A1A 5B5

t: 709.753.3372  
f: 709.753.3376  
e: [info@tslphysio.ca](mailto:info@tslphysio.ca)  
w: [www.tslphysio.ca](http://www.tslphysio.ca)

35 Rowan Street  
Churchill Square  
St. John's, NL A1B 2X2

Type of Business: Occupational Rehab Clinic

### Contact Person(s):

Daniel Martyn and Liv-Terese Martyn 709.753.3374  
Mary Lou Sullivan 709.753.3374

### Professional Staff:

Liv-Terese K. Martyn, BSc Physiotherapy  
Daniel Martyn, BSc Physiotherapy  
Brad Hopkins, BSc Physiotherapy  
Justin Penney, BSc Physiotherapy  
Laura VanDyk, Msc Physiotherapy  
Mary Lou Sullivan, PTA, Clinic Manager  
Kelly Roche, Clinic Manager  
Sherrilynne Montgomery, Kinesiologist

## **Therapy Works**

### Location:

54-56 Manitoba Drive  
Clareville, NL A5A 1K5

t: 709.466.4443/4693  
f: 709.466.4449  
e: [cots@nf.aibn.com](mailto:cots@nf.aibn.com)  
[Therapyworks@Clareville.com](mailto:Therapyworks@Clareville.com)  
w: [www.therapyworksinc.ca](http://www.therapyworksinc.ca)

Type of Business: Vocational Rehab Clinic

### Contact Person(s):

Karen Peddle [cots3@nf.aibn.com](mailto:cots3@nf.aibn.com)  
Edgar Balsom [cots@nf.aibn.com](mailto:cots@nf.aibn.com)

Professional Staff

Edgar Balsom, Registered Occupational Therapist  
Garry Keough, Registered Physiotherapist  
Danielle Bussey, Registered Occupational Therapist (contract)  
Sue Bird, Registered Physiotherapist  
Marc-Alexandre Mestres, Acupuncturist  
Dr. Chris Prior, Chiropractor  
Robyn Smith, Registered Massage Therapist  
Terri Luther, Registered Massage Therapist  
Patty Russell, Registered Massage Therapist

**Therapy Works (Therapeutic Rehab Group Inc.)**

Locations:

Main Office t: 709.786.9049  
148 Conception Bay Highway f: 709.786.9061  
Bay Roberts, NL e: [therapyworks@bellaliant.net](mailto:therapyworks@bellaliant.net)  
w: [www.therapyworksnl.ca](http://www.therapyworksnl.ca)

52 Powell Drive t: 709.786.9049  
Carbonear, NL f: 709.786.9061  
e: [therapyworks@bellaliant.net](mailto:therapyworks@bellaliant.net)  
w: [www.therapyworksnl.ca](http://www.therapyworksnl.ca)

279 Portugal Cove Road t: 709.786.9049  
St. John's, NL f: 709.786.9061  
e: [therapyworks@bellaliant.net](mailto:therapyworks@bellaliant.net)  
w: [www.therapyworksnl.ca](http://www.therapyworksnl.ca)

Type of Business: Vocational Rehabilitation Clinic

Contact Person: Frances Delaney, Office Manager, 709.786.9049

All correspondence for Therapy Works (Therapeutic Rehab Group Inc.) is to be mailed to the main office at the following address:

Therapy Works  
148 Conception Bay Highway  
P.O. Box 59  
Bay Roberts, NL A0A 1W0

Professional Staff:

Danielle Bussey, Occupational Therapist  
Courtney Piercey, Occupational Therapist  
Dana Burry, Acupuncturist  
Keith Abbott, Chiropractor  
Matt Gulliver, Naturopath  
Melanie Peddle, Massage Therapist  
Emily Dawe, Physiotherapist  
Mike Davis, Physiotherapist  
Megan Miller, Physiotherapist  
Richard Moores, OT/PT Assistant, Personal Trainer

**West Coast Physiotherapy Clinic**

Location: Corner Brook  
89 West Valley Road  
Corner Brook, NL A2H 2X4

t: 709.634.9540  
f: 709.634.0869  
e: [ian@westcoastphysio.ca](mailto:ian@westcoastphysio.ca)  
w: [www.westcoastphysio.ca](http://www.westcoastphysio.ca)

Type of Business: Private Health Care and Rehabilitation Clinic offering Consultation in Ergonomics, Functional Evaluation, RTW Planning and OHS service areas

Contact Person(s):

Ian Hutchinson  
Steve Hutchinson

Professional Staff:

Ian Hutchinson, BSc PT  
Steve Hutchinson, BSc PT  
Trent Wells, BSc PT  
Patrick Bryant, OH&S