



JANETTE YEE
Athletic Therapist and Personal Trainer, Level IV

Education

- Bachelor of Physical Health Education (Hons)-University of Toronto
- Diploma of Sports Injury Management- Sheridan College
- Certified Canadian Athletic Therapist
- Certified American Athletic Trainer
- Certified Kinesiologist

Janette is a graduate of the Physical and Health Education program at the University of Toronto. She received her Diploma in Sports Injury Management from Sheridan College, and became a Certified Athletic Therapist in June 2003.

Since then Janette has specialized her work in the sport of rugby, acting as athletic therapist for the Toronto Scottish Rugby Football Club, Varsity Women's Rugby Team at the University of Toronto, and the Ontario Senior Women's rugby team. Most recently, Janette was honoured to serve as Athletic Therapist for the Canadian Women's Rugby Team, accompanying them on a successful tour to Scotland and Wales.

Janette focuses her work in active rehabilitation for individuals whose injuries keep them from full participation in physical activity. Manual therapy techniques such as soft tissue release and muscle energy are used throughout an exercise program to enhance its efficacy. She enjoys working with clients with a wide range of abilities, from individuals new to exercise to elite athletes.



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