

Geneviève Renaud

*BSc.PT, MClSc.PT, FCAMPT, RISPT
Registered sport & orthopaedic physiotherapist
Creator of the Strong Dancer program
Caring & passionate health care provider*



Geneviève is a physiotherapist, a passionate business owner, a caring mentor, an avid volunteer, a fitness enthusiast, and a dreamer.

Her professional journey started at the University of Ottawa where she completed her B.Sc. in Physiotherapy, graduating magna cum laude in 2008. After graduation, she quickly started working with local sports teams, which led her to complete the Diploma in Sport Physiotherapy (SPC) in 2013. This same year, she returned to school to complete the Masters of Clinical Science at Western University where her thesis focused on chronic rotator cuff pathology. This program also granted Geneviève a Diploma in Advanced Manual and Manipulative Therapy. Throughout her career, she has built expertise in dance medicine, sports physiotherapy, and injury prevention.

Geneviève's clinical philosophy is to provide evidence-guided, one-on-one physiotherapy treatment in a fun and collaborative environment. She empowers her patients to build strong bodies & healthy habits to allow them to dance through life with a happy heart. She always treats the whole person, not just body parts and pathologies. Geneviève is passionate about getting to know her patients, building long-lasting relationships, and guiding them towards active and happy lives.

Geneviève grew up as a competitive athlete and continues to stay active. She danced competitively for 20+ years, training Broadway jazz, lyrical jazz, British tap, ballet and contemporary dance. She successfully passed the BATD Jazz associate exam with Highly Commended. As a trained dancer, Geneviève developed a passion for movement at a young age and through her own injuries, had to learn the importance of injury management and prevention. The combination of Geneviève experience and training provides her with a unique skillset to treat dancers, artistic athletes and hypermobile patients. She currently treats many youth artistic & performance athletes in the Ottawa area, performs dance injury and pre-pointe assessments and is the creator of the Strong Dancer program.

Having covered 48 different sports and accumulated over 2500+ hours on the sideline as a Registered International Sports Physical Therapist, you can say Geneviève has significant experience in on-field and multisport event coverage. She is honoured to have been selected multiple times as part of Team Canada's Health Services Team including: four Canada Games, three Universiades, the 2016 Youth Olympic Games

(Lillehammer, Norway), the 2017 Jeux de la Francophonie (Abidjan, Côte d'Ivoire), the 2019 Pan American Games (Lima, Peru), and the 2020 Summer Olympic Games in Tokyo, Japan. She has also been selected as the Chief Therapist for the upcoming 2022 Winter Olympic Games in Beijing, China.

Her dedication to the field of sports physiotherapy is highlighted by her committee work with the Sport Physiotherapy division of the CPA, being involved with them throughout her career on both provincial and national executives and chairing multiple working groups. Geneviève is the current chair-elect for the National SPC Executive.

When not at work, Geneviève lives an active lifestyle and is a proud member of the 5 am club. She wakes up early on weekdays to complete her workouts and loves to mix it up between weight training, spinning, running, and yoga. She loves to unwind by reading a good book, baking her little heart out, and learning to watercolour. She also enjoys going a good picnic and outdoor adventures with her hubby.

Geneviève's professional memberships include the Canadian Physiotherapy Association's orthopaedic, sport, and private practice divisions, and to the Ontario branch. She is a Fellow of the Canadian Academy of Manipulative Physiotherapy, a Registered International Sports Physical Therapist and member of the Healthy Dancer Canada network and of the International Association of Dance Medicine Science.

Her goals include helping people stay active & healthy, decreasing injury rates in the dance community, and traveling the world with her hubby.

Get to know Geneviève better by visiting her website at www.genrenaudphysio.ca or follow her on [Instagram!](#)