**Holly Trinkwon B.Sc.PT**

Physiotherapist

Holly is the owner and Physiotherapist at Brighton Sport and Wellness Centre.

Holly graduated with honours from the University of Western Ontario – Physiotherapy Program in 2001. She began her career in sports and orthopaedic rehabilitation in London Ont working in a private practice. In 2004 she joined the Canadian Forces. As a Captain and physiotherapy officer, she was the team leader for the CFB Trenton Physiotherapy Dept and did one tour/humanitarian mission aboard the USNS Comfort. Upon her release from the military she re-entered the private practice sector here in Brighton.

Holly has extensive training in musculoskeletal injuries, biomechanics, tissue healing, manual therapy and exercise therapy. Her military experience allows her specific insight into the physical demands of that population here in Brighton. She is active in the community and especially enjoys taking part in Masters level gymnastics, dragon boating, golf, hiking and walking her two dogs.