



Lisa Mills-Hutton graduated from the University of Manitoba with Bachelor of Medical Rehabilitation in Physiotherapy in 2009. Since graduating she has worked in private practice physiotherapy and is thrilled to be offering physiotherapy services at Tuxedo Physiotherapy. She enjoys treating a wide variety of orthopedic injuries and neurological conditions. She has taken a special interest in chronic pain management and treatment, stroke and brain injury rehabilitation, and rehabilitation for dancers. She is certified in acupuncture, Stott Mat Pilates, Neuro-Developmental Treatment and has taken several post-graduate courses in myofascial release, movement dysfunction, clinical pilates, pilates reformer, cranial sacral therapy, visceral manipulation, neurological rehabilitation and chronic pain management.

Prior to starting her career path in physiotherapy Lisa had extensive dance training in various styles such as ballet, jazz, tap, lyrical and Spanish Classical. In 1997, she began teaching and choreographing dance and only recently hung up her dance teaching hat in 2014 to focus on her physiotherapy career. The many years of dancing and teaching enhanced her interest in body awareness, effective exercise and rehabilitation. In 2004 she began taking Pilates classes and certified as a Stott Pilates Mat Instructor in 2006. Her combined knowledge of dance, Pilates and physiotherapy has persuaded her to offer rehabilitation specific for dancers; providing dance screening, rehabilitation and injury prevention for dancers of all ages and levels.

While training in dance and teaching dance she also obtained a Bachelor of Commerce (Honours) degree from the University of Manitoba in 2001. In 2002 she moved to Hsinchu, Taiwan to begin a 1 year contract teaching English to adults and children. Upon returning home she worked as a Foreign Exchange Trader for 4 years before realizing her passion lies in health, wellness and rehabilitation. Thus leading her back to school for four more years and obtaining her Bachelor of Medical Rehabilitation (Physical Therapy) in 2009.

For fun Lisa loves spending time with her family camping, swimming, biking and reading. She practices yoga and pilates on a daily basis to keep her body moving. And she still pushes through a weekly advanced ballet class for fun and exercise.

Lisa is excited to offer physiotherapy services at Tuxedo Physiotherapy.