

A Glimpse Into Who I Am

My Background

From a young age I started helping my grandmother who was living with dementia. My time with her sparked a passion within me to work with older adults. This affinity for helping her pushed me to pursue my Master of Science in Physical Therapy at the University of Toronto. Since then I have gained extensive experience at Baycrest Hospital, St. Michaels Hospital, and Toronto Rehabilitation Hospital working specifically with older adults.

My Vision

I believe that every senior deserves to live a life free from pain and limitations. I am driven to facilitate prosperity by helping restore balance in your life through control of your physical health. I am dedicated to making that a reality through providing a diagnosis and a personalized treatment plan that provides actionable steps to achieve your specific goals!

My Approach

My approach is rooted in empathy, evidence-based practices, and a genuine commitment to the well-being of my patients.



Contact Today

Take the first step towards a healthier, more active life! Contact me today or visit my website to book an appointment.

E-mail: krasnerphysio@gmail.com

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Daniel Krasner Physiotherapy



Helping you!

Reclaim your health by restoring balance and building your resilience.

Why Physiotherapy?

Physiotherapy is a dynamic healthcare profession dedicated to diagnosing and treating physical impairments, disabilities, and pain. By combining cutting-edge techniques and tailored exercises, physiotherapists empower individuals to reclaim their mobility, strength, and overall well-being.

Holistic approach

Unlike other treatments that may only address symptoms, I adopt a holistic approach, aiming to improve overall physical function, movement, independence, mobility, and quality of life.

Personalised Care

With a meticulous blend of subjective and objective assessments, I craft individualized treatment plans that cater to your unique needs and aspirations. Whether you're recovering from surgery, managing a chronic condition, or aiming to prevent frequent falls, rest assured that my approach is tailored exclusively for you!

Evidence Based

The techniques and interventions I employ are firmly rooted in cutting-edge scientific research and clinical evidence, guaranteeing you effective and safe care every step of the way.

Unlocking Resilience

Top Benefits of Physiotherapy for Older Adults

Staying Ahead of Falls

Don't let falls take over - One in four seniors experience a fall each year! Physiotherapy provided in the home lowers the risk and rate of falls in older adults, reducing the number of nursing home admissions, hospitalizations, and decreases hospital length of stay. It also lowers mortality rates related to falls by improving strength, stability, and improving balance.

Embrace the Best Life

Approximately 90% of Canadians have at least one risk factor for heart disease. Treatment by a physiotherapist has a significant impact on the physical function and overall quality of life in individuals with cardiac disease, stroke, and chronic lung disease.



Even without any chronic conditions physiotherapy will help with mobility, independence, or pain management. Ensuring that you can be your best self and continue doing the things you love!



Pain Management

Physiotherapy plays a crucial role in conquering pain, especially for seniors. With targeted exercises, hands-on manual therapy, and specialized techniques, I can help soothe chronic pain conditions like arthritis, back pain, and joint discomfort. Studies reveal that 79% of individuals experience a significant reduction in pain after physiotherapy. Plus, I offer valuable education on posture and movement, empowering you to take control and prevent pain in your everyday activities.