



Employee Profile: Aris Georgilas

Physiotherapy At Don Mills

The newest member of the team of therapists and practitioners at Physiotherapy At Don Mills is Aris Georgilas. Aris is a Registered Massage Therapist and certified Medical Acupuncturist. When Aris suffered from a serious back injury in early 2011, he knew that in order to pull through he would need to put philosophy into practice to bring from the edge back to optimal health. Opting out of surgery, Aris was determined to identify the root cause of his injury. He had to draw insight from clinical experience, self-discovery and utilize the resources he had at his fingertips. Taking charge of his health, knowing his limits and pushing forward with an open mind, he turned his trust toward ELDOA practice, sufficient rest and positive self-talk to reinvigorate his mind and body. With patience and time Aris defeated the injury and returned to his active, high energy self. Years of dedication to fitness and athletics have inspired his desire to learn more and delve deeper into the biomechanics of the human body, healing practices, and the mind-body connection.

Aris dedicated over half his life to training and practicing the art of Hap kido. He decided to pursue the art to keep fit, have fun and make new friends. However, without even meaning to, Aris developed a foundation within the four walls of the dojo that focused on self-discipline, respect, and tradition. During those vulnerable years that every teenage male faces he found solace in a place that he could turn to keep himself grounded and in the moment. A few years later Aris decided to broaden his practice and take up Judo. Martial Arts are an important part of Aris' life and helped build his character. Dedicated practice enabled him to develop his intuition, mind/body awareness through focused training, breathing, and meditation.



Aris' education includes: Registered Massage Therapy Program at the Sutherland-Chan School and Teaching Clinic; Sutherland Academy of Osteopathy - Articular Pumping, Treatment of the Thoracic Diaphragm, Myofascial Stretching/release and spinal postural stretching; and Contemporary Medical Acupuncture certification at McMaster University. He is currently pursuing C-Ped designation. He applies an individually tailored treatment plan for his clients to effectively target the root cause of an identified issue. Aris is motivated by the desire to pass on the benefits of health and wellness and the opportunity to directly impact the lives of clients by providing a comfortable, and results oriented experience. He believes in a holistic and collaborative approach to healthcare and is dedicated to helping patients pursue the art of health, fitness and wellness.



Submitted by Physiotherapy At Don Mills

www.physioatdonmills.com | Phone 416-444-4800