

Who We are

Evidence South

The mission of Evidence Sport and Spine is to be leaders in the delivery of safe, evidence-based, collaborative management and effective delivery of:

1. Multidisciplinary clinical services
2. Education and knowledge translation
3. Clinical research.



Sunny Chhokar, Clinic Director PT, MPhy (Musculo), MPT, BSc Kin, IMS Certified

Passionate about musculoskeletal physiotherapy, Sunny enjoys taking on the challenge of treating diverse and complex cases. As a member of a multidisciplinary team, offering consultation for prolotherapy and interventional radiology procedures to patients with chronic pain. For ongoing professional development, Sunny is eager to pursue further post-graduate education while collaborating with colleagues.

Sunny graduated from the University of Saskatchewan with a Bachelor's degree in Kinesiology in 2008, followed by a Master's degree in Physiotherapy. After three years of private practice, Sunny relocated to Brisbane, Australia, where he completed his Masters degree in Physiotherapy. He has also undergone specialized training in Intramuscular Stimulation/Dry needling. Additional coursework includes chronic pain management, and advanced assessment of peripheral joints.

Over the years, Sunny has collaborated with experts in Interventional Radiology and Physiatry to enhance his knowledge of injection therapies.

In his leisure time, Sunny enjoys golf, exercising, and enjoying time with his wife, daughter, and their rescue dog, Niko.

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Sunny Chhokar, Clinic Director PT, MPhty (Musculo), MPT, BSc Kin, IMS Certified

Tanielle Garcia,PhysiotherapistPT, MPT, BKin Hons

Tanielle Garcia graduated with a Masters of Physical Therapy in 2010 from the University of Saskatchewan. She completed her Bachelor's in Kinesiology in 2008 from the University of Regina while playing on the varsity women's hockey team. She moved to practice Tanielle travelled to Botswana, Africa as a volunteer therapist working with a non-profit organization providing services to underserved regions. She returned to Botswana in 2013 and 2014 where she implemented a community fall prevention "Up" program for students.

Tanielle has continued to work in multidisciplinary settings. Over the years she has gained a special interest in concussion certification program in Vestibular Rehabilitation (Emory University) in 2016. She has completed numerous concussion research at the University of Calgary as a research clinician with the fortunate opportunity to work with concussion researchers and specialists. Although sports related concussions makes up a large part of her practice, she also treats related to falls, MVA's and other injuries and continues to have a passion for treating musculoskeletal injuries.

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Ashley Duguid, Pelvic Health Physiotherapist PT, BKin, MScPT

Ashley graduated with a Masters of Physiotherapy from the University of Alberta in 2011. She has always enjoyed working with clients and has since trained in postgraduate manual therapy and Functional Dry Needling (IMS) techniques. Ashley found her passion for pelvic health physiotherapy. As a busy mother of two, she understands the importance of support through pregnancy and in working with clients to help maintain an active and symptoms free pregnancy and an educated and empowered labor and delivery experience.

importance of a healthy lifestyle and loves to work with her clients to help with post partum recovery and prepare for

Ashley specializes in treating pelvic health conditions like incontinence, pelvic organ prolapse, pudendal neuralgia and with Rost Therapy to treat pelvic girdle pain, including sacroiliac joint, symphysis pubis joint and tailbone pain. She also treats abdominal separation (DRA) and providing exercises for a safe return to function and fitness.

Outside of work, Ashley enjoys spending time with her family and friends. She has 2 young children and enjoys staying active and biking.

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Ashley Duguid, Pelvic Health Physiotherapist PT, BKin, MScPT

Loring Derry,PhysiotherapistPT, BA (Hons), MScPT, cGIMS

Loring completed her Masters of Science in Physical Therapy at the University of Alberta in 2014, following her BA in 2010. She has achieved her Level III certification in manual therapy through the Canadian Physiotherapy Association and is certified in intramuscular dry needling (cGIMS).

Loring is a former National-level Rhythmic Gymnast and is proud to have competed at the Canada Games and at even more international level. As a former athlete has fueled her passion for helping others improve their health through movement. Loring is passionate about treating spinal conditions. She is especially interested in treating chronic injuries related to dance and the performing arts. Loring is a practitioner at Evidence Sport and Spine.

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Karen Oura,PhysiotherapistPT, BScPT

Karen graduated from the University of British Columbia in 2003 with a Bachelor of Science in Physical Therapy. She has a private practice in the Calgary area. Karen has post graduate certifications in acupuncture/IMS/Dry-needling, spinal manipulation, vestibular physiotherapy, treatment of the TMJ, and ordering diagnostic imaging.

Karen is very excited to work with the team at Evidence South. She has a keen interest in spinal conditions and the TMJ. She enjoys her adventures with her husband and two young children, as well as being a competitive synchronized figure skater. Her specialty is as a physiotherapist at National and International figure skating competitions.

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Jenna Armstrong,PhysiotherapistMScPT, BKin, FCAMPT, cGIMS, Gunn IMS Pr

Jenna obtained her Bachelor of Kinesiology with Distinction from the University of Calgary in 2010 and a Master of Science from the University of Alberta in 2012. She has achieved the highest designation in Manual Therapy with successful completion of the Certificate in Manipulative Physiotherapy and is a fellow with the Canadian Academy of Manipulative Physiotherapists (FCAMPT). She also has Dry Needling certification as well as the Gunn Intramuscular Stimulation (IMS) certification at the University of British Columbia.

Jenna is an avid learner and continually pursues training to advance her practice. She strives to incorporate information from the latest research into her treatment and uses a wide variety of treatment techniques. This includes education, dry needling, manual therapy, neural tissue mobilization, soft tissue techniques and exercise prescription. She enjoys treating a wide variety of conditions and has a special interest in complex spinal conditions.

Outside of work, Jenna enjoys spending time outside with her young family. This includes hiking, gardening, playing sports and going for long walks with their dog.

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Susan Saretsky, Pelvic Health PhysiotherapistPT, BScPT

Susan completed her University Degree, Bachelor of Science in Physical Therapy at the University of Saskatchewan. Award upon graduation. Prior to joining Evidence Sport and Spinal, she developed a Women's Health Clinic with Dr. Sawatsky. This was the first clinic in Calgary to diagnose, assess and treat medical conditions of the Vulvar Area with Obstetrics/Gynecology and Physical Therapy. Susan has obtained Advanced Post-graduate Certification and extensive experience. She has owned the Calgary Sports Medicine Centre which brought together orthopedic surgeons, plastic surgeon, physiatrists, therapists, massage therapists and sport trainers.

Pelvic health physical therapy was a personal experience, which helped her to recover and overcome significant birth and academic journey in pelvic health. The approach she takes comes from having learnt from global health care professionals in the UK and the USA. Susan specializes in treating pelvic health issues including pregnancy pelvic pain, incontinence, prolapse, pelvic floor rehabilitation and recovery, pudendal neuralgia, and dyspareunia. She spent several years at the Alberta Bladder Centre to better understand the medical care and diagnosis of bladder conditions.

Our work together is collaborative and respectful of your goals and values, focusing on what is important to you.

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Dr. Jonathan Chow, Musculoskeletal Physician BSc, DC, MD, CCFP

Dr Chow, originally trained as a chiropractor at what is now the University of Western States, completed his medical family medicine residency at the University of Calgary. He completed further training with the Hackett Hemwall Pattern (HHP) training, the Canadian Association of Orthopaedic Medicine (CAOM) and longitudinally with Dr Adrian Gretton. His clinical interests include hand and spine injuries, ultrasound guided interventions and injection therapies including prolotherapy and platelet rich plasma and is a clinical lecturer in the department of Family Medicine.

When he is not in clinic he enjoys spending time in the mountains with his wife and 3 kids.



Dr. Katie Kinaschuk, Regenerative Sport Medicine Physician MD, BSc

Meet Dr. Katie Kinaschuk, the newest member of Evidence Sport and Spine's team of Sport and Regenerative Medicine. With her background in orthopedics and extensive training in procedural medicine, she excels in regenerative treatments for musculoskeletal issues, including platelet-rich plasma and prolotherapy injections, approaching each patient in a holistic and individualized manner. Whether you're facing musculoskeletal challenges, Dr. Kinaschuk is here to support you on your path to healing and improved quality of life.

When Dr. Kinaschuk isn't working, she can be found taking part in a variety of sports, having a night out at a new restaurant, or traveling abroad.



Dr. Katie Kinaschuk, Regenerative Sport Medicine Physician MD, BSc

Vikki Small,Registered PsychologistM.C., R.Psych.

Vikki is a highly experienced practitioner with a kind, compassionate demeanour and a holistic approach to mental health. She holds a Master's degree in Applied Psychology, and she has been a Registered Psychologist with the College of Alberta Psychologists since 2007. She has worked in a variety of settings for a range of presenting concerns, including anxiety, depression, trauma, chronic pain, low self-esteem, and stress/anger management. In her current practice, neurorehabilitation, and education settings, Vikki maintains the highest professional and ethical standards. Her focus is on the achievement of client success, with applied modalities including Cognitive Behavioural Therapy (CBT), Trauma-Focused Cognitive Behavioural Therapy (TF-CBT), and Solution-Focused Brief Therapy (SFBT). Vikki also has specialized training in Eye Movement Desensitization and Reprocessing (EMDR), a well-researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms (i.e., by processing traumatic memories associated with trauma memories). Through a respectful, collaborative framework, Vikki helps identify treatment goals that are realistic, measurable, client-centered and mutually established. She looks forward to supporting Momentum Health's valued patients on their journey to recovery.

At Momentum Health, Vikki is pleased to offer online treatment services through Microsoft Teams, with weekday evening hours.

To book your virtual psychology appointment with Vikki, please call 403.455.0025.



Vikki Small, Registered Psychologist M.C., R. Psych.

Shalyn Huehn, Office Manager

Shalyn is excited to join the Evidence Sport and Spine South team and is looking forward to bringing her many years of experience to the team. She graduated from Bow Valley College with a Medical Office Assistant Certificate in 2013 and since then, has been involved in a variety of roles with a background in Animal Health as she has a passion for animals.

Shalyn can empathize with Motor Vehicle Accident patients, as she is a survivor of one herself, in 2011. Since then, she has worked for a Fire and Ambulance and has attended multiple fundraising events. She was in the 2012 calendar campaign, 2013 commercial campaign, and a documentary; The Golden Hour. She looks forward to bringing her knowledge and her fun personality to the team and ensuring every patient receives the most optimal care.



Shalyn Huehn, Office Manager

Karla Selmer, Office Administrator

In February 2018, Karla graduated from Bow Valley College with a Medical Office Assistant Certificate. Prior to attending college, she worked over 12 years working as an Educational Assistant in the Foothills School Division. Karla is passionate about helping people and building meaningful relationships. These values that she holds dear are what led her to a new career in healthcare. Karla is looking forward to her health care journey and is very excited to join the team at Evidence Sport & Spine. In her spare time, Karla enjoys reading and hiking with her family.



Scarlet Girardin, Office Administrator

In 2019 Scarlet graduated from Bow Valley College as a Health Care Aide. For 2 years after graduating she gained her ALC unit and expanded her knowledge in the medical field. Scarlet is happy to meet new people and loves to help people.

Outside of work, Scarlet has a dog, a cat, and fish that she loves to spend time with and spoil, whom she affectionately



Scarlet Girardin, Office Administrator

Ashley Sullivan,Office Administrator

Ashley started her career in the medical field as a Massage Therapist, working in clinics and teaching at CDI College. The strain of the job caught up with Ashley and pushed her to pursue work in other medical fields, including; Optical Assistant (EMR) and Veterinary Assistant. Ashley has a driving passion for the medical field and continues to excel in all medical fields, obtaining Honors in her Veterinary Assistant program at Robertson College. Ashley looks forward to seeing you and your team to meet and exceed your healthcare needs. In Ashley's spare time she enjoys spend time with her fiancé and is a fan of Disney's Frozen).



Ashley Sullivan, Office Administrator

Kyleigh Wyatt, Office Administrator

Kyleigh graduated from the University of Lethbridge in 2017 after completing a degree in Psychology. Since then, she has worked with children and adults with disabilities. Most recently, Kyleigh worked in neurorehabilitation for 2 years. Kyleigh has always been passionate about helping others become their best selves and live life to the fullest. Outside of work, Kyleigh enjoys spending her time travelling to Newfoundland to visit family.



Kyleigh Wyatt, Office Administrator

Danica Madland,Office Administrator

Danica started her career in administration several years ago in an entrepreneurial role. For four years she was the sole successful pet service company. This role allowed her to explore the possibilities offered in an administrative role, and with clients to achieve their goals in an efficient and professional manner. Her previous experience with friends and family therapies for joint injuries, ruptured tendons, and vehicle accident injuries provides her a sense of understanding for the of a clinic environment. Outside of work Danica enjoys reading, hiking, art and spending time with her husband and the clientele reach their goals and loves to meet new people and hear their stories.



Danica Madland, Office Administrator

Selene Barnes,Office Administrator

Selene graduated from Bow Valley College in 2018, earning her Unit Clerk certification with honors. After completing her education in the ICU, she worked in Diagnostic Imaging and Optometry. Selene also brings many years of administrative and accounting experience. Selene prides herself on providing exceptional patient care while continuing to learn and adding to her skill set.

In her spare time, Selene enjoys spending time with her family, especially her grandbabies and fur babies. She also enjoys traveling to Caribbean destinations. Selene looks forward to meeting you!

Evidence Sport and Spine (South) is located at

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