

Stittsville Team

Brent Whiteley RMT



Brent graduated from the massage therapy program with honours at Lambton College in Sarnia, Ontario in 2006. In 2008, he moved to Nova Scotia where he continued active practice and was an instructor at the Canadian College of Massage and Hydrotherapy for 5 years. In 2013 he was relocated back to Ottawa and he began taking clients at Agility Physiotherapy and Sports Injury in September of 2013. Brent has extensive experience with:

-pre/post surgical rehab

-sports injuries

-chronic pain

-work related issues such as carpal tunnel syndrome, thoracic outlet syndrome and tendonitis

He takes a direct approach in his treatments and through education, he encourages his clients to take control of their pain to return to a functional lifestyle.

Outside of work Brent enjoys time with his wife and sons, as well as biking, skiing and travelling.