

MD

I had a very positive experience with Synergy Sports Medicine. I sought out Keith Fernandes for his expertise in Migraines. I have been a long time sufferer of migraines and found no solution beyond pain killers to ease my suffering. Everyone else I saw would shrug their shoulders and dismiss my situation as a mystery. Keith was as eager to find cure for my suffering as I was. His curiosity, passion, and generosity extended beyond what I expected. My migraines have diminished considerably in frequency and severity because of our work together. It's been life altering. I recommend Keith to anyone suffering with migraines.

JP

Our daughter has been seeing Keith Fernandes for about two years now, for the regular issues that arise with her playing high level soccer. Keith has been consistently able to deal with all of the issues be it her knee, quad, ankle, toe...the list goes on. He has always been super helpful, informative and the consummate professional. We have also had our daughter see Riki Richter and David Lamy for osteopathy and massage therapy. Again, only great things to say about those two as well. Highly recommend Keith and the staff at Synergy.

RD

I started seeing Keith Fernandes for a shoulder injury that I'd had for over a year. I had tried chiropractic care and the benefit of time, but it wasn't healing and my doctor referred me to Synergy. I felt an improvement within a week of the first treatment and continued to improve over the course of several months as I followed Keith's suggested exercises.

Keith's relaxed and positive demeanour put me at ease right away. He focussed on me as a whole person and without any judgement. He never made any assumptions about what he thought I might be feeling,

and received the answers to my questions with openness and curiosity. And in this way he developed an effective treatment plan, which evolved from appointment to appointment, and that was relevant to my day to day and long term goals. Within a short period of time I had regained most of the range of motion that I had lost and was functioning normally. And I also received some other, unexpected benefits, such as improved posture, which impacted my work as a singer.

The calm environment and courteous and organized staff contributed to a feeling of being in good hands. I would definitely recommend Keith and Synergy.

NZ

Keith Fernandes (physiotherapist) is fantastic. Put simply, he is the only healthcare professional who has been able to isolate my many issues and treat them applicably. Due to the very physical nature of my work, I am usually in need of being "fixed".

When I first went to synergy a couple years back, I was suffering from chronic lower back problems and tendonitis in my shoulder. In the initial assessment Keith not only identified the cause of my ailments, he also pointed out a few others which contributed to my pain. The assessment was very thorough and was far more complete than any I have had in the past. The techniques used were different than I've been used to previously, and a lot of focus went into how my body moved. In previous experiences it seems as if the other therapists knew what was wrong with me before seeing me.

Every time I go I feel better. Even though I don't always follow through on the advice I am given, I can always count on Keith to help me. The staff at Synergy are very friendly, and the waiting room comfortable. Many thanks to Synergy and to Keith.

MB

Synergy, Sports Medicine & Rehabilitation clinic is fantastic! I had been experiencing pain and discomfort in my lower back for approximately 5 years before being referred to this clinic. Starting with the extremely helpful and friendly front desk staff, to the knowledgeable and thorough examination by Dr. Raza Awan, to the life-changing physiotherapy provided by Keith Fernandes – the service has been outstanding!

Through individually tailored exercises provided by Keith Fernandes I no longer have any pain in my lower back and have finally been able to get back to normal, and fully active, life! He helped me through a critical flare-up, and has seen me through to a full recovery. This experience has truly enriched my life, both physically and mentally.

I would highly recommend their services, and in particular the Physiotherapist Keith Fernandes to help you have better quality of life!

AY

Dr. Vanlerberghe, Keith Fernandes (PT), and Lauren Dyck (PT) helped me with my metatarsal head pain caused by my training volume (running). The prescribed exercises and considerations for my running form have been spot on. Weeks after my initial appointments and with diligent practice, my foot pain is so much more reduced despite my training volume being maintained. I found the front desk staff to be both courteous and professional. Thank you for the great service.

JJK

I was referred to Synergy Sports Medicine over three years ago. At the time, I was 65 and had chronic lower back pain. It was so bad that I could not jog, and felt like I was wearing a girdle of pain whenever I moved. I was placed in the care of Keith Fernandes for physio work. This move changed my life. Under Keith's tutelage, I was given a series of exercises that removed the pain and gave me back the use of my back and upper legs. Now I only do the exercises if my back is bothering me; and it is nice to be pain free down there.

The saga continued in January 2017. I injured my rotator cuff at the gym. I saw Keith over the next nine months for exercises that would hopefully strengthen my shoulder so that I could avoid surgery. Unfortunately, the damage in the shoulder was too far along, and I had to have surgery in October 2017. Since then, I have been seeing Keith on a regular basis. With the exercises he has given me over the past seven months, I have full range of motion with my arm and am able to do things I was incapable of doing several months ago.

I can do so many things that I could not do before: like pick up my two year old grandson who throws himself at grandpa, and expects a strong response/play.

I always look forward into coming in to Toronto, and visiting with Keith. He is very easy to talk to. The exercises are not too onerous nor are they really time consuming. Keith enters all the info into his laptop; and we both know quite readily where we have been and at what speed we have been progressing. Visiting with Keith is like visiting with an old friend who I have known all of my life.

For the effect he has had on my life, and helping to make me physically a whole person once again, I would give Keith the highest rating possible, a 5 out of 5. Thanks Keith for touching my life so thoroughly!

RC

Keith F. (Physiotherapist) is nothing short of amazing!

I met with Dr. Awan first for a full assessment: sciatic nerve pull on right side and low back disk bulging (after MRI results). Dr. Awan connected me to Keith F. who treated me over the last 3 months (1 time per week). Keith asked all the right questions, he is a great listener, very intuitive and we formulated a precise assessment. He started me on a very clear path to follow to address this issue and it turns out several other related issues! Each week, I religiously followed his series of exercises and purchased the recommended accessories. My progress from terrible pain (using Lyrica and anti-inflammatory) and limited mobility -- to pain free and better mobility than I've had in several years -- was really exponential! No drugs at all after 8 weeks!

Keith gave me very valuable insights as to why several back problems persisted for years. It turns out I walk too fast with an enormous stride; I have general bad posture habits, etc. -- he gave me strategies to address all these things and more!

I am so impressed with Keith's exceptional professional care and friendly rapport -- it's hard to express what being pain free means! In only 3 months, after years of regular issues, I now have coping strategies - go-to exercises, and confidence in self-assessment, I am already living in a very different way (fully present) and with all credit due to Keith F. and his approach and genuine interest in my care.

I am very grateful for everything and would wholeheartedly recommend Synergy, yes; it's fantastic staff, sure; Dr. Awan, without hesitation; Keith F. is the real deal -- amazing. Lucky is the patient that gets to be treated by Keith and rare is this level of care!

PS

Hi Dr. Awan,

I am writing today to tell you how positive my experience at Synergy has been. I saw you for chronic neck pain and headaches and you referred me to Keith Fernandes for physio.

I have seen Keith 4 or 5 times and the difference in how I feel is unbelievable. I have suffered from headaches for years now and I always knew it was attributed to my neck and cervical spine. In the past I have seen several professionals to assist me with this problem, but have never found any kind of longstanding relief.

I can honestly say, in the past few weeks, I have rarely woken up with a headache as was a daily occurrence in the past.

I believe in giving credit where credit is due and I want to thank yourself and Keith for changing my life! Being pain free is amazing!

DE

Just wanted to say thank you for helping me out last Friday. I do not know how I arrived at Synergy, because I couldn't even open my eyes, the pain was severe and the light was very bothersome. However, when I left I was able to drive safely home, and even stopped for a coffee with my mom. Very grateful to have crossed paths with Synergy and especially with you, and to have a recourse for migraines other than drugs (which weren't even helping!).

I am "a flyer" of sorts as I have been mentioning your treatment whenever possible as it has made a difference in the number and frequency of headaches/migraines I've had and all without any side effects!

VK

KEITHHHH!!! You must go see Keith!!! He's a magician! I've been to a number of physiotherapists and he's by the far the best. He addressed majority of my ongoing shoulder and neck pain within one session (hence his magician title). He goes above and beyond (email follow ups! what? seriously who does that these days – Keith does!), teaches you how to remain pain free by doing simple, quick exercises (only a few at a time for us busy folk), and he is always the one to see you (not a different person who knows nothing about your health history or goals). Long story short, Keith is the answer to all of your physical woes (or at least your shoulder, neck and back pain). :)

RR

I was in quite a lot of pain with carpel tunnel symptoms when I arrived, and Keith got to work right away. He asked all the right questions, and it turns out I do not have carpel tunnel syndrome. Keith introduced me to an exercise regime which has given me great ongoing relief. Keith is professional and informed, and I highly recommend him.

JCM

I suffered a serious fracture to my foot last summer and Synergy, being the closest physio to my house, was my obvious first pick. I was coming from 3 months non-weight bearing and had a long recovery ahead. I would wheel myself there on my knee walker and was advised to see Keith Fernandes. I was not disappointed. Keith was very thorough and detailed on how to approach my recovery. The appointments were never rushed, even if it ran a bit over the scheduled appointment. Keith kept a lot of notes regarding my injury to document progress, was very attentive and made himself available daily via email. Sometimes, even on the weekend Keith would

reply to me. To me, that was priceless. I was in a very vulnerable condition and experienced a wide range of pains that would make me think the worst. Being able to contact Keith and get a prompt response made me feel better. Keith provided different exercises throughout my different stages of recovery. And while at this point I am not fully recovered, according to my surgeon I am doing better than what was expected for someone with a Lisfranc fracture. Given, Keith isn't a miracle worker and you will have to put in the work to improve yourself but Keith's approach to push your limits is very positive. 6/5 would recommend.

MSW

I had chronic headaches from a neck injury that were getting so bad they were impacting my job when I went to see Keith Fernandes. I had been to a few different chiropractors and massage therapists but no one could give me any sort of lasting relief.

A friend recommended Keith, and after a few months of seeing him regularly, the frequency of my headaches had dropped off, and by a year after I started seeing him I wasn't getting headaches at all.

I'm so happy i was able to find Synergy and more specifically Keith, I had resigned myself to just living with that pain until I started getting treated by him.

Would thoroughly recommend.

VE

I highly recommend Synergy Sports Medicine and Rehabilitation. I have a herniated disc and am being treated by the wonderful physiotherapist Keith

Fernandes and Dr Awan. I couldn't be more pleased with their care. Keith is patient and professional and has designed an exercise plan which is really helping; I hobbled into Synergy with burning nerve pain two weeks ago, and now I see light at the end of the tunnel! The office staff are also very polite, friendly, and helpful. :)

CC

Synergy is an awesome place! All the staff here are wonderful and truly care about your progress and well-being. Physiotherapist Keith is brilliant at identifying the most acute details that contribute to your movement and then works to customize a plan to get you to recovery. I am just a few weeks in and I am already noticing significant changes in an injury that had just worsened over a period of long months before I decided to get treatment. Beyond Keith's tremendous work, the clinic is really incredibly set up and the administrative team are so welcoming and accommodating. You will not regret choosing Synergy!

CG

I was lucky enough to see Keith Fernandes - Physio Therapist at Synergy. Keith was very in tune with my back issues and he catered the treatment to my fitness level, age (senior) and what activities I had not been able to do. He listened intently and I felt that his treatments were very targeted to my specific concerns as opposed to general recommendations for my condition. He was also very quick to adapt as my condition changed. It was overall a very positive experience.

RD

Keith has treated me over two years for two separate conditions (herniated disc (from the stress of life) and now knee stuff and rehab for a fracture (ski

accident)). He's both academic and intuitive in his practice and treatment, and always effective. For me, his assuredness and confidence was more than half the healing. I value his "motion is lotion" and "let's crank it!" approach – otherwise I'd be lying on the couch nursing everything for weeks. As a human being he excels at being alive: he's quirky and empathic. If you're having a bad day, he picks up on that quickly and finds a way to make things look hopeful. A consummate and inspiring professional!

SM

I found Keith very knowledgeable, understanding and supportive regarding my neck and shoulder pain as well as headaches that I was experiencing during this time. I was pleased with the results that I quickly achieved from the exercises he suggested and that I continue to do daily. As well as his hands on adjustments and acupuncture that relieved the tension in my shoulder. I'm grateful for Keith and Dr. Cruz's help with the worry I had been having regarding the reasons for my pain.

FF

Keith Fernandes is extremely knowledgeable, supportive and demonstrates passion for his work. He is empathetic to the patient's challenges and explains in an easy-to-understand manner how the treatment is expected to help. I have had back problems for many years. Through Keith's patient guidance I can now lead a normal life again. Thank you, Keith!

CU

I had a wonderful experience here. I walked in off the street and described my situation to the front desk staff, who thought the best fit for my needs

would be Keith Fernandes. He is great! Keith listened carefully, checked in with me frequently, and made me feel like my care was important. He is both professional and personable and I enjoyed receiving my treatment from him. I'll absolutely be going back to him for any of my physiotherapy needs in the future!

JS

I had seen so many different people (doctors, RMTs, Chiropractors, osteopaths, etc.) for a lingering issue in my lower back/leg that I felt was getting worse but no one knew how to fix. After ending up at Synergy, they suggested I see their physio Keith Fernandes, and after a couple appointments with no luck, he recommended I try some exercises (that I would have never thought of) that have now almost entirely gotten rid of the pain.

Though we never really figured out exactly what was wrong, Keith was an outstanding professional and showed great patience with me as we worked through it. He's also just a super nice guy too. If you're having back pain or issues related to sacroiliitis, I highly recommend seeing Keith!

JN

I have had the pleasure to work with keith F. Here at synergy. He is a knowledgable physiotherapist who treated my sciatica. I liked how i had constant feed back and was able to communicate freely with him anytime i had any concerns. Extremely knowledge and involved in spinal medicine. Thanks keith!

EP

I had a sudden back injury, so my family doctor recommended physio and I am very happy that I found Keith at Synergy! He is very knowledgeable and was able to quickly deduce the issue. Keith gave very clear exercise instructions that I was able to perform on my own. It only took 3 visits for me to fully recover! I would highly recommend Synergy and Keith.

SM

Instead of going to my family doctor after a ski mishap, I opted to re-visit Keith who helped me 2 years ago to overcome a back issue. In half an hour, he systematically examined my knee and determined that ligaments were not affected - my fear - and that it was a muscular problem. He gave me several strengthening exercises, sent me an email detailing them, and reassured me that I should experience a gradual and complete return to "normal". Once again, thank you Keith!

IS

Keith was great. Solved my chronic shoulder issue that prevented me from lifting heavy (or at all). His recommendations had me back in the gym in no time.

GM

Synergy Wallace Avenue is an attractive facility with a fine reception staff and good communication systems. I'm in my early 70s and have been going for back issues for three years. Natalie Diez D'aux got me started on a healthy back program. Then another back issue developed, and Keith Fernandes continued with excellent exercises and suggestions that have been very effective. Most recently, a false move by me caused a new back

problem which Keith quickly diagnosed (dorsal quadratus) and successfully relieved immediately with one session of massage, dry-needle acupuncture, and cupping -- no problems since then. Synergy's personnel are highly professional and deliver their expertise in a complete and no-nonsense way. I recommend them unreservedly.

LS

Several months ago I developed back pain that became increasingly problematic. My family doctor recommended Synergy and I became a patient of Dr. Keith Fernandes . In the first visit, we talked, he examined me and then recommended several stretching exercises. Within a week, my back was 90% better. Keith and Synergy get an unequivocal recommendation.

AB

Synergy is a visionary place for physical health. They deliver what they promise -- synergy -- by the way the staff all seem to have a bigger vision in mind and it really seems to work. Their efforts are working not just on delivering some individual treatments -- as good as they are -- but in seeing that they work together and deepening the big picture of your needs. Inspiring.

EK

Thanks Synergy! Really grateful to Keith who offered thoughtful, efficient and kind approaches to diagnose and heal my injury. Appreciated that he was able to draw on many tools and techniques to help get me back to pre injury status (which mainly meant wearing heels to work and running 5k from time to time.)

SD

I have been attending Synergy for several months. It has been an extremely positive experience. It is truly a place that focuses on patient centred care and upholds this principle to the highest degree.

Dr.R.Awan is a fantastic physician who is intelligent, patient focused, and delivers excellent medicine in a caring, empathetic, and professional manner. Dr. Awan also has a fantastic team of multi-disciplinary healthcare professionals, one of whom is Mr.Keith Fernandes.

Mr. Keith Fernandes is an excellent Physiotherapist. It is very clear that Keith understands the science, physiology and mechanics for a given problem and has many methods of correcting them. Keith devices his sessions and treatment plan with meticulous attention to the patient's needs and ability. The sessions I have had with Keith are excellent!

Overall, I am extremely happy with the patient focused care I have received from Synergy, including the friendly and professional front desk staff, Mr. Keith Fernandes, and Dr.R. Awan.

SB

I started working with Keith (physio) for headache treatment to manage concussion symptoms. Week to week he has listened intently to my symptoms and performed treatments mindfully based on my progression. He is very focused and patient in making sure I am feeling comfortable during each treatment and exercise. He has helped me to strengthen by offering a routine of exercises to complete at home, that fit into my daily routine. I have felt a great amount of progress in the six weeks I have been working with him and would recommend Keith to anyone who has headache symptoms!

I also started seeing Fred (osteopath) around the same time and it has been an excellent experience. I had struggled with jaw pain and irregular breathing patterns due to stress for a few years. Fred works intuitively and is so good at what he does. He instantly diagnosed where I was feeling tension and fixed my breathing patterns within one session. Fred is very good at working WITH patients to make sure the treatment is being received positively. It has also helped immensely with helping my concussion heal and I continue to see great progress.

Synergy is great! I love every visit here as the front desk is entirely accommodating and friendly. Thanks for what you do!

ER

After having chronic back pain due a reoccurring herniated disc over the course of 5 years, I was recommended to see Dr. Keith Fernandes at Synergy. Keith took a thorough approach to examining my back, posture, neck and movements. He gave me exercises to complete in the office and at home, with email follow-ups and videos. His approach is in-depth and holistic, looking to heal and prevent injuries in future. I had a great experience and enjoyed the Back Class offered at Synergy to continue the work prescribed by Keith. I cannot recommend the clinic enough!

CK

I had my lower back treated by Keith. on two separate occasions 3 years apart i was receiving treatment from other providers with no success. In the most recent case i was in great pain and limited functionality for 3 months receiving up to 12 treatments from other physio and chiro practitioners. IN ONE treatment I was nearing a full recovery. could not recommend higher. Keith is the spine whisperer!

CE

Keith is the best physiotherapist I have ever worked with!

About three years ago, through misuse, neglect, and a drive to try and find a healthier way to live without the slow progressive approach, I injured myself on a first of the season bike ride. On the third lap around the park, I felt as if someone had inserted a knife into my low back. I went home and rested but within a couple of days, the pain got so bad that I did not think I was ever going to be able to walk right again. I started seeing doctors, physiotherapists, and chiropractors by the many with hopes that I could heal the bulged disk that was causing all the trouble. Nothing worked.

Fast forward a year, the pain was still there and now anytime I moved my spine in any direction, it ratcheted forward and to the left awkwardly. The pain was intense and I had a life I was trying to live despite it. On my wedding day, I had to take a few hours to muscle up a stoic approach to putting my pants on while my soon to be wife got her hair done. I suffered a great deal with the fact that I had to stand for longer than a few minutes while I made a vow to death do us part. I couldn't believe my wife took that vow, looking at the sick state I was in. After the wedding I continued to see several physios and chiropractors who tried to help me find my strength back but to no avail.

One night, after a rather painful, and final chiropractic "adjustment," I found myself in the emerge. A nurse, while taking my vitals, asked me if I had tried physio. I laughed and told her how many different practitioners I had seen in the prior year. She followed up with a, "yeah, but have you tried McKenzie physio?" I had no idea what that was, but thank God for cell phones, wifi, and google. The next day, I discovered that Toronto had only 2 practitioners of McKenzie physiotherapy, one wasn't taking new patients, and the other was Keith.

Keith took me in for my initial consultation a day or two later. I told him that my wife was expecting our first child, and all I wanted to be able to do was pick him up out of his crib and hold him in my arms. Keith assured me that that was a reasonable expectation. What came next was just short of magical. Within three visits, Keith had me moving with nearly 90% full range of motion with next to no pain. He gave me thorough movement based assessments every visit and homework movements that would help between weekly meet-ups (I still incorporate many of these movements into my day when I feel a little stuck). He talked to me about my family and shared stories about his. He reassured me that I was in fact seeing improvements although I had such a hard time believing it wasn't an illusionary trick he was playing on me.

Not too long into my time with Keith, my son was born. I was able to pick him up. I was able to hold my little man. Now I can throw him around and wrestle with him. I can run with him. I can do everything a dad would want to do with their boy. Not only that, I have a little girl now too, who is getting in on the wrestling.

Recently, an exploration of kettlebells caused another bulged disk, this time in my neck. Instead of screwing around with any other practitioner, I went straight to Keith. And again, his methods are having the same effect. It won't be long before I can get down on the floor and play "the pushover game" ~ which is asked for on a near hourly basis.

"Your pain is the breaking of the shell that encloses your understanding." My journey through pain taught me a lot, and continues to instruct. If you're in pain, especially spinal injuries, there is no better physiotherapist than Keith Fernandes. He doesn't remove the pain, he instructs you how to go about doing it for yourself. Don't continue to muscle through, just book an appointment with this man! You'll be happy you did.

PD

Keith is by far the best physiotherapist I have ever seen. He was able to isolate and reduce the cause of my chronic back pain. He is extremely knowledgeable and analytical in his diagnosis. Where other physiotherapists piled on a regimen of stretches and exercises with little perceivable benefit, he determined which exercises were truly essential to my unique condition. I recommend him highly.

PS

Keith Fernandes, is a professional and extremely knowledgeable and well informed in his field of work. He was very empathetic to my husbands back pain injury. He is great in educating his patients to use techniques for a quick recovery process.

I would like to recommend SYNERGY SPORTS MEDICINE to anyone who needs therapy.

LM

I have been going to synergy sports for about 2 years now - I had a hamstring tear for which I received a PRP treatment and Physio Keith Fernandes is my Physiotherapist and he is great, not only has he helped me with my hamstring tear but has also treated me for constant headaches, and host of other ailments - the trick is you have to do the exercises that he gives you. I regularly see Keith for a tune up - I highly recommend his services!

NK

I was referred to this space by my massage therapist (who at one point worked for the company). within the short period of time in visiting, I am

more than confident in highly recommending Synergy for any and all rehab needs. Each of the staff members are thoughtful, kind and thorough ... I don't EVER write reviews, but I thought its the least i can do to ensure that the gentleman that I have been working with (Keith) and the entire staff get their just do ...

AC

Great experience with Physio at Synergy. They were able to get to the root of my problem quickly and provide interventions and exercises to support my recovery. I had been dealing with chronic pain for months, and within a few weeks had no more pain! Would highly recommend!

VG

I recently saw Keith Fernandes regarding neck pain which had been exacerbated by lifting buckets of gravel. He was able to diagnose the source of the problem and recommend appropriate exercises which left me feeling significantly better after the first treatment. He followed up with a few more sessions which reinforced his professional skills. I recommend Keith for his expertise but also for his personable manner in his practice.

BM

My boss at work suggested that I go to Synergy after I severely strained my back while golfing. I worked with Keith Fernandes and after just two sessions and continuing to work on the exercises I was given, I am completely pain free with full motion. Better than I've felt in many years. Keith is very friendly and professional--very efficient sessions!

DL

I unreservedly recommend physiotherapist Keith Fernandes! He's my back guy!

I have ruptured discs -- L4-5. Keith employs Robin McKenzie physiotherapy techniques to heal my pain. He also uses acupuncture which helps tremendously.

In Finally, his kindness and compassion are wonderful supports. When I suffer a sudden attack of pain, he fits me into his busy schedule in order to disrupt the pain cycle. Once, he even stayed late so I could see him.

If you want help with your back pain, Keith Fernandes is your guy!

EE

Great physio studio. First discovered this place after my son was born for some postnatal classes. I have gone back this past year for neck problems leading to frequent migraines. I have been working with Keith and have had great progress in correcting my issues. He is very educated and experienced in dealing with migraine related problems. I would recommend the studio and Keith.

RN

I've been seeing Keith at Synergy for some time now for a nagging injury. I can sincerely say that this has been the best (of many) physiotherapy experiences I've had. Keith is extremely attentive and has never dismissed any thoughts I've had about my injury, no matter how poorly articulated. Moreover, he is thorough in his explanations about what he suspects is happening in addition to his recommendations.

KEITH FERNANDES
REGISTERED PHYSIOTHERAPIST

TESTIMONIALS

It's difficult to find a physiotherapist in the city, let alone one you trust. So, with that said, I would highly recommend going to Synergy if you're looking for a great experience.