



Welcome to our Newsletter

Thank you for being a part of the AktivCoast family. Our clinic exists and continues to grow because of your trust and the referrals you share with your friends and family. We are grateful for the opportunity to serve the South Delta community and are committed to providing the best care we can. We look forward to continuing to work with each of you. Below is our newsletter for this month.

What's Happening

We hope you had a wonderful Easter weekend and were able to enjoy some time in the sunshine. Here's what you'll find in this edition of the AktivCoast Newsletter:

(Re)Meet our Team
New Hours of Operation
Updated prices

Blogs: Understanding Low Back and Leg Pain / Partnership with Monument Health Patient Spotlight

Stay tuned for upcoming newsletter editions, where we'll be sharing clinic updates, including renovations, community news, practitioner spotlights, and exciting new partnerships with Bauerfeind and Orthomolecular, bringing you high-quality braces, compression wear, and supplements.



[Book an Online Appointment Here](#)

(Re)Meet Our Team

Our team at AktivCoast healthcare may have changed since the last time you were in. Here's a chance to get to know our practitioners!

Dr Tyler Linn - Chiropractor



Originally from Hope, Tyler loves the outdoors, especially mountain sports, which have motivated many overseas adventures with his wife Sarah. He is passionate about his work as a chiropractor, constantly learning new ways to help patients with techniques like Class IV laser, ART, Graston, NDS, and DNS.

His clinical work is complemented by his background as a strength and conditioning specialist, junior varsity basketball player, and distance runner. He enjoys cooking, live music, and delicious food. He established AktivCoast Healthcare for those in Tsawwassen keen to return to their favorite sports and outdoor adventures moving and feeling their best.

Dr James Gordon - Chiropractor

Having grown up in Prince George he now calls Tsawwassen home with his wife Erin. He enjoys staying active playing golf, pickleball, hockey, and snowboarding, though he still misses pond hockey and ice fishing from northern winters.

Dr. Gordon takes a whole-body approach to care, using adjustments, exercise, soft tissue work, cupping, myofascial treatment, athletic taping among others. He uses these techniques and more to help ease pain and get people back to moving.



Iris Liu - Registered Acupuncturist



Iris has a deep connection to nature, enjoying gardening and caring for her two cats. These experiences have taught her the value of living in balance with the world around her.

Though she studied Pharmaceutical Analysis at university, Yoga opened her eyes to a deeper understanding of health and well-being. After 15 years of practice, she found her professional path in Traditional Chinese Medicine (TCM), using a holistic approach that emphasizes the connection between inner balance and overall health.

Iris is also passionate about traditional Chinese dance, which allows her to explore the mind-body connection in a joyful, graceful way. Her practice focuses on helping people support their health in a balanced, sustainable way.

Currently on Maternity Leave

Miegeun Butcher - Registered Massage Therapist

Miegeun is originally from Tsawwassen and spent several years living in England, where she met her fiancé, George. Outside of work, she enjoys staying active and spending time outdoors hiking, skiing, and camping.

As a Registered Massage Therapist, Miegeun is passionate about supporting her patients through hands-on, individualized care. She incorporates techniques such as trigger point therapy and myofascial release, and values the one-on-one connection with her patients that allows her to see meaningful improvements in their recovery and overall health.

Miegeun has been part of the AktivCoast team for the past few years and is currently on maternity leave as she prepares to welcome her first child, a baby boy, due May 12th.



When are we open?

Expanded hours means we have more time to get you in to see our practitioners!

Mon: 8am - 7pm

Tues: 8am - 7pm

Wed: 10am - 7pm

Thurs: 8am - 7pm

Fri: 10am - 6pm

Sat: 8am - 2pm

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Treatment and Price Updates

As of March we have updated our prices to accommodate rising prices. We also took this opportunity to change our appointments types to make booking the right appointment easier for you.

Chiropractic	New Patient Appointment (50min) - \$150 Subsequent Appointment (may include laser/ 20min) - \$80 Extended Appointment (may include laser/ 30min) - \$110 Express Laser (10min) - \$56
Orthotics	Custom Orthotics - \$485 New Patient with Orthotic Assessment (60min) - \$150 Existing Patient with Orthotic Assessment (30min) - \$110 Orthotics Pick up (10min) - \$28
Acupuncture	New Patient Appointment (60min) - \$140 Extended Subsequent (60min) - \$120 Brief Subsequent (30min) - \$75

[Book an Online Appointment Here](#)

Looking for More? - Check out our Blogs

We will be regularly adding blog articles to our website so please check them out to get some tips on specific conditions, techniques we use, partnerships and much more by clicking [here](#) or check some out below.



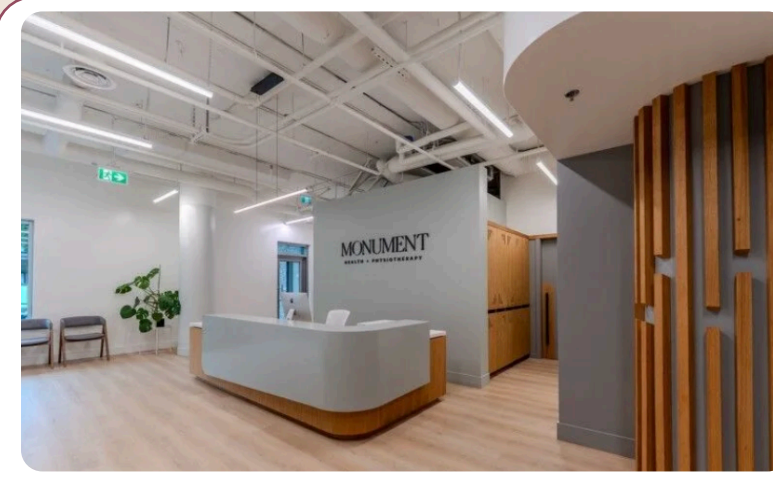
Understanding your Low Back and Leg Pain: It Might be your Nerves

When people experience low back pain or pain down the leg, they're often told the problem is a disc or joint. While that can be true, another important and often overlooked factor is the nerve itself.

Nerves are living structures that need to move and slide as your body moves. If a nerve becomes stuck, sensitive, or compressed, it can cause ongoing pain and tightness.

At AktivCoast Healthcare, we assess nerve movement and use specific techniques to restore nerve health and mobility. Understanding how nerves move and heal is often a key step in recovering from back and leg pain.

[Read More Here →](#)



Raising the Standard of Care in Tsawwassen: Our Partnership with Monument Health & the Role of Shockwave Therapy

While we provide comprehensive chiropractic care, we also recognize that the best results often come from a team approach. That's why we've partnered with Monument Health & Physiotherapy in Tsawwassen.

By working together and communicating directly between clinics, we can provide more seamless referrals and ensure patients receive the right combination of treatments, including therapies like shockwave.

This partnership helps elevate the standard of care in our community and ensures patients have access to the best possible care for recovery and performance.

[Read More Here →](#)

Patient Spotlight: Mark Pinckard Breaks 3 Canadian Running Records

We want to give a huge shoutout to one of our patients who recently accomplished something incredible. At the end of February he broke the Canadian M65 mile record in New York with a time of 5:10.62, beating a 30-year-old record by almost 3 seconds!

About a month later, he went on to break the Canadian M65 records in both the 1500m and the 800m.

At the end of last year, with multiple injuries, we weren't sure these goals would be possible, but his persistence with treatment and training truly paid off. We're proud to work with him and grateful we could support him through the ups and downs along the way.

Congratulations Mark!

