

**DISCIPLINE COMMITTEE OF
THE COLLEGE OF PHYSIOTHERAPISTS OF ONTARIO**

B E T W E E N :

COLLEGE OF PHYSIOTHERAPISTS OF ONTARIO

- and -

LEIGH MARY DE GROOT, Registration Number 15456

NOTICE OF HEARING

The Inquiries, Complaints and Reports Committee of the College of Physiotherapists of Ontario has referred specified allegations against Leigh Mary de Groot to the Discipline Committee of the College. The allegations were referred in accordance with paragraph 26(1)1 of the *Health Professions Procedural Code*. The statement of allegations is attached to this notice of hearing. A discipline panel will hold a hearing under the authority of sections 38 to 56 of the *Health Professions Procedural Code*, as amended, for the purposes of deciding whether the allegations are true. A **pre-hearing conference** may be held at a date and time to be fixed by the Registrar. A discipline panel will subsequently convene for the purposes of conducting the **hearing**.

IF YOU DO NOT ATTEND AT THE HEARING IN ACCORDANCE WITH THE PRECEDING PARAGRAPH, THE DISCIPLINE PANEL MAY PROCEED IN YOUR ABSENCE AND YOU WILL NOT BE ENTITLED TO ANY FURTHER NOTICE IN THE PROCEEDINGS.

If the discipline panel finds that you have engaged in professional misconduct, it may make one or more of the following orders:

1. Direct the Registrar to revoke the member's certificate of registration.
2. Direct the Registrar to suspend the member's certificate of registration for a specified period of time.
3. Direct the Registrar to impose specified terms, conditions and limitations on the member's certificate of registration for a specified or indefinite period of time.
4. Require the member to appear before the panel to be reprimanded.
5. Require the member to pay a fine of not more than \$35,000 to the Minister of Finance.

The discipline panel may, in an appropriate case, make an order requiring you to pay all or part of the College's costs and expenses pursuant to section 53.1 of the *Health Professions Procedural Code*.

You are entitled to disclosure of the evidence against you in accordance with section 42(1) of the *Health Professions Procedural Code*, as amended. You, or your representative, may contact the solicitor for the College, Joanna Birenbaum, in this matter at:

Ursel Phillips Fellows Hopkinson LLP
555 Richmond St. West, Suite 1200
Toronto, ON M5V 3B1

Telephone: (416) 968-3333
Facsimile: (416) 968-0325
Email: jbirenbaum@upfhlaw.ca

You must also make disclosure in accordance with section 42.1 of the *Health Professions Procedural Code*, which states as follows:

Evidence of an expert led by a person other than the College is not admissible unless the person gives the College, at least ten days before the hearing, the identity of the expert and a copy of the expert's written report or, if there is no written report, a written summary of the evidence.

Date: October 2, 2025



Craig Roxborough, PhD
Registrar and CEO
College of Physiotherapists of Ontario

TO: Rebecca Young
Damien Frost LLP

Counsel for Leigh de Groot

Statement of Allegations

1. At all material times Leigh Mary de Groot (the “Registrant”) was a registrant of the College of Physiotherapists of Ontario holding an Independent Practice certificate of registration. At all material times, the Registrant practiced as a physiotherapist at her own clinic, Leigh deGroot Physiotherapy & Wellness (the “Clinic”) in the Niagara-on-the-Lake area, and at Lost ‘n Found Yoga, in the St. Catharines area.
2. In the period January 1, 2020 to October 31, 2023, the Registrant engaged in professional misconduct within the meaning of the following paragraphs of section 1 of the *Professional Misconduct Regulation*, O. Reg. 388/08:
 - a. paragraph 1 (failing to maintain the standards of practice of the profession);
 - b. paragraph 18 (engaging in conduct or performing an act relevant to the practice of the profession that, having regard to all the circumstances, would reasonably be regarded by members as disgraceful, dishonourable or unprofessional);
 - c. paragraph 21 (representing qualifications in a manner that is false, misleading or deceptive);
 - d. paragraph 28 (signing or issuing a document containing a statement that the member knows or ought to know is false or misleading);
 - e. paragraph 32 (submitting an account or charge for services that the member knows or ought to know is false or misleading); and
 - f. paragraph 41 (failing to supervise in accordance with the standards of practice of the profession).

PARTICULARS OF THE ALLEGATIONS

1. At all material times Leigh Mary de Groot (the “Registrant”) was a registrant of the College of Physiotherapists of Ontario holding an Independent Practice certificate of registration. At all material times, the Registrant practiced as a physiotherapist at her own clinic, Leigh deGroot Physiotherapy & Wellness (the “Clinic”) in the Niagara-on-the-Lake area, and at Lost ‘n Found Yoga, in the St. Catharines area. The Registrant’s practice and treatment plans included referring the Registrant’s patients for pilates, aquafit and personal training sessions, at practice locations outside of the Clinic.
2. In the period of January 1, 2020 and October 31, 2023, the Registrant issued invoices for physiotherapy assessments and/or treatments to patients of the Registrant, under the Registrant’s name and College registration number, for aquafit, personal training, and/or pilates classes or services, when these services did not constitute or qualify as physiotherapy or supervised physiotherapy.
3. Further, the Registrant delegated, or purported to delegate, physiotherapy care to persons providing pilates-reformer classes, when the Registrant did not have the knowledge, skill, expertise or training in pilates to delegate pilates exercises as supervised physiotherapy.
4. Based on a chart review of patients of the Registrant, the Registrant’s assessments, diagnoses, treatment plans, reassessments and record-keeping, failed to maintain the standards of practice of the profession.
5. In addition, the Registrant failed to maintain the standards of practice of the profession in accordance with the College’s *Working with Physiotherapist Assistants* Standard.
6. During the material times, the Registrant practiced outside of the scope of physiotherapy, including by recommending and/or selling essential oils and/or aromatherapy bracelet(s) to Patient A and/or other patients, recommending

essential oils and naturopathic drugs to one or more patients, advertising and promoting beauty products to one or more patients, and by providing a “symphony of cells” or “symphonic cells” treatment to one or more patients for pain relief, or purported pain relief.

7. In respect of Patient A, the Registrant failed to maintain the standards of practice of the profession in respect of professionalism, ethics, and boundaries, by forming a friendship with Patient A and failing to transfer care of Patient A to another physiotherapist.
8. The Registrant referred to herself as a “Doctor of Physiotherapy” or as having a “Doctorate in Physical Therapy” on public documents, and used the designation DPT in documents, despite the fact that the Registrant had been warned by the College in June of 2019, not to use the term “Dr.” or “Doctor.”
9. In respect of Patient A, who was receiving treatment for lung cancer, and then for recovery from a lobectomy, the Registrant failed to maintain the standards of practice of the profession in clinical care, assessment, treatment plans, reassessment and supervision of physiotherapist assistants in the care of this patient, including by failing to prescribe cardio-specific exercises, failing to include lung capacity testing and reassessments in the plan of care, and by the extent to which the treatment was general exercise (pilates and aquafit) delivered and invoiced as supervised physiotherapy.

APPENDIX

1. Take notice that the documents that have been and will later be disclosed to you will be tendered as business documents pursuant to the *Evidence Act* of Ontario.
2. All documents that are disclosed to you in this matter are disclosed on the basis that they are to be used solely for the purpose of this proceeding and for no other purpose.