Lauren Sephton BScKin, MScPT

Education

Master of Science in Physical Therapy 2015

University of Alberta, Edmonton, Alberta

Bachelor of Science in Kinesiology with distinction 2012

University of Alberta, Edmonton, Alberta

Continuing Education

successful completion of the intermediate practical exam 2019

* Covers levels 1 to 3 of the diploma of advanced manual and manipulative physiotherapy curriculum
* 90 hours of clinical mentorship completed prior to the exam

advanced manual and manipulative physiotherapy courses

* Curriculum of the Orthopaedic Division of the Canadian Physiotherapy Association’s Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy

Level 3 lower quadrant 2017

Level 3 upper quadrant 2017

Level 2 lower quadrant 2016

Level 2 upper quadrant 2016

Level 1 2015

kinetacore functionAL dry needling, level 1 2017

Soft tissue release by Jim Bilotta 2016

Clinical Physical Therapy Experience

CBI Health centre sardis, Chilliwack BC 2016-2019

* Assessment and treatment of a full time caseload of private, ICBC, WSBC clients of all ages and abilities
* Communicating and coordinating patient care with kinesiologists, occupational therapists, employers, case managers, physicians and surgeons

Chilliwack sports medicine clinic, Chilliwack BC 2014-2016

* Assessment and treatment of a full time caseload of private, ICBC, WSBC clients of all ages and abilities
* Communicating and coordinating patient care with kinesiologists, occupational therapists, employers, case managers, physicians and surgeons

chilliwack general hospital, chilliwack BC 2015-2016

* Casual physical therapist for Fraser Health
* Provide assessment and treatment of various medical conditions, develop and implement individualized treatment plans, actively participate in discharge planning and work effectively within an interdisciplinary team

Langley sports medicine clinic, Langley BC 2014-2015

* Assessment and treatment of a part time caseload of private, ICBC, WSBC clients of all ages and abilities
* Communicating and coordinating patient care with kinesiologists, occupational therapists, employers, case managers, physicians and surgeons

Professional Affiliations

College of Physiotherapists of BC (CPTBC) 2015-present Canadian Physiotherapy Association (CPA) 2015-present

Physiotherapy Association BC (PABC) 2015-present

Relevant University of Alberta MScPT Clinical Placements

Outpatient amputees, glenrose hospital, edmonton AB 2014

* + Assessment and treatment of persons with amputations

Lifemark physiotherapy sun park plaza, calgary AB 2014

* + Assessment and treatment of private, ICBC, WCB clients of all ages and abilities

community accessible rehab, calgary ab 2014

* + Frail eldery/neurology program

Bowden physical therapy and gym, bowden AB 2014

* + Assessment and treatment of private, ICBC, WCB clients of all ages and abilities

transition unit, Foothills medical centre, calgary ab 2013

* + Responsible for assessment and treatment of inpatients in preparation for discharge
	+ Discharge planning, liaising with community rehabilitation services and supports, participation in family meetings

Multi unit float. rockyview general hospital, calgary ab 2012

Other Relevant Experience

group fitness instructor - spin 2017-2019

* Club XO/The Spinroom Chilliwack, BC

kinesiologist - PT Health Castelridge, Calgary AB 2012

* Management of a full time caseload working with a physiotherapist providing hands on treatment, modalities, education and exercise prescription/progressions

CSEP Certified personal trainer (Csep-cpt) 2011-2012

* Acquired through post-secondary education
* Help individuals meet their goals by developing a client-tailored physical activity, fitness and lifestyle plan.

free2bme TEEN NIGHT program 2009-2011

* Steadward Centre, Edmonton, AB
* Provided physical activity and fitness opportunities to children and youth who experiencing physical, sensory and/or developmental impairments.