



Highlights of Qualifications

- ✦ Licensed Physiotherapist, Sport Physiotherapy Certificate, Registered for IMS/Dry Needling, Concussion & Vestibular Physiotherapist, First Responder
- ✦ Over 15 years of teaching, coaching and healthcare experience
- ✦ Passionate about Physiotherapy, sport, and community engagement
- ✦ Committed to athlete safety and growth of community sport through establishing positive relationships with clients, physicians & community groups
- ✦ Commended by colleagues and peers for exceptional interpersonal skills, initiative, commitment to continuing education, and providing the highest quality of care

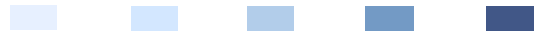
Education

Sport Physiotherapy Certificate Sport Physiotherapy Canada Division of Canadian Physiotherapy Association	2021
Canine Rehabilitation Diploma Animal Rehab Division of Canadian Physiotherapy Association	2020
Master of Physical Therapy University of British Columbia, Vancouver, BC	2017
Bachelor of Kinesiology University of Calgary, Calgary, AB	2013

- Mulligan Concept Upper & Lower Quadrant
- SPC First Responder, HCP CPR & AED
- Sport Med BC Athletic Taping
- Kinetacore Functional Dry Needling level 1
- NCCP Coaching level 1 & Olympic Lifting
- Annual CPA, PABC, & BC Sports Med Conferences
- CAMPT Orthopedic Division level 1
- R2P, Shannon McGuire & CATT Concussion Management certification & training
- Bernard Tonks Vestibular Rehabilitation
- CORE AIM: Building a Foundation for RTP
- 3rd World Congress of Sports Physical Therapy & Concussion Symposium

Physiotherapy Experience

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| Fraser Valley Sport Physiotherapy Contracting | 2018-present |
| <ul style="list-style-type: none">- Provide Sport Physiotherapy and First Responder services across a variety of sporting and event settings including: Arena Lacrosse League West, Xtreme Lacrosse League, National Women's Field Hockey, Yale Hockey Academy, Burnaby Winter Club, BC Rugby Union, Meraloma's Rugby, Canadian Junior Football League, Kits Fest, National and Local Dance companies, and many community programs and events- Provide in-services, interactive lectures, and hands-on training sessions with community programs, schools and through Fraser Valley Sport Physiotherapy's 'Train the Trainer' and other courses | |
| <i>Valley Huskers Football Head Trainer + Medical Director</i> | <i>Fraser Valley, BC</i> |
| <ul style="list-style-type: none">- Perform baseline testing, provide pre- and post-game, field side and emergent on-field assessments and treatment, as well as implementing rehab plans and monitoring athlete progress- Manage a team of trainers, first aiders, and a physician; order and maintain supplies and equipment | |
| <i>Valley Race Productions Sports Physiotherapist + Medical Director</i> | <i>Fraser Valley, BC</i> |
| <ul style="list-style-type: none">- Recruit and manage a medical team including Search & Rescue, Canadian Ski Patrol, Physiotherapists, Athletic Therapists, Chiropractors, and Massage Therapists for mountain bike and trail races across the Fraser Valley- Create and coordinate emergency action plans and response efforts for athlete injuries and emergencies during race events | |
| <i>Head Check Health</i> | <i>Fraser Valley, BC</i> |
| <ul style="list-style-type: none">- Perform baseline SCAT5 testing on a variety of athletes of differing sporting backgrounds and ages | |



Fusion Physio Chilliwack
CBI Health Centre Sardis

2020-present
2017-2020

- Successfully manage a full-time caseload of private, ICBC, WSBC and athletic clients of all ages
- Facilitate experiential learning with high school and Kinesiology students
- Independently manage a full caseload biweekly at Fraser Valley Women's Institution, including triaging referrals, scheduling, and fast paced assessment and treatment sessions
- Ran a busy WCB OR1 program, improving patient success and satisfaction stats over a 5-month period

Pawstherapy Canine Physio & Rehab

2017-present

- Founder, owner and canine rehab therapist, providing physio services and treatments to canine clients through liaising with Veterinarians, owners and their 4-legged best friends

UBC Masters of Physiotherapy Relevant Placement Experience

2016

Prince George Child Development Centre

- Collaborated with patient families and the team to assess and treat infants' to school age childrens' development and movement quality, through parent education and therapeutic play

BC Children's Hospital IP Oncology and OP Torticollis & Plagiocephaly Clinic

- Consulted with physicians and the allied health team, assessing infant and pediatric development providing PT interventions for these complex pediatric patient populations

Royal Jubilee Hospital Chronic Pain OP Clinic

- Lead group movement and hydrotherapy classes, nervous system and persistent pain lectures, and performed one-to-one assessment and treatment sessions

Other Relevant Experience

Group Fitness Instructor & Personal Trainer

2011-2016

University of Calgary Faculty of Kinesiology Active Living, University of Calgary Rehabilitation & Fitness Program for Persons with Disabilities & University of Calgary Trym Gym Program

- Facilitated University Practicum Student and new instructor training and education
- Managed multiple client and facility schedules, provided education sessions, performed assessments and coached exercise sessions and classes

Strength & Conditioning Coach

2011-2016

University of Calgary Dino's Football and Canadian Sport Centre Asst S&C Coach; Independent Contractor

- Trained football and combative athletes, military personnel, and fire fighters, applying extensive anatomical and exercise physiology knowledge to prescribe periodized, evidence-based programming

Rehabilitation Assistant

2013-2015

South Health Campus, Alberta Children's Hospital & High River Hospital

- Conducted treatment sessions under supervising therapists, including: therapeutic exercise, gait training, hydrotherapy, desensitization, respiratory exercises, ADLs, and standardized testing

Dance Teacher

2005-2009

Capella Dance Academy, Agassiz Fitness / Activity Centre, BC Ministry of Children & Family Development, Chilliwack School District Second Day Program & Akimbo Dance Studios

- Choreographed and taught classes for children and adults of varying demographics and class sizes
- Co-developed an engagement program focused on physical activity, creative expression, commitment and positive behaviour through a dance program for at risk youth

Volunteer

2012-2015

Children's Adapted Physical Activity Program

- Engaged children with disabilities in hydrotherapy and dry land play where primary goals were fun, activity and interaction; while developing weaknesses and building strengths and confidence