



Delaney Brett

Practicing Kinesiologist, B.Kin

Experience

2019 - Present

Rebalance Rehab, Chilliwack B.C.

Practicing Kinesiologist

Clinical Services Lead

Team lead of Kinesiologists providing clinical services and working in the community. This position involved the mentorship of new Kinesiologists, management of caseloads, follow up with service providers, and troubleshooting any issues that may arise. In addition, overseeing the launch of new services, scheduling, and vacation coverage.

Long-Term Care Program Lead

Successful launching and overseeing of the effectiveness of a long term care exercise program where residents are provided independent exercise programs to promote mobility, strength, independence, decrease the risk of falls, and improve quality of life. This position requires overseeing the program in 6 long-term care facilities, the collection of 8 data measures on a quarterly basis and analysis on the progress of each resident individually and the group as a whole to anticipate or solve any gaps in treatment or function as they arise. In addition, participation in resident safety meetings with directors of care and nursing to assist in mitigating risks and providing safe environments

Pilates

Trained in rehab-focused reformer and mat pilates working with a range of individuals and injuries. This includes the assessment, program planning and progressions of exercises based on the needs of the client and their specific goals. Clienta include those that have suffered from brain injuries, stroke, post-surgical, motor-vehicle accidents and long term disabilities. Furthermore, teaching group classes of 5 individuals with pre-planned class programs while paying attention to detail of each individual person and their needs so adjustments can be provided to ensure they are getting the most out of their exercises.

Neurocatch Provider

Trained by Surrey Neuroplasticity Clinic and Healthtech Connex to administer Neurocatch Scans and debrief clientele on the objective cognitive function of their brain based on their test results. Neurocatch Scans have been performed on high-performance athletes as well as individuals that suffer from post-concussion syndrome.

Concussion Rehab Provider

Successful completion of Concussion Rehab Works Part 1 & 2. Trained to provide post-concussion rehab care and exercises to assist in a person's return to activity. With the use of appropriate scaled techniques and exercises, individuals have been shown to recover faster and with fewer long-term symptoms.

2022-2023 Season/ 2023-2024 Season

Chilliwack Jets, Junior A/B

Lead Trainer

Player Injury Management including scheduling appointments, providing exercises and treatments, regular follow-ups with individual players, and communication with healthcare providers, coaching staff, and the player's guardians.

Game Day Prep: ensure medical supplies are in stock, specific items are prepped for each player, aware of ongoing injuries, and scheduling players for treatment, taping, and any other related items. Keeping players on task to ensure proper pregame warm-up is completed and they are ready and on time for on-ice warm-up and game time. Having equipment items and medical supplies as needed on the bench.

Gameday on the bench: maintaining attention and awareness of what is occurring on the ice and the bench. Check in with players as needed throughout the game and provide care and supplies as needed. Provide on-ice care when injuries, be aware of EAP in each facility and location of items like AED, and provide onsite injury assessments to determine the best route of care. Between periods ensure players and coaches are on time and ready for the start of each period as well as communicate player needs or changes to injury status with the coaching staff.

Contact

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Email

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Address

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Education

2019

Bachelor of Kinesiology

University Of the Fraser Valley

2022

Concussion Rehab Works

Concussion Rehab Course

Additional Training

- Concussion Rehab Provider
- Pilates Instructor
- First Aid Level C with AED
- HeadCheck Certified
- Completion of all Hockey Canada Trainer Courses

References available upon request