

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 elderly/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.