



EDUCATION

- 2019 **Canadian Certified Vocational Evaluator (CCVE), examination process pending**
- 2017 **College of Vocational Rehabilitation Professionals (CVRP) Certification/Professional designation.**
- 2015 **Certificate in Health, Safety and Environmental Processes**
University of Fredericton
- 2010 - 2011 **Safety, Health and Environmental Management (SHEM) Professional Diploma, University of Fredericton (Don Sayers Program)**
- 2009-2010 **Health, Safety and Environmental Processes (CHSEP) Certificate & Advanced Certificate, University of Fredericton (Don Sayers Program)**
- 2007 - 2008 **Canadian Certified Life Care Planner (CCLCP) Certificate Program, Carleton University (Spratt School of Business)**
- 2000 - 2004 **Master's of Science (MSc), University of Toronto**
Graduate Department of Rehabilitation Science
- 1994 - 1996 **Honours Bachelor of Health Science (BHScPT), McMaster University**
Summa Cum Laude, Department of Physiotherapy
- 1993 - 1994 **Bachelor of Education (B.Ed), Nipissing University**
Physical Education/Science, Junior & Intermediate Division Grades 4 - 10
- May 1994 **Certificate in Education, Nipissing University**
Physical Education Teachable, Senior Qualifications, Grades 10 - 13
- 1986 - 1991 **Bachelor of Physical & Health Education (BA-BPHE), Queen's University**
Bachelor of Arts,
Bachelor of Physical & Health Education
Major-BPHE, Minor-Psychology & Health-Dual Degree

EMPLOYMENT

Abilities Rehabilitation

2020-Present

Physiotherapy and Life Care Plan (CCLCP) Consultant

- Medical legal report writing (FCC)/Expert witness
- Orthopaedic/ABI clinical practice in multi-disciplinary approach (25 years).
- Clinical experience includes: In-clinic/community-based care-(Paediatric-Geriatric), manual therapy, acupuncture, exercise prescription, lunch/learns.
- Various ABI, complex orthopaedic, neurological, MVA, post-surgical, slip/ fall Injuries, sports injuries, medical malpractice.
- Vocational Evaluations.
- Professional Public Speaker-keynote speaker, motivational speaker, lunch & learns.

Other Physiotherapy Consulting Roles

OPT Health (sole proprietor)	2004-Present
Bayshore Healthcare-Physiotherapy Consultant	2018-2021
Active Therapy Granite Club, Toronto – Physiotherapist	2002 to 2012
Women’s College Hospital (1 year)	
Huronia Physiotherapy and Sports Injury Clinic (1.5 years),	
The Centre for Health (6 years), Sports Medicine Specialists (2.5 years),	
CBI Health (Richmond Hill-2012-2013).	
Geriatric Specialization (2012-13)-MacKenzie Health Hospital-multidisciplinary team setting (nurse, geriatrician, OT, Social worker)-Consultative role with seniors/families to assess function, independence, identify risks, address safety concerns and recommend community supports and medical intervention as necessary. Advocacy role to enable seniors to remain safely in their homes.	

ACADEMIC AWARDS and ADDITIONAL QUALIFICATIONS

2022	CCLCP Licence #0095 renewal-March 31, 2022-80 CEU’s.
2021	PADI EFR Instructor Trainer (EFRIT designation).
2021	Chartered Professional Coach Designation for Sport Coaches in Canada (ChPC designation)
2021	Canoe Kayak Canada (CKC) Officiating Level 1 and 2 Certification.
2021	NCCP-Competition Development Course Certification: 1). Conflict Management (April/2021). 2). Managing a Sport program (April/2021). 3). Psychology of Performance (May/ 2021), 4). Developing Athletic Abilities (May/2021), 5). Leading a Drugfree Sport (May/2021). 6). Coaching & Leading Effectively (June/2021). 7). Performance Planning (June/2021) 8). Prevention & Recovery (May/2021). 9). Advanced Practice Planning (July/2021).
2021	NCCP-Introduction to Competition Certification: 6 courses completed
2021	Online AAACEU-97 CEU’s completion
2020	NCCP-Coaching Certification-Sports Specific Canoe Kayak-Sprint (ELCC)
2019	Member of Expertscourt (www.expertscourt.com)
2019	Medical Diagnostic Imaging (Advanced Physiotherapy Practice)-in progress

2018	ABI conference Back to School, PIA webinars,
2017	Enrolled in the Doctorate Program in Orthopaedic Physiotherapy (dPT)
2017	Life Care Planning Course-Jodi Fischer
2016	Certified Vocational Rehabilitation Specialist (CVRP)
2016-17	PADI Master Scuba Diver Trainer (MSDT), Specialty & EFR Instructor
2015	PADI Dive Master
2015	Acupuncture (AFCI-AA1 and AA2), Over 100 hours of training
2014	Soft tissue Release
2014	Advanced Metrix FCE Certification
2013	NDT Course on the basic principles & theoretical foundations of the NDT approach
2012	Certified Life Care Planning Workshop, Montreal, PQ
2011	Fit for Golf - Level 1 and Level 3 (David Lindsey)
2013	Recertification CPR and Emergency First Response (EFR)
2011	PADI Master Scuba Diver
2010	Scholarship with the University of Fredericton (SHEM program)
2008	Metrix Functional Capacity Evaluation Certificate (Arcon)
2001	Restracomp Scholarship Award- The Hospital for Sick Children
2000	Student Scholarship Award- Bloorview Children's Hospital Foundation
2000	Rising Star Award-most promising MSc Candidate
2001	Level 1 Acupuncture (AFCI)
2000	Current Practices in paediatric orthopaedics - Keeping Kids Moving (HSC)
1998	Sahrmann Level 1 and Level 2 Certification
1998 - 2000	Manual Therapy E1/V1, E2/E3 Upper/Lower Extremity, V2/V3, Cervico-thoracic, Lumbosacral/TMJ

TEACHING, RESEARCH & PROFESSIONAL AFFILIATIONS

2012-present	Canadian Certified Lifecare Planner (CCLCP)
2018-present	College of Vocational Rehabilitation Professionals (CVRP)
2015	Member of the AFCI-Acupuncture Foundation of Canada
1996-present	CPA and College of Physiotherapists of Ontario (25 years in 2021)
1996 -2011	Clinical coordinator & tutor for Physical Therapy Student practicum
2004	University of Toronto - Course Lecture (OCT1252)
2001	Research Assistant - Healthcare Utilization Project-Bloorview MacMillan Centre & HSC
1998 - 2000	Examiner for Physiotherapy National Examinations (PNE)

PUBLICATIONS & PUBLIC SERVICE ACTIVITIES

2021	Master's K-1 4 th place finish at Nationals
2021-present	High-Performance Representative-Eastern Ontario Division of Canoe Kayak Ontario
2019-present	Volunteer Board Member of the North Bay Canoe Club
2016- present	MSDT Scuba Instructor with Scuba 2000 & Scarborough Underwater Club Inc (SUCI)
2018	Coordinator of North Bay Canoe Club (NBCC) 50-year reunion.
2013-2017	Volunteer Board Member of SUCI
2010	Olympic Representative at the Vancouver 2010 Winter Olympics
2004	Vivetics DVD – co-authored/produced for patients with chronic pain

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- 1998 - 2001 Member of the Toronto 2008 Olympic Committee
1990 - 2015 Public motivational speaker-encouraging people to achieve excellence in sport/life.

OTHER ACHIEVEMENTS

- 2021 PADI-EFRIT-Instructor Trainer Program/PADI IDC Staff Instructor
2018-20 PADI Elite Instructor Award, 50 certifications/year (251 certifications total as of 2020).
2019 PADI Master Scuba Diver Trainer (MSDT) (Professional Association of Dive Instructors)
2017-present Leader of scuba diving trips and training with Scuba 2000.
2015-2021 Enbridge Ride to Conquer Cancer (5 years), achieving “gold helmet”.
2015 Cycled the Alps from Geneva to Nice in 7 days.
2014 Cycled the Pyrenees from the Atlantic to the Mediterranean in 7 days.
2014-16 Participated in the Ride to Conquer Cancer 3 years consecutively
2013 Competed in the Grand Fondo-placing 7 in age group and 24 in all age group for women
2012 Triathlete-completed in the North Bay triathlon-winning age group
1994 Varsity Nordic Team Champions, Nipissing University
1990 North Bay beach named for Olmsted family achievements
1989 Varsity Nordic Team Champions, Queen’s University
1988 Olympic Athlete in Seoul Olympic Games - Canoeing
1987 Bronze Medalist at the World University Games, Zagreb, Yugoslavia
1985-86 Varsity Nordic Team Champions, Queen’s University
1984 Olympic Athlete in Los Angeles Olympic Games - Canoeing
1983 First female athlete in Canada to win 6 gold medals at the Nationals
1983 OFSAA individual Nordic Champion (High School)
1983 Northern Ontario Athlete of the Year & Inducted into the North Bay Sports Hall of Fame
1983 - 1992 Member of the National Canoe Team
1980 - 1992 Won over 55 National Championship medals in canoeing
Achieved Grade 10 piano, Grade III History/Harmony- RCM

References available upon request