Focus of practice

My practice includes treatment following motor vehicle incidents, workplace injuries, sports injuries and surgical procedures, as well as general musculoskeletal issues.

Highlight of experience

- Sole practitioner in private practice since 2004, currently associated with Quality Care Physiotherapy
- Staff associate with Kiné-Concept Institute of Massage, 2004-2008
- Therapist with the following events

2010 Canadian Seniors' Curling Championship (on-site therapist)

2008 Arctic Winter Games (polyclinic)

2003-2008 Boston Marathon (pre-event and post-event medical services)

2005 Canada Summer Games (polyclinic)

2005 Cerebral Palsy World Games (soccer venue)

2004 Paralympics Games in Athens (track and field venue)

Post-graduate training

- Manual Lymph Drainage and Combined Decongestive Therapy, Dr Vodder School International
- Active Release Technique™ of the upper and lower limbs, and long nerve entrapment
- Kinesio Taping

Languages

Fluent in English and French, both written and spoken

Previous studies of ASL

Formal education

Diploma, Massage Therapy, Kiné-Concept Institute of Massage

2004

BA, Psychology, Carleton University

2002

1987

BSc, Honours Computer Science, Magna Cum Laude, University of Ottawa

Soft skills

Listening to understand, making presentations, training, self management, multitasking, problem solving, adaptability and interpersonal communication

Memberships

Registered Massage Therapist Association of Ontario (www.rmtao.com)

College of Massage Therapists of Ontario (www.cmto.com)

Interests

Volunteer for Special Olympics 6 years Coach Special Olympics curling for 5 years