

Kubet Weston

1102 The Parkway, London ON N6A 2X3
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PROFILE

A skilled and enthusiastic physiotherapist experienced at working with a wide range of clients in the private practice and sports medicine settings. Key areas of expertise and interest include:

- Orthopedics
 - Sports Injuries
 - Spinal Dysfunction
 - Clinical Pilates
 - Multidisciplinary Teamwork
 - Communication & Leadership
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PROFESSIONAL EXPERIENCE

Skye Physiotherapy & Pilates Inc.

March 2009 – Present London, Ontario Canada

- Physiotherapist and Owner of a Private Practice operating within The Core Family Health Centre
- Clinical Pilates program for spinal and peripheral stabilization, and exercise rehabilitation.
- Treating a client base of orthopedic, complex spinal, and post-surgical clients.
- Developed and built relationships with physicians, surgeons, and sponsors.
- Manage a clinical staff including full-time administrator, and Physiotherapists, OT
- Utilize an electronic medical records system fully integrated into the multidisciplinary practice

Rowing Canada Aviron

September 2006 – Present London, Ontario Canada

- Physiotherapist, member of Integrated Support Team (IST) of the Canadian Olympic Rowing Team
- Provide Clinical Pilates core stabilization program to Olympic level athletes at the National Training Centre on a biweekly basis year round
- Provide Physiotherapy coverage domestically and internationally during training and competition
- Member of IST including Exercise Physiology, Strength and Conditioning, Nutrition, Biomechanics, Psychology involved in the development and management of medical services to athletes
- Work with coaches and staff of the NSO (National Sports Organization)
- Conduct screening assessments and develop team and individual programs based on the “pre-hab” model of injury prevention; since initiating this program injury rates have significantly decreased

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CBI Physiotherapy & Rehabilitation

01/2007-March 2009 London, Ontario Canada

- Senior Clinician driving the London Central team to provide excellent care and lead the London group
- Introduction of Clinical Pilates program for spinal and peripheral stabilization, and exercise rehabilitation. Responsible for program development, service delivery and marketing.
- Treated a client base of orthopedic and post-surgical clients through private, MVA, WSIB.
- Conducted Independent Examinations (IE) and Functional Abilities Evaluations (FAE) for clients injured in motor vehicle collisions.
- Provided leadership within clinical team of PT, OT, Kinesiologists, students, and volunteers.

Brighton Spinal & Sports Medicine Clinic

05/2001-09/2005 Brighton, Melbourne Australia

- Physiotherapist at one of the top 5 APA accredited private practices in Melbourne.
- Treated a wide range of clients with musculoskeletal and sports injuries in a large multidisciplinary clinic.
- Provided exercise based rehabilitation and Clinical Pilates in an onsite gym.

McKinnon Sports Medicine Clinic

09/2001-09/2005 McKinnon, Melbourne Australia

- Permanent part-time physiotherapist at a large multidisciplinary private practice.
- Treated primarily spinal, sport injury and post-surgical clients.
- Manual therapy and exercise prescription.

EDUCATION

Honors Bachelor of Science Physiotherapy

1997 University of Toronto Canada

Awarded the Charles Reeve Memorial Bursary, the University of Toronto Minor Athletic Letter, the John Clarence Inman Memorial Bursary, and the Rowena Clark Lung Association Award.

CERTIFICATIONS

2010 CPR, Sports First Responder
2009 Level II Manual Therapy Certified, Orthopedic Division CPA
2007-2011 Rowing Canada IST Team
2008 Rehab Pilates Certification Mat and Reformer, Stott Pilates
1998 Sports Physiotherapy Certificate Level I

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REGISTRATION AND ASSOCIATIONS

Canada

1997- Present College of Physiotherapists of Ontario, Independent Certificate Number 10004

1997- Present Canadian Physiotherapy Association; Sports, Orthopedic and Private Practice Divisions

Australia

2001- 2006 Physiotherapists Registration Board of Victoria, Registration Number 8731 (Inactive Status)

2000- 2006 New South Wales Physiotherapy Registration Board, Registration PY0119362 (Inactive Status)

2000- 2006 Australian Physiotherapy Association, Membership Number: 27551 (Inactive Status)

ATHLETIC ACHIEVEMENT

Canadian National Rowing Team Athlete - 1997-2002

Career Highlights:

2002 World Championships, Seville Spain: Double 8th

2000 Olympic Games, Sydney Australia: W8+ Reserve Bronze

4 World Championship Medals, Numerous International and National Medals:

1999 World Championships, St.Catherine's Canada: W8+ Bronze; Commonwealth Rowing: W8+ Silver

1998 World Championships, Cologne Germany: W8+ Bronze, W4- Silver

1997 World Championships, Aiguebelette, France: W8+ Silver

PERSONAL INTERESTS

Travel, Food & Wine

Pilates

Running

REFERENCES

Available on request.