

# Melissa Seifried

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## Professional Statement

I am a registered physiotherapist and enthusiastic team player committed to delivering quality evidence-informed care. I aim to achieve exceptional client outcomes as a key member of a multidisciplinary team.

## Certifications

- Registered Physiotherapist in good standing with the College of Physiotherapists of Ontario (CPO).
- Member of the Canadian Physiotherapy Association (CPA).
- Member of Vestibular Disorders Association (VEDA).

## Education

**University of Western Ontario**  
Masters of Physical Therapy (MPT)

**September 2011 – August 2013**

**University of Western Ontario**  
Bachelor of Health Science (BHSC)

**September 2007 – June 2011**

## Work History

**Cornerstone Physiotherapy, Toronto ON**

**October 2017 - Present**

- *Full-time employment as a registered physiotherapist at an outpatient orthopedic clinic (approximately 37 hours/week).*
- Responsibilities include:
  - Assessing individuals with various musculoskeletal and vestibular pathologies including those injured in motor vehicle accidents or in the workplace both in person and virtually
  - Developing comprehensive and appropriate treatment plans to facilitate client recovery including the use of manual therapy, repeated end range loaded strategies, soft tissue release techniques, therapeutic taping, Shockwave Therapy, acupuncture and exercise prescription to aid in client recovery
  - Completing daily clinical progress notes using the EMR system "Clinic Master"
  - Writing assessment letters and progress reports for family health teams
  - Assessing and fitting Don Joy custom knee bracing and Orthogenic custom orthotics
  - Participating in biweekly group mentorship

**StepUpPhysio, Etobicoke ON**

**Feb 2017 – October 2017**

- *Full-time employment as a registered physiotherapist at an outpatient orthopedic clinic (8-15 clients/day).*
- Responsibilities included:
  - Assessing individuals with various musculoskeletal injuries including those injured in motor vehicle accidents
  - Developing appropriate plans of care that included manual therapy, modalities, taping, acupuncture and exercise
  - Directly supervising PTA's, kinesiologists and student volunteers in the application of modalities and gym exercise programs
  - Assessing for orthotics and custom bracing
  - Completing daily progress notes

## **A Body in Motion Rehabilitation, Kitchener ON**

**Dec 2013 – Dec 2016**

- *Full-time employment as a registered physiotherapist at an outpatient orthopedic clinic (18-24 clients/day).*
- Responsibilities included:
  - Assessing individuals with various musculoskeletal injuries including those injured in motor vehicle accidents or in the workplace
  - Developing appropriate plans of care that included manual therapy, modalities, taping, acupuncture and exercise
  - Directly supervising one full time PTA and several student volunteers in the application of modalities and demonstration of therapeutic exercises
  - Completing daily progress notes using the online EMR system “Practice Perfect”

## **Volunteer History**

- University of Toronto School of Physical Therapy: Active Clinical Exposure Mentorship (2018-2019)
- University of Western Ontario School of Physical Therapy: External Reviewer for MPT Admissions (2016-2019)
- Canadian Alliance of Physiotherapy Regulators: Clinical Examiner (2016-2019)
- Masters of Physical Therapy Student Council: VP of Administration (2012-2013)
- Canadian Centre for Activity and Aging: Health Practicum Student (2010-2011)
- Grand River Sports Medicine: Student Volunteer (2008-2011)
- University of Western Ontario Student Council: Orientation Leader (2008-2010)
- Lawson Health Research Institute: Part-Time Research Assistant (2008-2010)

## **Continuing Education**

- Emory Institute: Vestibular Rehabilitation: A Competency Based Course (Cancelled April 2020; Pending 2021)
- Modern Manual Therapy: The Eclectic Approach to Upper and Lower Quarter Assessment and Treatment (August 2020)
- Post Concussion Syndrome: Assessment & Treatment Series (May 2020)
- Vestibular Rehabilitation Series: Advanced BPPV (April 2020)
- Vestibular Rehabilitation Series: Cervicogenic Dizziness (April 2020)
- Vestibular Rehabilitation Series: Challenging Vestibular Disorders (April 2020)
- Robin McKenzie Institute Canada: Part C (June 2019)
- Vestibular Rehabilitation Training: Cornerstone Physiotherapy (2018)
- Robin McKenzie Institute Canada: Part B (Jan 2017)
- Robin McKenzie Institute Canada: Part A (Oct 2016)
- APTEI: Advanced Physical Therapy Cervico-Thoracic Certification Program (Dec 2014)
- APTEI: Advanced Physical Therapy Lumbo-Pelvic Certification Program (Sept 2014)
- APTEI: Thoracic Spine (Apr 2014)
- APTEI: Elbow, Wrist & Hand (Mar 2014)
- APTEI: Acupuncture and Dry Needling Certification (Feb 2014-Nov 2014)
- OrthoDiv Manual Therapy Level 1 (2013)
- Jim Bilotta Training Workshops: Soft Tissue Release (Jan 2013)

## **References**

Available upon request