

SUMMARY OF QUALIFICATIONS AND RELEVANT EXPERIENCE

- Extensive clinical experience in orthopedics
- Committed to quality patient care and professional development
- Relevant teaching experience and past student supervision

EDUCATION

- Bachelor of Science in Physical Therapy 1983
University of Alberta

POSTGRADUATE PROFESSIONAL EDUCATION

ORTHOPEDIC COURSES

- Vertebral 2 and 3 Assessment and Treatment of the Spine, Manual Therapy
- Extremity 2 and 3 Assessment and Treatment of the Spine, Manual Therapy
- TMJ Assessment and Treatment of Pain and Dysfunction
- S3 Head and Neck Assessment and Treatment (S. Paris)
- Sacroiliac and pelvis biomechanics and treatment
- Patellofemoral biomechanics and taping
- Shoulder diagnosis and treatment
- Foot and ankle biomechanics and treatment
- Assessment and Treatment of Muscle Imbalance (Janda)
Also attended his clinic in Czechoslovakia for learning purposes
- Gait analysis
- Athletic taping, and kinesioteaping
- Core stability and lumbar biomechanics
- Dizziness and balance assessment and treatment, level 1
- Lymph drainage
- Fascial Release techniques

NERVOUS SYSTEM COURSES

- Mobilization of the Nervous System
- The Sensitive Nervous System (pain research and plasticity)
- On- line CPA Pain Course
- Body Image, Midline and Central Pain Presentations, Sean Gibbons

PATIENT WELL-BEING COURSES

- Somatoemotional courses (2 levels)
- 7 day Mindfulness based Stress Reduction Course for medical professionals (Jon Kabat Zinn)
- Compassion and mindfulness for medical professionals (Joan Halifax/ Sharon Salzberg)
- Cranial sacral therapy, 3 levels (including advanced)
- Visceral manipulation courses , 3 levels

OTHER COURSES

- Research Critical Appraisal workshop
- Physiology course (masters level) full year 2001-2002
- Better Physiology Breathing course /capnograph training

CONFERENCES

- Wound Healing
- Upper Quadrant Conference
- Canadian Physiotherapy Congresses
- Orthopedic Congresses
- Mind and Life Conference 2005 Investigating the Physical and Mental Effects of Meditation , Washington, DC
- NeuroOrthopedic Institute Pain Conference (2010) Nottingham, UK

INSTRUCTING EXPERIENCE

- Assisted in anatomy lab, University of Oklahoma, Physical Therapy dept
- Guest lecturer , Joint mobilizations, University of Oklahoma , Physical Therapy Dept
- Student supervision, Oklahoma 1987-1988
- Co-taught " TMJ Anatomy and Treatment" , with Dr. Richard Hannah, University of Calgary, Continuing education dept.
- Numerous in-services, including TMJ assessment and treatment, running injuries, patient transfers, wound healing, self treatment techniques
- Taught biomechanics and anatomy to first year physiotherapy technician students, Bhutan , Jan- April 2011
- Taught wound, burn and amputee care to second year physiotherapy technician students, Bhutan, Jan- Feb, 2011

PROJECT HISTORY

Investigation of TMJ anatomy at University of Calgary undertaken part time in 1994, to further understanding of novel treatment techniques developed during clinical practice 1990-1994.

PUBLICATIONS

Past contributor to Grainews magazine and Farmwoman for physiotherapy related articles

PROFESSIONAL ASSOCIATIONS

Member of the Canadian Physiotherapy Association

Member in good standing of the College of Physical Therapists of Alberta 1983-present

Passed American Comprehensive Exam 1986

Past member, in good standing, in Physical Therapy Associations in Oklahoma, Kansas and British Columbia

OTHER INTERESTS

Various sports, including running, (2 marathons, numerous 1/2 marathons), mountain biking, curling, kayaking, hiking, yoga and cross country skiing. I have a long standing meditation practice and have attended several retreats. Love hanging out with my three boys, husband, and three dogs.