

CURRICULUM VITAE OF JANICE MORESIDE

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DEGREES AND CERTIFICATES

- 2010 PhD (Spine Biomechanics)
Thesis: *The effect of limited hip mobility on the lumbar spine in a young adult population*
University of Waterloo: supervised by Dr. Stuart McGill
- 2003 Master of Human Kinetics (Applied Human Movement)
Thesis: *The effect of localized muscle fatigue on tibial impact acceleration*
University of Windsor: supervised by Dr. David Andrews
- 1977 Bachelor of Science in Rehabilitation (OT and PT)
University of British Columbia

POST-DOCTORAL STUDIES

- 2011- *Neuromuscular Function Lab, School of Physiotherapy, Dalhousie University.*
2012 Electromyographic analysis of trunk muscle activation patterns during specific tasks in low back pain populations. Affiliated with Dr. Cheryl Hubley-Kozey.
- 2011 *Biomechanics and Health Laboratory of the Sports Research Centre at the University Miguel Hernandez of Elche, Spain (May, June).* Research focus was directed towards understanding and measuring spine stability and trunk muscular function, as well as developing core training programs to prevent injury. Affiliated with Dr. Francisco Vera-Garcia. (*unpaid position*)

ACADEMIC APPOINTMENTS

- 2012- Assistant Professor in the School of Health and Human Performance,
present Faculty of Health Professions, Dalhousie University.
Commenced Dec 1, 2012: series of limited term appointments, ranging from 12 – 24 months. Current contract expires June 30, 2018
- 2013- Cross-Appointment: Assistant Professor in the School of Physiotherapy, Faculty of
2018 Applied Health Sciences, Dalhousie University.

2013- Affiliated Scientist, Capital District Health Authority
present Halifax, NS

UNIVERSITY COMMITTEES

School/College

Member, Division of Kinesiology

Member, Committee of the Whole

Member, Tenure &Promotion Committee, School of HAHP

Member, Tenure &Promotion Committee, School of Physiotherapy

Member, Committee on HAHP Undergraduate Student Appeals

Member, KIN Days organizing committee

Faculty

Member, Committee of Faculty Undergraduate Student Appeals

PUBLICATIONS in peer-reviewed journals (Note: name was Flynn prior to 2006)

Rutherford, D.R., Moreside, J.M., Wong, I. (2017) *Differences in hip joint biomechanics and muscle activation in people with femoroacetabular impingement compared to healthy asymptomatic individuals: Is level ground gait analysis enough?* American Journal of Sports Medicine (submitted)

Rutherford, D.J., Buckingham, L., Moreside, J.M., Wong, I., Richardson, G. (2017) *Knee motion and muscle activation patterns are altered in hip osteoarthritis: The effect of disease severity on walking mechanics.* Clinical Biomechanics (submitted)

Moreno-Perez, V., Lopez-Valenciano, A., Barbado, D., Moreside, J., Elvira, J., Vera-Garcia F. (2017) *Comparisons of hip strength and countermovement jump height in elite tennis players with and without acute history of groin injuries.* Musculoskeletal Science and Practice 29: 144-149

Ryan, G., Johnston, H., Moreside, J. (2017) *Infraspinatus Isolation During External Rotation Exercise at Varying Degrees of Abduction.* Journal of Sport Rehabilitation (in press)

Moreside, J.M., Wong, I., Rutherford, D.R. (2017) *Erector spinae activation patterns and trunk motions are altered in those with moderate and severe unilateral hip OA compared to asymptomatic individuals.* Journal of Orthopaedic Research (in revision)

- Barbado, D., Caballero, C., Moreside, J., Vera-Garcia, F., & Moreno, F. (2017) *Can the structure of motor variability predict learning rate?* Journal of Experimental Psychology 43(3): 596-607
- Barbado, D.B., Moreside, J.M., Vera-Garcia, F.J. (2017) *Reliability and repetition effect of the COP and kinematics parameters that characterize trunk postural control during unstable sitting test.* PM&R 9(3): 219-230
- Drew, K., Kozey, J., Moreside, J. (2016) *Preliminary Biomechanical Evaluation and Perceived Exertion of a Lateral Patient-Handling Task Using a Modified Friction-Reducing Device.* Journal of Occupational Ergonomics 12(4): 151-163
- Baker, M., Moreside, J.M., Wong, I., Rutherford, D.R.(2016) *Passive hip movement measurements related to dynamic motion during gait in severe hip osteoarthritis.* Journal of Orthopaedic Research 34(10): 1790-1797
- Rutherford, D.R., Moreside, J.M., Wong, I. (2015) *Hip joint motion and gluteal muscle activation differences between healthy controls and those with varying degrees of hip osteoarthritis during walking.* Journal of Electromyography and Kinesiology 25(6): 944-950
- Rutherford, D.R., Moreside, J.M., Wong, I. (2015) *Knee joint motion and muscle activation patterns are altered during gait in individuals with early hip osteoarthritis compared to asymptomatic cohort.* Clinical Biomechanics 30(6): 578-584
- Moreno-Perez, V., Moreside, J.M., Barbado, D., Vera-Garcia, F.J. (2015) *Comparison of shoulder rotation range of motion in professional tennis players with and without history of shoulder pain.* Manual Therapy 20(2): 313-318
- Moreside, J.M., Quirk, D.A., Hubley-Kozey, C.L. (2014) *Letter to the editor.* Archives of Physical Medicine and Rehabilitation 95(5): 1006-1008
- Moreside, J.M., Quirk, D.A., Hubley-Kozey, C.L. (2014) *Temporal patterns of the trunk muscles remain altered in a low back injured population despite subjective reports of recovery.* Archives of Physical Medicine and Rehabilitation 95(4): 686-698
- Hubley-Kozey, C.L., Moreside, J.M., Quirk, D.A (2014) *Trunk neuromuscular pattern alterations during a controlled functional task in a low back injured group deemed ready to resume regular activities.* Work 47: 87-100
- Elivara, J.L., Barbado, D., Flores-Parodi, B., Moreside, J.M., Vera-Garcia, F.J. (2014) *Effect of movement speed on trunk and hip exercise performance.* European Journal of Sport Science 14(6): 547-555

- Moreside, J.M., Barbado, D., Juan-Recio, C., Vera-Garcia, F.J. (2013) *Active hip and spine ROM differs when comparing constrained motion with voluntary segmental constraint*. Manual Therapy 18(6): 557-561
- Moreside, J.M., McGill, S.M. (2013) *Improvements in hip flexibility do not transfer to mobility in functional movement patterns*. Journal of Strength and Conditioning Research 27(10): 2635-2643
- García-Vaquero, M.P., Moreside, J.M., Brontons-Gil, E., Peco-González, N., and Vera-Garcia, F.J. (2012) *Trunk muscle activation during stabilization exercises with single and double leg support*. Journal of Electromyography and Kinesiology 22(3): 398-406
- Moreside, J.M., McGill, S.M. (2012) *How do elliptical machines differ from walking: a study of torso motion and muscle activity*. Clinical Biomechanics 27(7): 738-43
- Moreside, J.M., McGill, S.M. (2012) *Hip Joint ROM improvements using 3 different interventions*. Journal of Strength and Conditioning Research 26(5): 1265-73
- Vera-Garcia, F.J., Moreside, J.M., McGill S.M. (2011) *Abdominal muscle activation changes if the purpose is to control pelvis motion or thorax motion*. Journal of Electromyography and Kinesiology 21(6): 893-903
- Moreside, J.M., McGill, S.M. (2011) *Quantifying normal 3D hip ROM in healthy young adult males with clinical and laboratory tools: Hip mobility restrictions appear to be plane-specific*. Clinical Biomechanics 26(8): 824-829
- Vera-Garcia, F.J., Moreside, J.M., McGill S.M. (2010) *MVC Techniques to Normalize Trunk Muscle EMG in Healthy Women*. Journal of Electromyography and Kinesiology 20(1): 10-16
- Sánchez-Zuriaga, D., Vera-Garcia, F.J., Moreside, J.M., McGill S.M. (2009) *Trunk muscle activation patterns and spine kinematics when using the Bodyblade: Influence of different postures and blade orientations*. Archives of Physical Medicine and Rehabilitation 90(6): 1055-1060
- Vera-Garcia, F.J., Moreside, J.M., Parodi, B.L., McGill S.M. (2007) *Trunk muscle activity during situations requiring stabilization of the spine. A case study*. (in Spanish) APUNTS. Educación Física y Deportes 87: 14-26
- Moreside, J.M., Vera-Garcia, F.J., McGill, S.M. (2007) *Trunk muscle activation patterns and lumbar compressive forces when using the Bodyblade®*. Physical Therapy 87 (2):153-163
- Moreside, J.M., Vera-Garcia, F.J., McGill, S.M. (2007) *Neuromuscular independence of the abdominal wall muscles as demonstrated by middle-eastern style dancers*. Journal of Electromyography and Kinesiology 18(4): 527-537

Flynn, J.M., Holmes, J.F., Andrews, D.M. (2004). *The effect of localized leg muscle fatigue on tibial impact acceleration*. Clinical Biomechanics 19: 726-732

PUBLICATIONS in non-refereed publications

Moreside, J.M. (2013) *Limited hip flexibility: mutability and mobility*. Lower Extremity Review (n.p.)

(2015, May) *Love your phone, save your health*. Health (consultant to an editorial with no specific author listed)

Moreside, J. (2014, August 26) *Is this stretching the truth?* Halifax Chronicle Herald

CONFERENCE PRESENTATIONS

Wong, I., Moreside, J., Rutherford, D. (2017) *Hip mechanics and muscle activation levels during gait in CAM-induced FAI compared to healthy asymptomatic individuals: a role for gait analysis?* COA/CORS annual conference, Ottawa, June

Kozey, J., Johnston, H., Dewis, C., Moreside, J., Wong, I. (2017) *Reach envelope and range of motion differences with total rotator cuff tears*. Association of Canadian Ergonomists/Organizational Design and Management (ODAM) National Conference, Banff, Canada, July

Kozey, J., Johnston, H., Dewis, C., Moreside, J., Wong, I. (2017) *Functional 3-D reach measurement for shoulder impairments*. OARSI Annual Conference, Las Vegas, April

Dewis, C., Johnston, J., Kozey, J., Moreside, J., Wong, I. (2017) *Shoulder mobility differences with total rotator cuff tears*. Canadian Society of Biomechanics (CSB) Atlantic, Halifax, Canada (March)

Moreside, J., Scannel, J. (2016) *Joint Compression: Finding the sweet spot*. Canadian Physiotherapy Assoc. Conference, Victoria, BC, May

Lopez-Valenciano, A., Moreno-Pérez, V., Barbado, D., Moreside, J., Vera-Garcia, F.J. (2016) *Fuerza de aductores/abductores de cadera en tenistas con y sin historia de lesión inguinal. (Adduction/abduction hip strength in tennis player with and without groin injury history)*. IX International Congress of the Spanish Association of Sport Science, Toledo, Spain, April

Ward, M., Moreside, J., Wong, I. & Rutherford, D. (2015) *Bilateral gluteal muscle activation is altered during gait in individuals with unilateral symptomatic hip osteoarthritis*. Canadian Physiotherapy Assoc. Conference, Halifax, June

Baker, M., Moreside, J., Wong, I. & Rutherford, D. (2015) *Individuals with early hip osteoarthritis demonstrate altered knee joint motion and muscle activation patterns during walking*. Canadian Physiotherapy Assoc. Conference, Halifax, June

Moreside, J., Wong, I., Rutherford, D. (2015) *Gluteal muscle activation patterns and hip joint motion are altered in those with moderate and severe hip osteoarthritis compared to asymptomatic cohort*. International Society of Biomechanics Congress, Glasgow, July

Baker, M., Moreside, J., Wong, I., Rutherford, D. (2015) *Altered knee joint mechanics and muscle activation patterns during walking in individuals with hip OA: Should we be concerned?* Dalhousie Surgery Research Day, Halifax; April

Wong, I., Ward, M., Moreside, J., Rutherford, D. (2015) *Bilateral hip motion and gluteal muscle activation are altered during gait in individuals with unilateral symptomatic hip osteoarthritis*. Canadian Orthopaedic Association Annual Meeting, Vancouver

Trudel, D., Hubley-Kozey, C., Moreside, J., Quirk, A. (2014) *Comparing Objective Biomechanical and Neuromuscular Measures to a Clinical Battery of Tests*. Military Veterans Health Research Forum, Toronto; November 24-25

Moreside, J., Barbado, D., Elvira, J., Vera-Garcia, F. (2014) *Relationship between COP and kinematic parameters during unstable seating*. 7th World Congress of Biomechanics, Boston; July 6-11

Trudel, D., Hubley-Kozey, C., Moreside, J., Quirk, A. (2013) *The relationship between a clinical test battery and comprehensive trunk muscle activation patterns to predict recurrence of low back pain*. Military Veterans Health Research Forum, Edmonton

Barbado, D., Moreside, J., Elvira, J.L.L., Moreno, F.J., Vera-Garcia, F.J (2013) *Reliability and learning effect of the COP parameters during unstable sitting*. European College of Sport Science, Barcelona, Spain.

Moreside, J.M., Quirk, D.A., Hubley-Kozey, C.L. (2013) *Trunk muscle temporal patterns remain altered in a sub-acute low back injured population despite subjective reports of recovery*. CPA Annual Symposium, Montreal

Barbado, D., Moreside, J., Elvira, J.L.L., Moreno, F.J., Vera-Garcia, F.J. (2012) *Postural control test in unstable seating: reliability and learning effect*. International Congress of the Spanish Association of Sport Science; Granada, Spain

Moreside, J.M., Quirk, A., Hubley-Kozey, C. (2012) *Temporal patterns of the trunk muscles remain altered in a low back injured population despite subjective reports of recovery*. Canadian Society of Biomechanics Biennial Conference; Vancouver

- Garcia-Vaquero, M., Moreside, J.M., Brontons-Gil, E., Peco-Gonzalez, N., & Vera-Garcia, F.J.; (2012) *Trunk muscle activation during stabilization exercises with single and double leg support*. Canadian Society of Biomechanics Biennial Conference; Vancouver
- Moreside, J.M., Barbado, D., & Vera-Garcia, F.J.; (2012) *Physiological movements facilitate greater active lumbar ROM than constrained movements*. Canadian Society of Biomechanics Biennial Conference; Vancouver
- Moreside, J.M. & McGill, S.M. (2011) *New-found joint movement obtained from stretching protocols may not translate to ROM in functional tasks*. International Society of Biomechanics Congress; Brussels, Belgium
- Moreside, J.M. & McGill, S.M. (2010) *Spine motion on the elliptical trainer: Should we be concerned?* CPA Annual Symposium; St. John's Nfld
- Moreside, J.M. & McGill, S.M. (2010) *Lumbar motion and muscle activity on the elliptical trainer differs from walking*. Canadian Society of Biomechanics Biennial Conference; Kingston, Ont
- Moreside, J.M. & McGill, S.M. (2010) *Enhancing hip mobility in young adult "tight" males: A clinical trial*. APTA Combined Sections Meeting; San Diego, USA
- Moreside, J.M. & McGill, S.M. (2009) *Clinical measurements of hip joint rotation: Supine ≠ Prone*. APTA Combined Sections Meeting; Las Vegas, USA
- Moreside, J.M., Vera-Garcia, F.J. & McGill, S.M. (2006) *Neuromuscular independence and synergies of the abdominal wall as demonstrated by Middle-Eastern style dancers*. Orthopaedic Division of CPA Annual Symposium; Calgary, Alta
- Vera-García, F.J., Moreside, J.M., McGill, S.M. (2006) *Activación independiente de diversas porciones de los músculos rectus y obliquus externus abdominis en Bailarinas del Vientre*. Proceeding of the IVth Congress of the Spanish Association of Sport Sciences. La Coruña, Spain
- Vera-García, F.J., Moreside, J.M., McGill, S.M. (2006) *Activación muscular, estabilidad raquídea y compresión lumbar durante la utilización de un instrumento de acondicionamiento muscular: El Body-Blade®*. Proceeding of the IVth Congress of the Spanish Association of Sport Sciences. La Coruña, Spain
- Flynn, J.M., Vera-Garcia, F.J. & McGill, S.M. (2006) *MVIC'S: Are you getting the maximum from the torso muscles?* Canadian Society of Biomechanists Biennial Conference; Waterloo, Ont
- Flynn, J.M., Vera-Garcia, F.J. & McGill, S.M. (2006) *Middle-eastern style dance motions give insight into neuromuscular independence and synchronizations of the anterior abdominal wall*. Canadian Society of Biomechanics Biennial Conference; Waterloo, Ont

Flynn, J.M., Vera-Garcia, F.J. & McGill, S.M. (2006) *Neuromuscular independence of the abdominal wall as demonstrated by middle-eastern style dancers.* ISEK (XVI Congress of the International Society of Electrophysiology and Kinesiology); Torino, Italy

Flynn, J.M., Vera-Garcia, F.J. & McGill, S.M. (2005) *Trunk muscle activation patterns, lumbar compressive forces and spine stability when using the Bodyblade®.* Orthopaedic Division of CPA Annual Symposium; London, Ont

Flynn, J.M., Vera-Garcia, F.J. & McGill, S.M. (2005) *Trunk muscle activation patterns comparing cable pulleys to the Bodyblade®.* International Society of Biomechanics; Cleveland, OH

Flynn, J.M., Vera-Garcia, F.J. & McGill, S.M. (2005) *Comparing three-dimensional spine motion and trunk muscle activation during cable press and Body-blade® exercises.* CPA National Congress; Victoria, BC

Parkinson RJ, Brown SHM, Flynn JM, Noble JW, Powell ML & Callaghan JP.(2005). *Is Unconstrained Loading of Spinal Segments More Physiologic?* Canadian Biomaterials Society Conference, Waterloo, Ont

Flynn, J.M., Holmes, J.F., Andrews, D.M. (2004) *Localized muscle fatigue results in reduced tibial impact acceleration.* Canadian Society of Biomechanics Biennial Conference; Halifax, NS

Holmes, J.F., Flynn, J.M., Andrews, D.M. (2004) *The masses of rigid and wobbling leg tissues contribute little to tibial response parameters following heel impact.* Canadian Society of Biomechanics Biennial Conference; Halifax, NS

Flynn, J.M., Holmes, J.F., Andrews, D.M. (2004) *The use of a human pendulum method to study the effect of localized muscle fatigue on tibial impact acceleration.* CPA National Congress; Quebec, PQ

UNIVERSITY COURSES TAUGHT

2017- 2018 Kin 3482: *Care and Prevention of Injuries*
School of Health and Human Performance, Dalhousie University

2016- 2018 Kin 4706: *Hips and Shoulders in a Research Environment*
School of Health and Human Performance, Dalhousie University

- 2014-2017 Kin 5590: *Measurement and Instrumentation*
Schools of Physiotherapy, and Health and Human Performance, Dalhousie University
- 2014-2016 Kin 3430: *Skill Acquisition*
School of Health and Human Performance, Dalhousie University
- 2013-2017 Kin 2320: *Kinesiological Anatomy*
School of Health and Human Performance, Dalhousie University
- 2013-2017 Kin 4703: *The Lumbar Spine: Function and Dysfunction*
School of Health and Human Performance, Dalhousie University
- 2012 Physiotherapy 5103: *Movement and Exercise Science* (Lab assistant)
School of Physiotherapy, Dalhousie University
- 2002-2008 *Injury and dysfunction in sport and the workplace* (Kin 340)
University of Waterloo
- 2003 Kin 471: *Biomechanics of injury*
University of Windsor
- 2002 Kin 400: *Human movement and aging*
Responsible for teaching 6 weeks of the course (covering a maternity leave)
University of Windsor

THESIS COMMITTEES

- 2017 Richard, Erik; Masters student in Kinesiology, Dalhousie University
Co-supervisor
- 2017 Mackay, Michael; Masters student in Kinesiology, Dalhousie University
Co-supervisor
- 2016 Stankovic, Tatjana; *Assessing the Interrater Reliability of Goniometric Measurements of a Range-of-Motion Battery*. Masters thesis in Exercise Science, University of Toronto. External examiner
- 2015-17 Johnston, Heather; *Measurement of the maximum reach envelope in persons with and without shoulder injury while maneuvering a light load*. Masters thesis in the School of Health and Human Performance, Dalhousie University. Thesis Committee Member and Chair
- 2014-17 Soucy, Krystal; *Personality profiles and injury occurrence in a population of varsity athletes*. Masters thesis in the School of Health and Human Performance, Dalhousie University. Committee Member

- 2014-17 Wicks, Collin; *Three-dimensional kinematics of the upper limb during four functional lifting tasks*. Masters thesis in the School of Health and Human Performance, Dalhousie University. Co-supervisor
- 2012-17 Hefford, Warren; *An investigation of electromyographic activity differences in participants recovered from low back injury*. Masters thesis in the School of Health and Human Performance, Dalhousie University. Committee Member
- 2012/14 Trudel, Daniel; *Comparing trunk neuromuscular measures to a clinical battery of tests in a recovered low back injured population*. Masters thesis in the School of Physiotherapy, Dalhousie University. Committee Member
- 2012 Penny, Tracy; *Gluteus medius muscle activation in chronic low back pain patients during single leg stance*. Masters thesis, Memorial University of Newfoundland. External examiner

CHAIR OF THESIS DEFENSES

- 2017 Robinson, Susan; *Short term ingestion of virgin coconut oil improves endothelial-dependent dilation but not exercise-mediated hyperemia in healthy young adults*. Masters thesis, School of Health and Human Performance, Dalhousie University

HONOURS STUDENT SUPERVISOR

- 2014/15 Drew, Kelsey; *Preliminary biomechanical and perception-of-effort evaluations of a lateral patient-handling task using a modified friction-reducing device*
- 2015/16 Ryan, Gareth; *Infraspinatus isolation during external rotation at varying degrees of abduction: A surface EMG analysis*
- 2016/17 Brake, Jodi; *Trunk extensor muscle activation during a series of four spine-focused yoga postures*
- 2017/18 Ead, Lauren; *The effects of position during a lateral patient-handling task: A biomechanical analysis*
- Froud, Sophie; *The effect of mattress density on lumbar muscle activation and pulling forces during a lateral patient-handling task*.
- Stevens, Madison; *Predictors of length of stay after elective lumbar spine surgery and the development of personalized care pathways – A quality improvement study*

INDEPENDENT STUDY SUPERVISOR

- 2015 Marshall-Milne, Kerry; *Shoulder Injuries in the Workplace*. Literature review and presentation
- 2017 Johns, Jarrett; *The Effect of Foam Rolling and Hip Mobility in Amateur Hockey Players*. Cross-sectional study with 10 participants.
- 2017 Brookes, Nick; *The current state of research comparing traditional shod and barefoot/minimalist running conditions*. Literature review, presentation, summary. Anticipate ongoing cross-sectional study next semester.
- 2017 Campbell, Madison; *The effects of short term cervical muscle exercise training on balance standing capabilities in young adults*. Research assistant to aide with ethics submission and literature review.

INVITED LECTURES

- 2016 *Chronic low back pain: a biomechanist's perspective*; Collaborative Care Conference Series. November, 2016, Halifax.
- 2015 *Unilateral hip OA: implications for surrounding joints*; Orthopaedic Division of Canadian Physiotherapy Association (NS), Halifax
- 2014 *The role of physiotherapy in Canadian Health Care*; Kinesiology 1104 School of Health and Human Performance, Dalhousie University
- 2012 *The world of research: 3 new studies that could impact your MSK practice*; Physio Matters, Halifax
- 2012 *Recurrent Low Back Injury Prevention: Past And Present Practice And Future Directions*; Safety Services Nova Scotia Annual Health, Safety and Environment Conference (in conjunction with Dr. Cheryl Hubley-Kozey, Dalhousie School of Physiotherapy)
- 2011 *Limited hip mobility: comparing 3 different interventions to improve ROM. But does ROM transfer to function?* Faculty/grad student seminar, School of Physiotherapy, Dalhousie University
- The effect of limited hip mobility on the lumbar spine in a young adult population*; Miguel Hernandez University, Elche, Spain
- 2009 *Building the ultimate back: From rehabilitation to performance*; Assistant on a 2 day course with Stuart McGill (Halifax, NS)

- 2009, *Introduction to injuries in sport and the workplace*
 2010 *Low back pain: Identification and management*
The effect of increasing thoracic kyphosis on the neck and upper extremities
 Adjunct lecturer, Kin 340, University of Waterloo
- 2009 *Muscles: what they are, what they do*
 Guest speaker at a Kitchener/Waterloo dance studio
- 2006 *Short and long term effects of poor posture*
 Undergraduate honours thesis course (KP490),
 Wilfrid Laurier University, Waterloo
- 2005, *Low Back Pain: A physiotherapist's perspective*
 2007 Guest lecturer in Kin 427: Low Back Disorders
 University of Waterloo
- 2005, Guest speaker at local physiotherapy district meetings, presenting my research
 2006 projects and results

INVITED MEDIA PRESENTATIONS

- 2015 Radio Noon Phone-In guest expert: How to combat the detrimental effects of long term cell phone and computer use on your posture.
 CBC Radio, Maritime Noon, January 15th.
- 2015 Rick Howe News report (95.7 radio): The effect of computer and cell phone use on the neck. January 5th.
- 2014 The World This Weekend: The downside of technology on posture.
 CBC radio, December year-end review. December 28th.

REVIEWER FOR PEER REVIEWED JOURNALS

- 2017 - BMC Musculoskeletal Disorders (IF = 2.11)
- 2015 - Journal of Exercise, Sport and Orthopaedics (IF = unknown)
 2016
- 2014- Physiotherapy (Journal of Canadian Physiotherapy Assoc.) X 4 (IF = 0.52)
 2016
- 2015- Human Movement Science (IF = 2.02)

2017

2014- Back and Musculoskeletal Rehabilitation X 2 (IF = 1.041)

2017

2014 - Journal of Sports Sciences (IF = 2.44)

2014: Archives of Physical Medicine and Rehabilitation (IF = 2.44)

GRANTS

2017: Nova Scotia Health Research Foundation

Project Title: Creation of a multi-dimensional assessment of shoulder impairments pre- and post-surgery

Role: Collaborator

Duration: 1 year

Funds awarded: \$4520

2014: Faculty of Health Professions Grant

Project Title: Assessment of walking mechanics and muscle activation in individuals with CAM-type femoral-acetabular impingement syndrome - a pilot study

Role: Co-investigator

Duration: 1 year

Funds awarded: \$4980

2013: Seed Funding-Department of Surgery, Dalhousie, University

Project Title: Acetabular labral lesions of patients with osteoarthritis study

Role on Project: Co-applicant

Duration: 1 year

Funds awarded: \$10,000

2013: Capital Health Research Fund

Project Title: Assessment of walking mechanics and muscle activation patterns in individuals with hip osteoarthritis – a pilot study

Role: Co-investigator

Duration: 2 years

Funds awarded: \$14,779

Surgeon General Health Research Program

Project Title: Comparing objective biomechanical and neuromuscular measures to a clinical battery of tests to predict recurrence of low back pain

Role: co-applicant

Duration: 14 months

Funds awarded: \$18,646

AWARDS AND SCHOLARSHIPS

- 2016 Student Appreciation Award, School of Health and Human Performance
- 2012 Trainee Scotia Support Grant, Nova Scotia Health Research Foundation: \$20,000
- 2004 Ontario Government Scholarship (OGS): \$15,000
- 2003 Human Kinetics Graduate Alumni Award, University of Windsor: \$100
- 2002 Ontario Government Scholarship for Science and Technology: \$15,000

PROFESSIONAL AND LEISURE MEMBERSHIPS

- 2016- present Member of the Board of Governors of “Our Health Centre”; a privately driven initiative to build a collaborative health centre in the Municipality of Chester, NS.
- 2016- Present Secretary for Foundation associated with “Our Health Centre” (see above)
- 2013- 2016 Volunteer on the Campaign committee for “Our Health Centre” (see above)
2016 Role: editor for all written information regarding the Health Centre; includes brochures, business plan, fact sheets and donation requests
- 2012- present Member of the Chester Curling Club, Chester Golf Club
- 2011- present Avid sailboat racer and member of Chester Yacht Club
- 2008 - present Member of the Canadian and International Societies of Biomechanics
- 1996- 2017 Member of the Acupuncture Foundation of Canada

PHYSIOTHERAPY WORK EXPERIENCE

Dates	Location	Position
2012	School of Physiotherapy Dalhousie	Lab instructor, Module 3
2011, 2012	Nova Functional Assessments Lunenburg, N.S.	Outpatient MSK physiotherapy Private practice locum
2004 - 2011	SOS Physiotherapy, Campus University of Waterloo	Associate physiotherapist Private practice
1994 - present 1995 - 2007 2002 - 2007	SOS Physiotherapy, Campus Waterloo Sports Medicine Clinic WSM at RIM Park Waterloo, Ont.	Partner in ownership of 3 physiotherapy clinics (now 1)
2002 - 2008	University of Waterloo Kinesiology Dept.	Co-ordinator/Adjunct lecturer for 3 rd year Kin course in Sports Injuries
2002, 2003	Orthocare Physiotherapy LaSalle, Ont.	Outpatient MSK physiotherapy Private practice locum
2002, 2003	University of Windsor Human Kinetics Faculty	Lecturer: 3 rd year Kin course in injury mechanisms
2001- 2003	University of Windsor Human Kinetics Faculty	Research Assistant, Teaching Assistant; Biomechanics
1993 - 2004	SOS Physiotherapy Kitchener, Ont.	Associate physiotherapist Private Practice
1993 -1998	Regional Evaluation Centre Link with Work; Kitchener, Ont.	Physiotherapy consultant
1993	Grand River Hospital Kitchener, Ont.	Staff physiotherapist, locum Outpatient physiotherapy
1991 - 1992	Harbour View Physiotherapy Saint John, NB.	Associate physiotherapist Private practice
1990 - 1991	University Hospital Edmonton, Alta.	Staff physiotherapist Rheumatology and outpatients
1988 - 1989	K.V. Parker Physiotherapy Oxford, England	Associate physiotherapist Private Practice

1983 - 1987	Chester Physiotherapy Chester, N.S.	Owner/Partner Private Practice
1980 - 1983	Fishermen's Memorial Hosp. Lunenburg, N.S.	Senior Physiotherapist Outpatients/Inpatients
1978	The Moncton Hospital Moncton, N.B.	Staff physiotherapist, locum Outpatients
1979	IW.K. Hospital for Children Halifax, N.S.	Staff physiotherapist I.C.U., Respiratory
1977 - 1978	The Arthritis Society Vancouver, B.C.	Staff Physiotherapist Outpatient Rheumatology