

EDUCATION

- Bachelor of Physical Education and Coaching, Kinesiology, Douglas College, 2025

PROFESSIONAL DEVELOPMENT/TRAINING

- British Columbia Association of Kinesiologist Member, 2026
- NCCP Credentials

RELEVANT WORK EXPERIENCE

Re:Function Health Group.: 2025 to present

- WorkSafeBC Return to Work Support Services
- WorkSafeBC Functional Capacity Evaluation

PainPro Clinics: 2025 to present

- ICBC Active Rehabilitation

DEMONSTRATED COMPETENCIES

Functional Evaluation:

- Experienced using standardized, evidenced based functional testing equipment
- Able to use job demand task analysis to develop meaningful and specific work simulation work circuits to incorporate in functional testing
- Able to interpret functional test measures and forecast return to work capacity
- Able to identify functional need for temporary task modifications or permanent accommodations during return to work planning

Return-To-Work Planning and Implementation:

- Able to identify and measure job demands
- Able to use task analysis and functional analysis to develop a return to work plan and grade exposure rates to work tasks within the plan specific to injured workers' needs
- Able to perform ergonomic analyses to identify risk factors of work demands in relation to functional capacities of an injured worker
- Able to identify temporary/permanent task modifications and/or accommodations necessary for an injured worker and implement them or eventually remove them in the return to work plan
- Able to effectively write reports outlining specifics of job demands and return to work plans
- WorkSafeBC Return to Work Support Services Contractor
- Certified CPR and First Aid Training