



KIRSTY EXNER

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Objective

Registered Physiotherapist

Highlights

- ✓ I graduated from the Masters of Physiotherapy program at UBC in Nov 2010
- ✓ I am a registered physiotherapist with active status through CPTBC
- ✓ I have my own website: www.kirstyexner.com
- ✓ I currently run my own private physiotherapy clinic in my home, Kirsty Exner Physiotherapy
- ✓ I am currently working part-time at Evergreen Sports and Physiotherapy and have been for 3 years
- ✓ I worked at various private clinics and hospitals in Vancouver between 2010-2013
- ✓ I completed a group thesis project through UBC MPT program: *A Systematic Review: "Does early mobilization have an effect on personal functioning of older adults post upper extremity fractures?"*
- ✓ I have completed the following courses: ACFI (acupuncture fully certified); Bobath Level 1; NOI Neural Mobility Level 1; Diane Lee "Integrated Systems"; Level 1 osteopathic course on Minimal levers for mobilizations; Level 1 Manual Therapy course; Bahram Jam Thoracic Spine; and Visceral Manipulation Level 1

Education

Masters of Physical Therapy

Aug 2008 – Nov 2010

University of British Columbia, Vancouver BC

Bachelor of General Studies

Sept 2002 – Mar 2004

Thompson Rivers University, BC, Distance Education

Fitness Exercise Leadership Certificate

Sept 2001 – Apr 2002

College of the Rockies, Cranbrook BC on the "Scholar's List"

Clinical Experience

Registered Physiotherapist

Evergreen Physiotherapy Clinic

Sept 2014- current

- ✓ Working part-time with a full case-load at this clinic

- ✓ Perform orthopedic assessments, diagnoses and on-going treatment on patients (Private, MSP, WCB, ICBC)
- ✓ Performed different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education

Registered Physiotherapist

Burnaby Hospital

Feb 2013- Aug 2013

- ✓ Worked a permanent full-time position in acute and rehab
- ✓ Facilitated patients recovery by helping them return to their baseline physical ability
- ✓ Performed orthopedic assessments, diagnoses and on-going treatment on patients
- ✓ Managed patient discharge protocol
- ✓ Performed different types of therapy on clients such as: exercise therapy and education; electrotherapy and acupuncture

Registered Physiotherapist

Lions Gate Hospital

Sept 2011- Feb 2013

- ✓ Worked a variety of FT and PT positions in neuro-rehab, in-patient and out-patient orthopaedics, acute medical, transitional care and palliative
- ✓ Facilitated patients recovery by helping them return to their baseline physical ability
- ✓ Performed orthopedic assessments, diagnoses and on-going treatment on patients
- ✓ Managed patient discharge protocol
- ✓ Performed different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education

Registered Physiotherapist

Westend Physiotherapy Clinic

Apr 2012 – Feb 2013

- ✓ Worked part-time with a full case-load at this clinic
- ✓ Performed orthopedic assessments, diagnoses and on-going treatment on patients (Private, MSP, WCB, ICBC)
- ✓ Performed different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education

Registered Physiotherapist

Vancouver Physio & Sports Clinic

Dec 2010- Sept 2011

- ✓ Worked full time with a full case load at this clinic
- ✓ Performed orthopedic assessments, diagnoses and on-going treatment on patients (Private, MSP, WCB, ICBC)
- ✓ Performed different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education

Physiotherapy Locum Coverage

Various

Nov 2010 – Apr 2012

- ✓ Covered short-term locums when needed at the following clinics:
 - o Hollyburn Physiotherapy
 - o Park Royal Physiotherapy
 - o BodyWorks Physiotherapy
 - o Oakridge Physiotherapy
 - o Cloverdale Physiotherapy
 - o Panorama Physiotherapy
- ✓ Performed orthopedic assessments, diagnoses and on-going treatment on patients
- ✓ Performed different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education

Student Physiotherapy 5-week Practicums

Various

May 2009 – Oct 2010

- ✓ Worked in Spinal Cord Injury unit at GF Strong, Vancouver Jan 2010
- ✓ Worked in out-patient orthopaedics at Whitehorse Hospital May 2009
- ✓ Worked on medical floor at BC Childrens' Hospital June 2009
- ✓ Worked for VIHA in Courtenay BC in home care physiotherapy, June 2010
- ✓ Worked for private orthopaedic clinic in Kamloops, Oct 2010
- ✓ Worked in out-patient ortho and in-patient neuro at Kootenay Boundary Regional Hospital in Trail BC, Nov 2009

Research and Other Interests

Systematic Review through UBC MPT program

Apr 2009-Aug 2010

Completed group thesis project: *"Does early mobilization have an effect on personal functioning of older adults post upper extremity fractures? A Systematic Review"*

- ✓ Contribute quarterly articles to the PABC "Directions" newsletter from a student's perspective
- ✓ Have presented motivational speeches on sport performance to high-schools
- ✓ Compete in various ski, bike, triathlon races for the past 10 years and have achieved many podium results
- ✓ Traveled extensively and so am able to adapt to any work or social environment
- ✓ Active in my own sport: skiing, mountain biking, running, kickboxing and sports conditioning

Professional Development

- ✓ AFCI (acupuncture full certification)
- ✓ Intro Bobath Level 1
- ✓ NOI Mobilization of the Nervous System certificate
- ✓ Level 1 Manual therapy
- ✓ Diane Lee "Integrated Systems"
- ✓ Level 1 osteopathic course on Minimal levers for mobilizations
- ✓ Bahram Jam Thoracic Spine
- ✓ Visceral Manipulation Level 1

- ✓ BCRPA Group Fitness leader
- ✓ Emergency First Aid and CPR
- ✓ Twist Sports Conditioning Specialist Level 1
- ✓ Pilates Instructor Level I and II through the Physical Mind Institute
- ✓ Ski Instructor CSIA Level II and ski coach Level 1
- ✓ CMIC Level I mountain bike instructor
- ✓ CANSI Level 1 cross country ski instructor

Leadership and other Work Experience

Ski camp host and coach

Red Resort 1999-09

Kirsty Exner's Women's Ski Camps Red Mt, Extremely Canadian Whistler

- ✓ Developed the weekend ski camp itinerary and program format
- ✓ Advertised, marketed, organized, coached and did administration for the camps
- ✓ Hosted and managed all participants and instructors during weekend camp
- ✓ Taught several groups of participants downhill skiing technique and guided them around the local ski runs

Personal Training Business Contractor

Rossland 2000-03

Rossland Physiotherapy

- ✓ Performed assessments and designed programs specifically for post-rehab clients referred to me from the physiotherapists

Personal Training Business Contractor

Rossland 2000-06

Rossland Recreation and BLF gym

- ✓ Created and instructed these different programs: Pilates, Boot camps, Mountain bike camps, Ski Fit/active rehab/sports conditioning circuit classes
- ✓ Did my own advertising, marketing and registrations for all of my programs
- ✓ Put on special community events such as biking and running races
- ✓ Performed one-on-one training with clients, designed specific exercise programs for clients as well as client education on health and fitness

Personal Trainer/Fitness instructor

Vancouver 2006

Survivor Boot-camp, Corebody Pilates, Griffins Boxing gym, Twist Conditioning

- ✓ Performed one-on-one training with clients
- ✓ Instructed boot-camp style exercise classes indoor and outdoor
- ✓ Instructed boxing fitness exercise classes
- ✓ Instructed Pilates style of classes
- ✓ Instructed sports-conditioning group fitness classes

Mountain bike camp host and coach

Rossland 2003-06

Devine Ride Rossland, Spokeswoman Whistler, Endless Biking Vancouver

- ✓ Developed the weekend bike camp itinerary and program format
- ✓ Advertised, marketed, organized, coached and did administration for the camps
- ✓ Co-hosted and managed all participants and instructors during weekend camp

References available upon request