



KIRSTY EXNER

#105-137 1st St E, N. Vancouver BC, V7L 1B2
Ph: 604 644 1192 cell, Email: kjexner@kirstyexner.com
Website: www.kirstyexner.com

Objective

Registered Physiotherapist

Highlights

- ✓ I graduated from the Masters of Physiotherapy program at UBC in Nov 2010
- ✓ I have successfully completed all requirements to attain my full physiotherapy license in BC as an independent contractor
- ✓ I currently work part-time at Lions Gate Hospital in neuro rehab and out-patient orthopaedics
- ✓ I was working at a private orthopaedic clinic, Vancouver Physiotherapy and Sports Clinic and successfully built and maintained a full-time case load
- ✓ I worked a 6-week locum at Oakridge physiotherapy and ongoing locum coverage at Cloverdale physiotherapy
- ✓ 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 Level 1 osteopathic course on Minimal levers for mobilizations
- ✓ I have completed Level 1 Manual Therapy course

Education

Masters of Physical Therapy <i>University of British Columbia, Vancouver BC</i>	Aug 2008 – Nov 2010
Bachelor of General Studies <i>Thompson Rivers University, BC, Distance Education</i>	Sept 2002 – Mar 2004
Fitness Exercise Leadership Certificate <i>College of the Rockies, Cranbrook BC on the "Scholar's List"</i>	Sept 2001 – Apr 2002

Clinical Experience

Registered Physiotherapist Sept 2011- Current	Lions Gate Hospital
<ul style="list-style-type: none">✓ Working as a casual float in neuro-rehab and out-patient orthopaedics assisting clients return to their baseline physical ability✓ Perform orthopedic assessments, diagnoses and on-going treatment on patients✓ Manage patient discharge protocol✓ Perform different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education	



**Registered Physiotherapist
Dec 2010- Sept 2011**

Vancouver Physio & Sports Clinic

- ✓ Working in private orthopedics with a full case-load for the past 6 months as a full time contractor
- ✓ Perform orthopedic assessments, diagnoses and on-going treatment on patients (Private, MSP, WCB, ICBC)
- ✓ Perform different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education

**Physiotherapist Locum
Nov – Dec 2010**

Oakridge Physiotherapy

- ✓ Worked in private orthopedics for 8 weeks covering a short-term locum
- ✓ Performed orthopedic assessments, diagnoses and on-going treatment on patients
- ✓ Perform different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education
- ✓ Was able to build up nearly a full case-load in only 8 weeks with clients following me to my next work location at VPSC

**Physiotherapist Locum
March 2011- Sept 2011**

Cloverdale Physiotherapy

- ✓ Cover short-term locums when needed
- ✓ Performed orthopedic assessments, diagnoses and on-going treatment on patients
- ✓ Perform different types of therapy on clients such as: manual therapy, electrotherapy, exercise therapy and education

**Student Physiotherapist
Jan 2010**

Vancouver – GF Strong

- ✓ Worked on the Spinal Cord Injury unit for 5 weeks
- ✓ Performed ASIA neurological assessments and other assessment tests
- ✓ Taught patients basic mobility, wheel-chair skills, ambulating with walking aids and FES in parallel bars and outside
- ✓ Facilitated wheelchair and other ambulatory-aid fittings by organizing meetings with vendor and patient
- ✓ Performed massage treatment, stretch and PROM exercises for those with ortho/neuropathic pain and contractures
- ✓ Helped draft a justification letter to insurance company for patient needing a specific wheel-chair
- ✓ Wrote a research paper on the latest technological advances in SCI rehab

**Student Physiotherapy 5-week Practicums
May 2009 – Oct 2010**

Various

- ✓ Worked in out-patient orthopaedics at Whitehorse Hospital May 2009
- ✓ Worked on medical floor at BC Childrens' Hospital June 2009
- ✓ Worked in out-patient ortho and in-patient neuro at Kootenay Boundary Regional Hospital in Trail BC, Nov 2009



- ✓ Worked for VIHA in Courtenay BC in home care physiotherapy, June 2010
- ✓ Worked for private orthopaedic clinic in Kamloops, Oct 2010

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

- ✓ Level 1 Manual therapy
- ✓ Level 1 osteopathic course on Minimal levers for mobilizations
- ✓ BCRPA Group Fitness leader
- ✓ Emergency First Aid and CPR (expires Dec 2011)
- ✓ 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 Mtn, 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
- ✓ Taught several groups specific mtn bike skills and guided them around local trails

References

Christine Therriault-Finke or Robyn Laytham
Preceptors at KBRH in Trail Dec 2009
250 368 3311

Graham Riske and Corrine Tetreault
Preceptors at Whitehorse OP Physiotherapy May 2009
867- 393-8975

Sandi Jewel
Physiotherapist from Rossland Physiotherapy 2000-2003
Rossland BC, 250 362 7333

Kathy Moore
Former fitness client (2000-2006) and current City of Rossland Council member
Rossland BC, 250 362 3319

Jim Greene
Vice President for Red Mountain Resort
Rossland BC, 250 362 7384