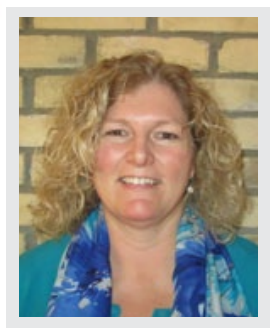




**Cathie is a Registered Kinesiologist with the Ontario Kinesiology Association and has been practicing for over 30 years.** She has interest and extensive experience in Chronic Pain and the Aging Population. As a Kinesiologist, her rehabilitation role encompasses the anatomy, biomechanics, physiology and psychomotor behaviour factors that are associated with recovering from an accident.

Her duties include work in the clinic and community setting and assist with facilitating client transition from medical settings to community/home settings while continuing with their rehabilitation goals. Performing job site analysis and ergonomic assessments allows her to assist clients successfully return to work in a safe and effective manner. Providing education with respect to managing symptoms and persistent pain allows for a well rounded approach to rehabilitation.



**CATHIE ROSS**  
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**Registered Kinesiologist**

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**EDUCATION**

- 1977-1981 Bachelor of Science, Honours Kinesiology, University of Waterloo

**SERVICES**

- Work Conditioning Programming
- Job Site Analysis/Physical Demands Analysis
- Ergonomic Assessments (Home and Workplace)
- Job Coaching
- Return to Work Programs
- Hydrotherapy
- Community/Home Exercise programming

**AREAS OF PRACTICE**

- Musculoskeletal/Soft Tissue
- Chronic Pain
- Geriatrics
- Acquired Brain Injury

**CATHIE'S SERVICE AREAS**

