

MINDA CHITTENDEN, BSC (KIN), MA (GERO)

EDUCATION

- Masters of Arts (Gerontology), **Keele University (UK)**, 1999
- Bachelor of Applied Science (Kinesiology), **Simon Fraser University**, 1997
- Certificate of Health and Fitness, **Simon Fraser University**, 1997

CERTIFICATIONS

- Motivational Interviewing Level 1 Certification, 2021
- Matheson Certified Work Capacity Evaluator, 2020
- WorkWell Functional Capacity Evaluation Certified, 2018
- Neurokinetic Therapy Level 1 Certification, 2018

PROFESSIONAL DEVELOPMENT/TRAINING

- Motivational Interviewing, January 2021
- CKA Kin Can Conference, November 2021 and November 2020
- BC ECHO for Chronic Pain monthly workshops, 2020
- Advanced Exercise Prescription: Consistency & Effectiveness in Rehabilitation & General Exercise Technique, 2019
- Immaculate Dissection – Upper Extremity Concepts, 2018
- Special Topics in Concussion Rehab with OneBrain Neuroscience, 2018
- Primal Movement Chains – Moving Beyond Mobility, 2016
- Matheson Mastery Series: Advanced Functional Evaluation Program, 2017
- Soft-Tissue Release Therapy – Jim Bilotta, 2014
- Functional Biomechanics & Movement Pattern Assessment, 2014
- Corrective Exercise Training for Injury Rehabilitation & Economy of Movement, 2014
- Canadian Association of Occupational Therapists – Certified Trainer to offer National workshops on the Prevention of Elder Abuse, 2013
- Matheson LifeCare Planning, 2013
- WorkSafeBC Health Care Professionals Conference, 2013
- Functional Assessment of Spine and Extremities Course, 2010
- Matheson Functional Capacity Evaluation Certification Program, 2010

RELEVANT WORK EXPERIENCE

Re:Function Health Group, Inc.: 2020 – Ongoing

- Conduct Medical Legal and LTD Functional Capacity Evaluations
- Prepare Cost of Future Care Reports
- Assess physical abilities for Heavy Equipment Operation and Commercial Driving
- Case Manager for Injury Rehabilitation
- Conduct Job site visits, job demands analyses, and return to work programs
- Design and implement work conditioning and work hardening programs
- Rehabilitate complex orthopedic injuries, mild traumatic brain injuries and soft tissue injuries
- Provided activation programs for mental health conditions such as depression, anxiety and PTSD
- Work a variety of contracts including: WorkSafeBC RTWSS, WorkSafeBC COT, WorkSafeBC CBIS, ICBC, Canada Life, Canvet, Manulife, Desjardins

Private Rehabilitation Consulting: 2007 - 2020

- Declared an Expert Witness in BC Supreme Court in 2013
- Conduct Medical Legal Functional Capacity Evaluations since 2010
- Prepare Cost of Future Care Reports
- Case Manager for Injury Rehabilitation
- Kinesiology Manager – Head trainer of Kinesiologists
- Trainer of SFU/UBCO practicum students
- Conduct Job site visits, job demands analyses, and return to work programs
- Design and implement work conditioning and work hardening programs
- Rehabilitate complex orthopedic injuries, mild traumatic brain injuries and soft tissue injuries
- Provided activation programs for mental health conditions such as depression, anxiety and PTSD
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DEMONSTRATED COMPETENCIES

Functional Evaluation:

- Experienced using standardized, evidenced based functional testing equipment
- Able to apply extensive knowledge in gerontology, complex comorbidities, and ageing, to cost of future care predictions
- 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
- Able to use years of active rehabilitation skills to provide therapy recommendations in cost of future care analyses

Return-To-Work Planning and Implementation:

- Able to coordinate and lead return to work meetings with involved stakeholders
- Able to effectively communicate with stakeholders to identify return to work plans, identify accountabilities of parties within the plan, develop consensus to execute the plan, and to address issues while monitoring the plan
- 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 prescribe ergonomic solutions via equipment provision, worker practice modifications (job coaching), or environmental changes
- Able to effectively write reports outlining specifics of job demands and return to work plans
- WorkSafeBC Return to Work Support Services Contractor

Community Adult Rehabilitation:

- Physical assessment, justification, recommendation and provision of active rehabilitation programs (land and water)
- Home Safety Assessments with recommendation, training and provision of mobility aids, adaptive equipment and community resources to optimize client safety in the home

- Design of customized active therapy programs for return to function
- Provide education in training in safe body mechanics & the use of adaptive equipment
- Coordinate Work Conditioning Programs, Work Hardening Programs, and Return to Function Programs
- Specialist in rehabilitation for complex comorbidities, orthopedic injuries, soft tissue injuries, and mental health activation programs