

KRIS CHOW, BKin, MPT

EDUCATION

- Master of Physiotherapy, **The Hong Kong Polytechnic University**, 2021
- Bachelor of Kinesiology, Interdisciplinary studies, **University of British Columbia**, 2018

PROFESSIONAL MEMBERSHIPS

- British Columbia Association of Kinesiologists

RELEVANT WORK EXPERIENCE

Re:Function Health Group, 2021 to Present

Registered Kinesiologist

- Active Customized Exercise Program: creating home exercise programs for stroke patients in regards to gait, as well as for geriatric patients to maintain a certain level of physical activity, ranging from returning to basic activities to daily living to returning to physical activity and sport
- Community Rehabilitation Services: home visits for community rehabilitation services, with emphasis on home exercises using non-conventional exercise equipment
- Kinesiology Services for Physiotherapy Clients

Kids Physiotherapy Group, 2016 to 2018

Administrative Assistant and Physiotherapy Assistant

- Gross spinal x-ray analysis and documentation
- Exercise demonstration and suggestion to physiotherapy clients

DEMONSTRATED COMPETENCIES

Community Rehabilitation

- Proficient in guiding clients to return to function through various personalized exercise programs
- Proven ability to modify tasks and exercises in order to prevent further injury in clients
- Providing tailored challenges and plans to progress client abilities

Implementing Rehabilitation programs

- Prepares treatment plans either independently or through a multidisciplinary approach, based on diagnoses, health concerns and recommendations from other health professionals
- Provides education and resources to clients regarding health promotion, pain, and injury prevention, management and treatment