

JENNIFER STABLES, BKin., CWCE

EDUCATION

- Bachelor of Kinesiology, **University of Western Ontario**, 1991
- Certified Work/Functional Capacity Evaluator, Matheson Group, 2003

PROFESSIONAL MEMBERSHIPS

- British Columbia Association of Kinesiologists
- Canadian Kinesiology Alliance

PROFESSIONAL DEVELOPMENT/TRAINING

- Kin Can Conference, 2021
- Certified CPR and First Aid Training, 2021
- CKA National Health & Fitness Conference, 2021
- Practicing Healthy Movement Behaviours in the COVID-19 Era, 2021
- Physical Literacy at Home, 2021
- Diversity, Equity and Inclusion, 2021
- Ergonomics Products – What Works and When, 2020
- Pain Science, 2019
- Concussion Management, 2019
- Cognitive Functional Therapy: An Integrated Behavioral Approach for Management of Disabling Low Back Pain, 2018
- Fibromyalgia Diagnosis and Biased Assessment, 2018
- Musculoskeletal Pain and Exercise, 2017
- Sleep Health Promotion, 2017
- Matheson Functional Capacity Evaluation Certification Program, 2003 & 2009
- Matheson Advanced Functional Capacity Evaluation Certification Program, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018 & 2019

RELEVANT WORK EXPERIENCE

Re:Function Health Group, Inc.: 2021 to present

- WorkSafeBC Functional Capacity Evaluations
- WorkSafeBC Job Demands Analysis

LiNK Rehab: 2021 to present

- WorkSafeBC Functional Capacity Evaluations
- WorkSafeBC Job Demands Analysis
- WorkSafeBC Return to Work Support Services

Progressive Rehab/CBI: 2009 to present

- WorkSafeBC Functional Capacity Evaluations
- WorkSafeBC Return to Work Support Services
- Mentor (RTWSS & FCE)

Matheson Group: 2012 to present

- Matheson Instructor: Assisting in the teaching of the Matheson FCE certification course

Drake Medox Health Solutions: 1996 – 2009

- Certified Functional Capacity Evaluator
- Direct Kinesiology services for an Occupational Rehabilitation Program (OR1).
- Direct one-to-one exercise therapy Kinesiology services
- One-to-one coordinator

Curtis Personalized Health Management: 1992 - 1996

- Certified Personal Trainer (BCRPA, ACE & STFA)
- BC Gas/Fit West Fitness Centre Manager

DEMONSTRATED COMPETENCIES

Functional Evaluation:

- Experienced using standardized, evidenced based functional testing equipment
- 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
- WorkSafeBC Functional Capacity Evaluation Contractor

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