

## PHILIP A. TOWSLEY, BHSc OT, CWCE/CFCE

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### EDUCATION

- Matheson System Certified Work/Functional Capacity Evaluator
- Certified EPIC Lift Capacity Evaluator
- The Blankenship System Functional Capacity Evaluation Certified Evaluator
- Competency in Vestibular Rehabilitation, 2013  
Emory University and the American Physical Therapy Association
- Canadian College of Osteopathy Graduate, 2005
- Bachelor of Health Sciences in Occupational Therapy, **McMaster University**, 1990

### PROFESSIONAL DEVELOPMENT/TRAINING

- Vestibular Rehabilitation: Advanced Course - Richard Clendaniel – December 2 and 3, 2023
- Management of Persistent Post-Concussive Symptoms: What's The Latest Evidence – Christina Finn – October 20 and 21, 2023
- Neuro-Optometric Rehabilitation Association Annual Conference and Clinical Skills III Course – October 5 to 8, 2023
- Vestibular Rehabilitation: Evaluation and Management of Individuals with Dizziness and Balance Disorders - Richard Clendaniel – July 16 and 17, 2021
- Montreal Cognitive Assessment (MoCA) Certification – June 11, 2021
- Evaluation and Intervention for Visual Processing Deficits in Adult Brain Injury Part I – Mary Warren, PhD – June 11 and 12, 2021
- Progressive Goal Attainment Program (PGAP) Course – June 2 and 3, 2021
- Neuro-Optometric Rehabilitation Association Annual Conference and Clinical Skills I Course – September 19 to 22, 2019
- Working With Clients With Vision Loss: Skills For All Occupational Therapists – April 26, 2019
- The Matheson Cognitive Rehabilitation Certification Program – February 22 and 23, 2019
- Webinar. Pain BC. How to Talk to Chronic Pain Patients About Neuroplasticity, CBT and Mindfulness – November 9, 2017
- Webinar. Pain BC. Chronic Pain: Is It All In Their Head with Dr. Daniel J. Clauw, Work Wellness and Disability Prevention Institute – October 31, 2017
- Concussion, What About the Neck? Cervicogenic Headache & Dizziness as Contributions to Persistent Post-Concussion Syndrome – May 6, 2017
- Concussion Management Workshop: SportMedBC, 2016
- The Multiple Errands Test: Developing, Administering and Scoring Site-Specific Versions, 2016
- Prague School of Athletic Development (Part B): Upper and Lower Kinetic Chains, 2016
- Concussion Management Workshop, 2016

- Prague School of Athletic Development (Part A): Functional Assessment and Core Training, 2015
- The Detailed Back Assessment: Reducing Pain and Enhancing Performance: Dr. Stuart McGill, 2015
- Sustainable Return to Work Programs, 2014
- Driver Screening – Increasing OT Competency, 2014
- Building a Content Expert and Peer Review Practice, Roy Matheson and Associates Inc., 2014
- Enabling Occupation through the Assessment and Treatment of Cognitive Impairments in Adults, 2014
- Integrating NDT, SI and Motor Learning Perspectives in Paediatrics...Treating for Measurable Outcomes, 2014
- Building the Ultimate Back: From Rehabilitation to Performance: Dr. Stuart McGill, 2013
- Advanced Functional Capacity Evaluation – Mastery Series, 2013
- The Matheson Functional Capacity Evaluation Certification Program, 2013
- Matheson Life Care Planning / Cost of Future Care Evaluation Course, 2012
- Functional Capacity Evaluation for Individuals with Acquired Brain Injury, 2012
- Introduction to Autism Spectrum Disorders: Practical Applications, 2012
- Vestibular Rehabilitation, Emory University, 2012
- International Seating Symposium, Vancouver, BC: Manual wheelchair configuration and training; update to the evidence 2012 and Pressure ulcer prevention, 2012
- Automotive Mobility / Driving Independence Seminar: Mr. Joe Cyr, vehicle and mobility consultant from Shopper's Home Health, 2012
- Back in Motion Functional Assessments Practice Group Meetings – Professional / Clinical Development / Literature Review, 2007 to present
- Assessing and Implementing Home Modifications for the Injured Worker: Kathy Pringle, Occupational Therapist, 2011
- Functional Capacity Evaluation with Traumatic Brain Injury and Concussion: Fiona Allen, Occupational Therapist, 2010
- Vestibular Rehabilitation: A Practical Approach: Bernard Tonks, Physiotherapist, 2010
- Hand Splinting Course: Pat McKee, Occupational Therapist, 2009
- The Matheson Functional Capacity Evaluation Certification Program, 2009
- Completed Five Year Program at the Canadian College of Osteopathy, 2005
  - completion of five to six 50 hour courses per year; both theoretical & practical examinations; included training in cranial osteopathy, myofascial release, strain-counterstrain, muscle energy technique, osteoarticular work, visceral manipulation, lymphatic techniques & pathophysiology; advanced courses since graduation have included Endocranial Spasms I, II & III & use of Still Technique
- Fundamentals of Ergonomics, Conestoga College, 2002
- Personal Fitness Trainers Course, McMaster University, 1995
- Canadian Standard Test of Fitness Appraiser, 1995
- Myofascial Release and Movement Workshop, 1995
- The Blankenship System: Functional Capacity Evaluation Clinical Certification: Keith Blankenship, 1995; qualification of: The Blankenship System: Certified Evaluator

- Surface EMG & Biofeedback In Physical Therapy: Glenn Kasman M.S., P.T.
  - course focused on use of Surface Electromyography for assessment & treatment of soft tissue injuries
- Industrial Rehabilitation Professional Residency Program, by Roy Matheson and Associates, 2004
  - week long course focused on Functional Capacity Evaluation & Work Hardening techniques
- JAY Cushion Seating and Wheelchair Prescription Workshop, 1991

## RELEVANT WORK EXPERIENCE

### **Treatment: Phil Towsley, Occupational Therapist: September 2000 – Present**

- Providing bodywork (hands-on) treatment using approaches including osteoarticular (joint) mobilization and adjustment, myofascial release, muscle energy, visceral manipulation and cranial-sacral technique
- Providing consultation regarding exercise, stretching, core-stabilization, posture and gait

### **Re:Function Health Group, Inc.**

#### **(Formerly known as Back in Motion Functional Assessments, Inc.): 2007 – present**

Consultant Occupational Therapist

Vestibular Therapist

Partner & Clinical Manager (Vancouver Island)

- Medical Legal Case Analysis and Consultation
- Report and File Critique Services
- Work/Functional Capacity Evaluations
- Cost of Future Care Analysis
- Vestibular Assessment and Rehabilitation
- Job Demands Analysis
- Work Site Ergonomic and Risk Factor Analysis
- Work Site Job Demands Analysis
- Home Health/Functional Assessments
- Wellness Lecturer: topics including pain, stress and sleep management, healthy eating, positive self-talk, effective communication and recreational planning
- Educational Coordinator
- Qualified as a WorkSafeBC Head Injury Assessment and Treatment Services (HIATS) Evaluator

**Queen Alexandra Centre for Children's Health: Nov 2007 – Aug 2009**

Occupational Therapist

- Occupational Therapy / Developmental Assessments
- Individual and Group Program Development Related to Written Output, Fine and Gross Motor Development, Equipment and Self Care Issues
- Development and Monitoring of Sensory Motor Groups
- Lecturer on Attention Deficit Issues and Strategies
- Consultation Services with Children and Adolescents, Teachers, Educational Assistants, Families and School District Support Staff in the Sooke School Care District (SD #62)

**Phil Towsley Occupational Therapy Services: Aug 1996 – Jun 2007**

Principle

- Performing Functional Capacity Evaluations using the Blankenship System
- Transferrable Skills Analysis
- Job Site Analysis
- Ergonomic Consultation and Home Accessibility
- In-Home Assessments
- Catastrophic Assessments
- Assessment of Attendant Care Needs
- Complete Hospital Discharge Planning and Follow up
- Work with a variety of populations / issues including orthopaedic, soft tissue injuries, spinal cord, acquired brain injury and behavioural issues

**DeClerico & Associates Inc., Hamilton, ON: Jun 1995 – Aug 1996**

Senior Occupational Therapist

- Creation and management of the Functional Ability Evaluation (both portable and stationary)
- Job Site Analysis
- Home Assessment Programs
- Supervision of one Occupational Therapist

**Ontario March of Dimes, Hamilton, ON: Jun 1994 – Oct 1995**

Senior Occupational Therapist

- Management, monitoring and upgrading of the Functional Ability Evaluation Service
- Management of Work Hardening Program
- Work Preparation
- Job Site Analysis
- Home Assessments
- Supervision of one Occupational Therapist, and one program assistant

**Ontario March of Dimes, Hamilton, ON: Jun 1994 – Oct 1994**

Occupational Therapist

- Functional Ability Evaluations
- Development, Coordination and Monitoring of the Work Hardening Program
- Job Site Analysis
- Home Assessments
- Set up of home modification for clients with spinal cord injuries including overhead lift installations, home additions, wheelchair accessible bathrooms, kitchens and entry ways. Working directly with contractors in the design and implementation of accessibility requirements

**Contracted to Leeds, Grenville & Lanark Home Care Program (Private Practice): Sep 1992 – Jun 1994**

Occupational Therapist

- Consultation, assessment, and treatment of children and adolescents with various disabilities in their schools and homes
- Wheelchair and equipment provision as an Assistive Devices Program (ADP) Authorizer for the Ontario Ministry of Health

**Ottawa Children's Treatment Centre, Ottawa, ON: Sep 1991 – Jun 1992**

Occupational Therapist

- Occupational Therapy Consultation to Two Primary Classrooms in the On-Site School for Children with Special Needs
- Direct Therapy Provision
- Outpatient Occupational Therapy Consultation Services
- Upper Extremity Splinting / Organization and Maintenance of the Splinting Fabrication Room
- Equipment Fabrication
- Seating Consultation in the Seating Clinic
- Manual and Power Wheelchair Prescription
- Development of a Community Accessibility Assessment Tool

**Dofasco, Hamilton, ON: Feb 1991 – Aug 1991**

Occupational Therapist

- Set Up and Monitoring of Workers on the Work Assessment / Return to Work Program
- Back Care/MSI Injury Prevention Lectures
- Job Demands Analysis
- Ergonomic Consultation
- Worker Counselling
- Working with Medical and Human Resources Staff

## DEMONSTRATED COMPETENCIES

### Functional Capacity Evaluations:

- Able to conduct functional capacity evaluations considering the physical, cognitive, vestibular and emotional factors that influence function
- Experience using standardized, evidenced-based functional testing equipment
- Able to use job demands and task analysis to develop meaningful and specific work simulation activities to incorporate in functional testing
- Able to interpret functional test measures and determine capacity for working and performing homemaking activities and other activities of daily living
- Able to identify temporary and permanent accommodations that may be required to support safe and dependable work
- WorkSafe BC Functional Capacity Evaluation Contractor

### Cost of Future Care/Life Care Planning Evaluation:

- Able to complete task analysis to determine an individual's capacity for performing a variety of homemaking activities, including house cleaning and yard work
- Able to interpret functional test measures and determine capacity for homemaking
- Able to identify need for temporary or permanent accommodations within the home with an aim of restoring independent function, whenever possible, or alternatively providing recommendations, including services, supplies and equipment, to restore the level of independent function that was present prior to the onset of impairment/disability
- Experienced using standardized, evidenced based functional testing equipment within the home environment

### Return-To-Work Planning and Implementation:

- Able to determine job duties and demands and possible risk factors
- Able to coordinate return to work meetings with applicable team members
- Able to communicate with team members to develop a graduated return to work plan accounting for increasing hours and duties as needed
- Able to provide ergonomic assessment to determine issues and provide solutions through equipment, work place changes, education, job coaching and work or worker modifications
- Able to identify and implement task modifications and accommodations necessary for an injured worker
- Able to monitor the plan and provide problem solving strategies
- Able to effectively write reports outlining specifics of job demands and return to work plans
- WorkSafeBC Return to Work Support Services Contractor

**Treatment/Therapy:**

- Able to determine postural, joint mobility, muscle and myofascial issues that can be contributing to a decrease in functional capacity and tolerances
- Experience with utilizing techniques such as joint mobilization, impulse work, myofascial and positional release, muscle energy technique, postural retraining and exercise instruction to reduce symptoms and improve function
- Able to create exercise programs with the primary aim of improving function through improved posture, core stability, endurance, strength and flexibility