

ROSE IGONIA, BKIN

EDUCATION

- Bachelor of Human Kinetics, Exercise Science, **University of British Columbia**, 2007

PROFESSIONAL MEMBERSHIPS

- British Columbia Association of Kinesiologists
- Canadian Society for Exercise Physiologists

PROFESSIONAL DEVELOPMENT/TRAINING

- Postural Restoration Institute, Myokinematic Restoration, 2023
- Functional Movement Systems, Screening and Assessing Breathing, 2023
- Functional Movement Systems, SFMA Level 1, 2023
- Canadian Red Cross, First Aid and CPR, 2022
- iNTELLECT, Breath Alcohol Technician Training, 2022
- iNTELLECT, Oral Fluid Collection Training, 2022
- iNTELLECT, DOT Urine Collection Training, 2022
- Soccer for Life, 2022
- SureHire, Pre-Medical Fitness-to-Work Training, 2021
- SureHire, Critical Strength and Mobility Fitness-to-Work Training, 2021
- Functional Movement Systems, Y Balance Test, 2021
- Scoliosis: Biomechanical Considerations for Exercise Prescription, 2021
- Game Changers, Knee Prevention in Female Athletes, 2021
- Game Changers, Rise Up: Fostering a Culture of Inclusion Within Your Soccer Club, 2021
- Game Changers, Women in Sport, 2021
- Game Changers, Mental Health in Sport, 2021
- Game Changers, Coaching Girls, 2021
- BC Soccer, Respect in Sport for Activity Leaders, 2020
- Concussion Awareness Training Tool for Coaches, 2020
- Coaching Association of Canada, Making Head Way in Sport, 2020
- Functional Movement Systems, Functional Capacity Screen, 2019
- Canadian Soccer Association, Learn to Train, 2019
- Canadian Soccer Association, Fundamentals, 2019
- Canadian Soccer Association, Active Start, 2018
- Functional Movement Systems, Functional Movement Screen Level 1 Certification, 2018
- Occupational First Aid Level 1 Recertification, 2011
- Fit 4 Two Pre and Post Natal Fitness Certification, 2011
- Canadian Society for Exercise Physiology Certification Program, 2010
- Back in Motion Rehab, Inc. Mentorship Program, 2008 to 2010
- Advanced Exercise Prescription, 2009

RELEVANT WORK EXPERIENCE

Re:Function Health Group, Inc.: 2017 to present

Registered Kinesiologist

- WorkSafeBC Occupational Rehabilitation 1
- Return to Work Support Services
- Return to Work Planning and Implementation
- Post-Offer Employment/Functional Testing
- Job Site Visits/Job Demands Analyses

Ultima Medical Services, Inc.: 2010 to 2011

- Functional Capacity Evaluations
- Pre-Employment Testing
- Post-Offer Employment Testing
- Return to Work Planning

Airport Physiotherapy: 2010 to 2011

- Customized Active Rehabilitation
- Return to Work Planning

Boniface Consulting: 2010 to 2011

- Customized Active Rehabilitation
- Home safety assessments and adaptations

Back in Motion Rehab, Inc.: 2007 to 2010

- WorkSafeBC Occupational Rehabilitation 1
- WorkSafeBC Occupational Rehabilitation 2
- WorkSafeBC Head Injury Assessment & Treatment Services
- Custom Active Rehabilitation
- Case Management
- Return to Work Planning and Implementation

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

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

Active Rehabilitation:

- Experienced with clients with orthopedic, neurological, cardiovascular and psychological impairments
- Able to create and implement customized exercise programs
- Able to effectively educate clients on their injury and treatment process
- Able to effectively educate clients on proper posture and proper movement patterns
- Able to use job demand task analysis to develop meaningful and specific work simulation exercises