

Alexandra Louise Brooks-Hill

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Hospital Staff Appointments

- 2006-present **Squamish General Hospital**
- 2007-present **Whistler Healthcare Centre**
- 2009-present **St. Mary's Hospital**
- 2014-present **Lions Gate Hospital** – Associate with admitting privileges
- 2010-2013 **Lions Gate Hospital** – Locum tenens
- 2010-2015 **Penticton Regional Hospital** – Locum tenens
- 2009-2018 **Prince George Regional Hospital** – Locum tenens
- 2008 & 2009 **Burnaby Hospital** – Locum tenens

University Appointments

- 2021-present **Clinical Assistant Professor**, Department of Orthopaedics, Faculty of Medicine, University of British Columbia
- 2008-2021 **Clinical Instructor**, Department of Orthopaedics, Faculty of Medicine, University of British Columbia

Education

- 2006 **Orthopaedic AO Trauma, Arthroscopic Knee Reconstructive and Sport Surgery Fellowship**, Geneva University Hospital (HCUG)
- 2005-2006 **Orthopaedic Upper Extremity & Arthroscopic Reconstructive Surgery Fellowship**, University of British Columbia
- 2000-2005 **Orthopaedic Surgery Residency**, University of Toronto (FRCSC completed June 2005)
- 2000 **Family Medicine Residency**, July-November, University of Toronto
- 1996-2000 **Doctor of Medicine, Honours**, University of Toronto
- 1993-1998 **Bachelor of Physical and Health Education (PHE)**, High Honours, University of Toronto
- 1992-1993 **University of Toronto**, Sciences, Honours, Trinity College

Awards and Honours

- 2000 **Lange Medical Publication Book Award**, Faculty of Medicine, University of Toronto
For a graduating medical student in recognition of outstanding contributions to extracurricular activities in the Faculty of Medicine
- 1997 **Benson Award**, University of Toronto
For a graduating female student with outstanding ability in athletics and scholarship
- 1997 **Silver “T” Award**, University of Toronto
For truly outstanding graduating varsity athletic performance
- 1996 **Student Sports Sciences Conference Scholarship, Budapest, Hungary**, School of PHE
For the best paper in the Biophysical Sciences at UofT School of PHE (scholarship to attend & present at Hungarian University of Physical Education conference)
- 1996 **First Prize in Biophysical Sciences**, Hungarian University of Physical Education
For the best presentation in the Biophysical Sciences
- 1996 **Donald Foster Scholarship**, University of Toronto
For outstanding contribution to student government and student life
- 1996 **Kirkwood Award**, Department of Athletics and Recreation (DAR), University of Toronto
For outstanding contribution to the department
- 1995 **Canadian Association for Health, Physical Education, Recreation and Dance Award**, School of PHE
For a PHE student for outstanding leadership and scholarship
- 1995 **Tournament XI All-Star Field Hockey Team**, Canadian Intercollegiate Athletic Union (CIAU)
- 1995 **CIAU Second Team Field Hockey All-Star**, CIAU
- 1995 **Gail Wilson Field Hockey Player of the Year**, CIAU
Elected by teammates and opposing varsity field hockey players for commitment and inspirational leadership
- 1994-1997 **Field Hockey/Indoor Hockey All-Star**, Ontario Women’s Intercollegiate Athletic Association
- 1994-1996 **PHE Alumni Scholarship, Years II & III**, School of PHE
For highest academic average in year
- 1994-1995 **British Columbia Athlete Assistance Award**, Government of British Columbia
For athletes committed to competing for the province of British Columbia
- 1994 **Beverly Vickers Award**, School of PHE
For a female PHE student demonstrating outstanding leadership and scholarship

Awards and Honours (continued)

- 1993-1996 **University of Toronto In-Course Scholarship, Years I, II, & III**, University of Toronto
For highest academic standing in year of program
- 1992-1997 **Academic All-Canadian**, University of Toronto/Canadian Intercollegiate Athletic Union (CIAU)/Royal Bank
For CIAU varsity athletes earning an academic average above eighty percent
1995, University of Toronto Top Female Academic All-Canadian
- 1992-1997 **University of Toronto Academic T-Holder Award**, T-Holder Society
For varsity athletes earning an academic average above eighty percent
- 1992-1993 **Sport Canada J-Card** (Junior National Carding), Sport Canada, Canadian Government
For athletes in Olympic team sports on Sport Canada supported Junior National Teams who make a significant commitment to the Junior National Team Program

Research

- 2023-present **The Stop Osteoarthritis (SOAR) Hybrid Effectiveness-Implementation Type II Randomized Controlled Trial for Young People at-High-Risk of Early Onset Osteoarthritis**
Project Lead: Dr. Jackie Whittaker
Sponsor: pending CIHR
- 2022-present **Acute Knee Injury Practice (AKIP)**
Project Lead: Dr. Jackie Whittaker
Sponsor: Shared Care
- 2016-present **Orthopaedic Trauma Patterns in the Sea to Sky Corridor**
Principal Investigators: Dr. Alexandra Brooks-Hill, Dr. Sarah Clark
Sponsor: Squamish General Hospital Facility Engagement Committee
- 2018-2019 **Acute Pain Advisor (APA) Project**
Principal Investigator: Dr. Karen Wanger
Co-Investigators: Dr. Sarah Clark
Sponsors: Pain BC & Sea to Sky Division of Family Practice
- 2017-2018 **Whistler Orthopaedic Rehabilitation Program (WORP)**
Principal Investigator: Dr. Alexandra Brooks-Hill
Co-Investigators: Dr. Sarah Clark, Nicole Heisterman, Jackie Dickinson
Sponsors: Whistler Health Care Foundation & Whistler Community Services Society
- 2011-2013 **Physiotherapy as a Triage for Orthopaedic Surgery Referrals Study**
Principal Investigator: Chris Napier (PT)
Co-Investigator: Dr. Robert McCormack

Research (continued)

- 2005-2013 **WHOA Study: Weber Humeral Osteotomy Assessment-a radiological investigation**, UBC Hospital
Principal Investigator: Dr. Alexandra Brooks-Hill
Senior Investigator: Dr. William Regan
Co-Investigators: Dr. Bruce Forster, Dr. Robert Hawkins, Dr. Case van Wyngaarden, Dr. Jordan Leith
- 2005-2013 **Weber Humeral Osteotomy long-term clinical follow-up**, UBC Hospital
Principal Investigator: Dr. Alexandra Brooks-Hill
Senior Investigator: Dr. William Regan
Co-Investigators: Dr. Robert Hawkins, Dr. Jordan Leith
- 2006-2010 **The Shooter Manoeuvre-manual therapy for GIRD (glenohumeral internal rotation defect)**
Principal Investigator: Dr. Ravi Ghag
Senior Investigator: Dr. Jordan Leith
Co-Investigators: Ron Mattison (PT), Andrea Reid (PT)
- 2006-2007 **Arthroscopic lateral epicondylar elbow release: a novel technique**
Principal Investigator: Dr. William Regan
- 2002-2005 Capsular shrinkage after repair of SLAP (superior labral anterior posterior) **lesions**, University Health Network, Toronto Western Hospital
Supervisor: Dr. Anthony Miniaci
- 2002-2004 **Gender differences in ACL injuries. Does hip angle play a role?** Sunnybrook & Women's College Health Sciences Centre, Orthopaedic & Arthritic Site, Toronto
Supervisor: Dr. Paul Marks
- 1998 **The cold homeless in Toronto: An analysis of the partnership between the Street Helpline and the Roving Van**, Faculty of Medicine, University of Toronto
Supervisor: Sandra Seaborn
- 1996 **The effect of hip angle on the hamstrings to quadriceps strength ratio**, Biomechanics Laboratory, School of Physical and Health Education, University of Toronto
Supervisor: Dr. Kevin Ball

Publications

Brooks-Hill, A.L., Forster, B., van Wyngaarden, C.B., Hawkins, R., Regan, W. Weber Osteotomy for Large Hill-Sachs Defects: Clinical and CT Assessments, *Clinical Orthopaedics & Related Research*, Vol 471, No 8, 2013: pp 2548-2555.

Napier, C., McCormack, R.G., Hunt, M.A., **Brooks-Hill, A.L.** A Physiotherapy Triage Service for Orthopaedic Surgery: An Effective Strategy for Reducing Wait Times, *Physiotherapy Canada*, Vol 65, No 4, 2013: pp358-363.

Brooks-Hill, A.L., van Wyngaarden, C.B., Regan, W., Hawkins, R., Leith, J., Forster, B. Novel method for assessment of Hill-Sachs defect size – Utility in surgical planning – preliminary study, [poster], Orthopaedia Meetings, Orthopaedia – Collaborative Orthopaedic Knowledgebase (www.orthopaedia.com). 17-21 June, 2010.

Brooks-Hill, A.L. & Regan, W. Extra-articular Arthroscopic Lateral Elbow Release Arthroscopy, *Arthroscopy: The Journal of Arthroscopic and Related Surgery*, Vol 24, No 4 (April), 2008: pp 483-485.

Brooks-Hill, A.L., van Wyngaarden, C.B., Regan, W., Hawkins, R., Leith, J., Forster, B. Novel method for assessment of Hill-Sachs defect size: Utility in surgical planning and follow-up [abstract], *Clinical Journal of Sport Medicine*, May 2009.

Conference Presentations

Hawkins, R., **Brooks-Hill, A.L.**, van Wyngaarden, C.B., Forster, B., Leith, J., Regan, W. Novel method for assessment of Hill-Sachs defect size: Utility in surgical planning – preliminary study. 12th Combined meeting of the Orthopaedic Associations, 14 September, Glasgow, UK, 2010.

Brooks-Hill, A.L., van Wyngaarden, C.B., Regan, W., Hawkins, R., Leith, J., Forster, B. Novel method for assessment of Hill-Sachs defect size: Utility for surgical planning and follow-up. Canadian Academy of Sport Medicine Conference, 6 June, Whistler, British Columbia, 2009.

Van Wyngaarden, C.B., **Brooks-Hill, A.L.**, Regan, W., Hawkins, R., Leith, J., Forster, B. Novel Method for assessment of Hill-Sachs defect size: Utility for surgical planning and follow-up. Canadian Association of Radiology, 28 June – 1 July, St. John's, Newfoundland, 2007.

Brooks-Hill, A.L., ACL Injuries in Women: An Epidemic. 8th European Federation of National Association of Orthopaedics and Traumatology Congress, 14 May, Florence, Italy, 2007.

Brooks-Hill, A.L., ACL Injuries in the Female Athlete. Alpine Canada Alpin Medical Group, 29th Annual Scientific Conference. 12 April, Lake Louise, Alberta, 2007.

Ghag, A., **Brooks-Hill, A.L.**, Reid, A., Mattison, R., Leith, J. Effect of subscapularis manipulation on glenohumeral internal rotation deficit. Western Student Medical Research Forum, 2 February, Carmel, California, United States of America, 2007.

Van Wyngaarden, C., **Brooks-Hill, A.L.**, Forster, B., Hawkins, R., Leith, J. & Regan, W. Assessment of humeral retroversion by computed tomography following Weber humeral derotational osteotomy for engaging Hill-Sachs defects. University of British Columbia Radiology Research Day, 21 June, Vancouver, British Columbia, 2006.

Conference Presentations (continued)

Brooks-Hill, A.L. & Regan, W., Hockey Injuries in the NHL-The Vancouver Canucks' Experience. Canadian Association of Physical Medicine and Rehabilitation 54th Annual Scientific Meeting, 10 June, Vancouver, British Columbia, 2006.

Brooks-Hill, A.L. & Regan, W. Extra-articular arthroscopic lateral elbow release: a novel technique. Allan McGavin Sports Medicine Centre 14th Annual Whistler Retreat, 27 May, Whistler, British Columbia, 2006.

Brooks-Hill, A.L. & Miniaci, A. Capsular shrinkage after repair of SLAP lesions. University of Toronto Kennedy Day, 4 November, Toronto, Ontario, 2004.

Brooks-Hill, A.L., Ball, K.A., Richards, D., Kristman, V. & Marks, P. Sex differences in ACL injuries. Does hip angle play a role? University of Toronto Orthopaedic Research Day, 31 May, Toronto, Ontario, 2004.

Ball, K.A., **Brooks-Hill, A.L.**, Richards, D., Marks, P. & Evans, R.J. Lack of hip flexion: A mechanism for ACL injury. Proceedings of the American College of Sports Medicine, 46th Annual Meeting, 2-5 June, Seattle, Washington, United States of America, 1999.

Ball, K.A., **Brooks-Hill, A.L.**, Evans, R.J., Marks, P., & Richards, D. The effect of hip & knee angle on hamstrings/quadriceps knee strength: Implications for ACL injury. The ACL Study Group, Annual Meeting, 2 April, Beaver Creek, Colorado, United States of America, 1998.

Brooks-Hill, A.L. Anterior cruciate ligament injuries in females. International Student Sport Sciences Conference, 10-13 October, Hungarian University of Physical Education, Budapest, Hungary 1997.

Ball, K.A., **Brooks-Hill, A.L.**, Evans, R.J., Marks, P., & Richards, D. The effect of hip & knee angle on hamstrings/quadriceps knee strength: Implications for ACL injury. Proceedings of the Canadian Orthopaedic Association, Annual Meeting, 24-25 May, Quebec City, Quebec, 1996.

Poster Presentations

Brooks-Hill, A.L., Van Wyngaarden, C., Regan, W., Leith, J., Hawkins, R., Forster, B., Novel method for assessment of Hill-Sachs defect size: Utility surgical planning-preliminary study. Canadian Orthopaedic Association Annual Meeting, 17-20 June, Edmonton, Alberta, 2010.

Ghag, A., **Brooks-Hill, A.L.**, Leith, J.M., Mattison, R., Reid, A. Effect of subscapularis manipulation on glenohumeral internal rotation deficit. American Academy of Orthopaedic Surgery Annual Meeting, 9-13 March, New Orleans, Louisiana, United States of America, 2010.

Van Wyngaarden, C.B., **Brooks-Hill, A.L.**, Regan, W., Hawkins, R., Leith, J., Forster, B. Novel method for assessment of Hill-Sachs defect size: Utility for surgical planning and follow-up. Canadian Association of Radiology, 1-4 May, Ottawa, Ontario, 2008.

Van Wyngaarden, C.B., **Brooks-Hill, A.L.**, Regan, W., Hawkins, R., Leith, J., Forster, B. Novel method for assessment of Hill-Sachs defect size: Utility for surgical planning and follow-up [electronic poster presentation]. International Skeletal Society, 10-13 October, Budapest, Hungary, 2007.

Brooks-Hill, A.L., Ball, K.A., Richards, D., Kristman, V. & Marks, P. Sex differences in ACL injuries. Does hip angle play a role? Canadian Academy of Sport Medicine Annual Meeting, 9-12 February, Ottawa, Ontario, 2005.

Brooks-Hill, A.L., Ball, K.A., Richards, D., Kristman, V. & Marks, P. Sex differences in ACL injuries. Does hip angle play a role? Canadian Orthopaedic Research Society Annual Meeting, 18-20 June, Calgary, Alberta, 2004.

Brooks-Hill, A.L., Ball, K.A., Richards, D., Kristman, V. & Marks, P. Sex differences in ACL injuries. Does hip angle play a role? The ACL Study Group, Annual Meeting, 29 May-4 June, Sardinia, Italy, 2004.

Brooks-Hill, A.L., Ball, K.A., Richards, D., Kristman, V. & Marks, P. Sex differences in ACL injuries. Does hip angle play a role? University of Toronto Department of Surgery Annual Gallie Bateman Poster Session and Competition, 8 May, Toronto, Ontario, 2003.

Presentations, Invited

2023 **Brooks-Hill, A.L.** & Clark, S.J. Primary Care Orthopaedic Cases. Sea to Sky RCME Retreat, 14 October, Whistler, British Columbia.

2018 **Brooks-Hill, A.L.** The Big Leagues. Resident ICL: The Future of Orthopaedics in Canadian Healthcare. Canadian Orthopaedic Association Conference, 20-23 June, Victoria, British Columbia.

2017 **Brooks-Hill, A.L.** ACL Injury Prevention. Whistler Blackcomb Ski Patrol Training, 13 November, Whistler, British Columbia

2015 **Brooks-Hill, A.L.** ACL Injury Prevention. Whistler Heli Ski Training, 3 December, Whistler, British Columbia

Presentations, Invited (continued)

- 2010 **Brooks-Hill, A.L.**, Regan, W., Chin, P. Revision, Shoulder Stabilization Case Presentation. University of British Columbia Orthopaedic Update and Research Day. 12-14 May, Vancouver, British Columbia.
- 2010 **Brooks-Hill, A.L.**, van Wyngaarden, C.B., Forster, B., Hawkins, R., Leith, J., Regan, W. Weber Osteotomy: An option for humeral head bone loss. University of British Columbia Orthopaedic Update, 12-14 May, Vancouver, British Columbia.
- 2009 **Brooks-Hill, A.L.** How I do a Bankart Repair. Sports Medicine Tips and Tricks. Canadian Orthopaedic Association Conference, 3-6 July, Whistler, British Columbia.
- 2009 **Brooks-Hill, A.L.** ACL Injuries in Women: An Epidemic. Track & Trail 2009 Winter Escape Emergency Medicine Update. 16-20 March, Terrace, British Columbia.
- 2009 **Brooks-Hill, A.L.** Revisiting Basic Management of Fractures in the Emergency Department and on the Ski Hill. Track & Trail 2009 Winter Escape Emergency Medicine Update. 16-20 March, Terrace, British Columbia.
- 2009 **Brooks-Hill, A.L.** Clavicle Fractures: What's new? Track & Trail 2009 Winter Escape Emergency Medicine Update. 16-20 March, Terrace, British Columbia.
- 2009 **Brooks-Hill, A.L.** Whistler Alpine Venue Medical Management for the Olympics. Track & Trail 2009 Winter Escape Emergency Medicine Update. 16-20 March, Terrace, British Columbia.
- 2009 **Brooks-Hill, A.L.** ACL Arthroscopic Management of Shoulder Instability and Rotator Cuff Disease. Track & Trail 2009 Winter Escape Emergency Medicine Update. 16-20 March, Terrace, British Columbia.
- 2009 **Brooks-Hill, A.L.** ACL Graft Selection: Why do patients get certain grafts? Track & Trail 2009 Winter Escape Emergency Medicine Update. 16-20 March, Terrace, British Columbia.
- 2009 **Brooks-Hill, A.L.** ACL Injuries in Women: An Epidemic. Tacoma Washington Pierce County Medical Society, College of Medical Education Conference, 28 January – 1 February, Whistler, British Columbia.
- 2008 **Brooks-Hill, A.L.** & Kausky, K. Whistler Alpine Medical Coverage. Alpine Canada Alpin Medical Group, 30th Annual Scientific Conference. 4 April, Whistler, British Columbia.
- 2008 Guy, P. & **Brooks-Hill, A.L.** Orthopaedic Injuries. Alpine Canada Alpin Medical Group, 30th Annual Scientific Conference. 4 April, Whistler, British Columbia.
- 2008 **Brooks-Hill, A.L.**, ACL graft selection. Alpine Canada Alpin Medical Group, ACL Prevention and Performance Enhancement Forum, 26 September, Kelowna, British Columbia.

Presentations, Invited (continued)

- 2007 Guy, P. & **Brooks-Hill, A.L.** Orthopaedic Injuries. FIS Snowsport Trauma Course. 20 November, Lake Louise, Alberta.
- 2007 Guy, P. & **Brooks-Hill, A.L.** Priority Assessment: Pelvic/Femur Fractures. FIS Snowsport Trauma Course. 19 November, Lake Louise, Alberta.
- 2007 **Brooks-Hill, A.L.** ACL Injuries in Women: An Epidemic. Physical Therapists, 27 June, Peak Performance Physical Therapy and Massage, Whistler, British Columbia.
- 2007 **Brooks-Hill, A.L.** ACL Injuries in Women: An Epidemic. Physical Therapists, 3 June, Whistler Physiotherapy Group, Whistler, British Columbia.
- 2007 **Brooks-Hill, A.L.**, ACL Injuries in the Female Athlete. Alpine Canada Alpin Medical Group, 29th Annual Scientific Conference. 12 April, Lake Louise, Alberta.
- 2007 **Brooks-Hill, A.L.** Clavicle fractures. Whistler Medical Staff, 23 February, Whistler Health Care Centre, Whistler, British Columbia.
- 2007 **Brooks-Hill, A.L.** Arthroscopic management of shoulder instability and rotator cuff disease. Squamish Medical Community, 16 January, Squamish, British Columbia.
- 2006 Regan, W. & **Brooks-Hill, A.L.** Hockey Injuries in the NHL-The Vancouver Canucks' Experience. Hôpital Orthopédique de la Suisse Romande, 16 November, Lausanne, Switzerland.
- 2006 **Brooks-Hill, A.L.** & Regan, W. Extra-articular arthroscopic lateral elbow release: a novel technique. Geneva University Hospital, 21 November, Geneva, Switzerland.
- 2006 Regan, W. & **Brooks-Hill, A.L.** Hockey Injuries in the NHL-The Vancouver Canucks' Experience. Geneva University Hospital, 23 November, Geneva, Switzerland.
- 2006 **Brooks-Hill, A.L.** & Regan, W. Extra-articular arthroscopic lateral elbow release: a novel technique. Allan McGavin Sports Medicine Centre 14th Annual Whistler Retreat, 27 May, Whistler, British Columbia.
- 2006 Regan, W. & **Brooks-Hill, A.L.** Hockey Injuries in the NHL-The Vancouver Canucks' Experience. Canadian Association of Physical Medicine and Rehabilitation 54th Annual Scientific Meeting, 10 June, Vancouver, British Columbia.
- 1997 **Brooks-Hill, A.L.** Future of the CIAU. Canadian Interuniversity Athletic Union (CIAU) Thinktank Conference, 17-19 October, University of Western Ontario, London, Ontario.
- 1997 **Brooks-Hill, A.L.** Being a competitive woman. Celebrating Active Women Week, University of Toronto, 22-26 September, Toronto, Ontario.

Research Funding

- 2017 \$20,000 **Whistler Health Care Foundation,**
Whistler Orthopaedic Rehabilitation Program
- 2012 \$5000 **Sea to Sky Health Care Foundation Triboard,**
ACL Injury Prevention
- 2003 \$2500 **Toronto Western Hospital Orthopaedic Academic Enrichment Fund,**
Capsular shrinkage after repair of SLAP (superior labral anterior posterior) lesions

Sport Medicine Work

- 2023-present **Team Safety,** Whistler Minor Hockey Association
- 2023-present **Board Member,** Whistler Skating Club
- 2006-present **Medical Group Team Doctor,** Canadian Alpine Ski Team
- 2007-2010 **Alpine Skiing Chief of Medical,** Vancouver Olympic Committee, Whistler
- 2005-2010 **Doctor on the Hill,** Blackcomb Ski Patrol
- 2008-2009 **Alpine Skiing Chief of Medical,** International Paralympic Committee Alpine World
Cup, Whistler
- 2007-2008 **Alpine Skiing Chief of Medical,** FIS Alpine World Cup, Whistler
- 2007 **Host Medical Physician,** Canada Winter Games, Whitehorse
- 2006 **Professional Hockey Team Orthopaedic Fellow,** Geneva Servettes Hockey Club
- 2006 **Professional Ballet Orthopaedic Fellow,** Ballet du Grand Theatre, Geneva
- 2006 **Training Camp Physician,** Canadian Alpine Ski Team (men's technical and speed
teams), Portillo, Chile
- 2006 **Pre-Season Physicals,** British Columbia Alpine Ski Team
- 2005 **Pre-Season Physicals,** Vancouver Canucks NHL Hockey Club

Leadership Activities

- 2023-present **Board Member,** Arthroscopy Association of Canada, Canadian Orthopaedic Association
- 2023-present **Co-Director,** Tennis, Stony Lake Yacht Club Board
- 2022-present **Chair,** Kawartha Park Regatta
- 2022-present **Board Member,** Whistler Skating Club
- 2009-2014 &
2023-present **Member,** Membership Committee, Canadian Orthopaedic Association
- 2016-present **Member,** Facility Engagement Committee, Squamish General Hospital
- 2014-present **Member,** Operating Room Committee, Squamish General Hospital
- 2014-present **Member,** Sea to Sky Divisions of Family Practice
- 2008-present **Founder and Co-Coordinator,** Whistler Health Care Centre Orthopaedic Rounds
- 2007-present **Member,** Medical Advisory Committee, Squamish General Hospital
- 2006-present **Member,** Medical Advisory Committee, Squamish General Hospital
- 2014-2015 &
2018-2022 **Co-Chair,** Operating Room Committee, Squamish General Hospital
- 2014-2015 &
2018-2022 **Surgery Representative,** Medical Advisory Committee, Squamish General Hospital

Leadership Activities (continued)

2004-2009	Co-Founder , Women Orthopaedic Surgeons of Canada, Canadian Orthopaedic Association
2003-2005	Founder & Subsequent Facilitator , Ontario Orthopaedic Association Annual Women's Dinner
2002-2004	Member , Orthopaedic Surgery Resident Program Committee, University of Toronto
1997-1998	Co-Producer , Daffydil, A medical school variety show to raise funds for the Canadian Cancer Society
1996	Member , Provostial Task Force for merging the Department of Athletics and Recreation (DAR) and the School of Physical and Health Education, University of Toronto
1995-1996	Member , DAR Awards Committee 1995-1996, Chairperson
1995-1996	Member , DAR Budget Committee
1995	Umpire Coordinator, Intramural Field Hockey Program, University of Toronto
1994-1997	Member Elect , DAR Governing Council 1995-1996, Chairperson
1994-1995	Member , DAR Equity Issues Committee
1994, 1995	Member , DAR Varsity Board 1995, Chairperson
1994	Member Elect , DAR High Performance Advisory Committee

Volunteer Work

2020-2023	On Ice Helper , Whistler Minor Hockey Association
2011-present	Co-coordinator , Orthopaedic Rounds for Sports Medicine/Emergency/Family Physicians, Physiotherapists & Cast Technicians, Whistler
2011-present	Co-coordinator , Orthopaedic Rounds for Sports Medicine/Emergency/Family Physicians & Physiotherapists, Squamish
2017-2018	Coordinator , Whistler Orthopaedic Rehabilitation Program (WORP)
2011-2013	Founder & Coordinator , ACL Injury Prevention Program, Squamish Youth Soccer Association and Whistler Mountain Ski Club
2005-2010	Doctor on the Hill , Blackcomb Ski Patrol
2007-2011	Coordinator , Orthopaedic Rounds for Sports Medicine/Emergency/Family Physicians, Physiotherapists & Cast Technicians, Whistler
2007-2011	Coordinator , Orthopaedic Rounds for Sports Medicine/Emergency/Family Physicians & Physiotherapists, Squamish
2003, 2004	Interviewer , Orthopaedic Surgery Residency Applicants, University of Toronto
2002, 2004	Application Reviewer , Orthopaedic Surgery Residency Applicants, University of Toronto
2003	Co-Founder & Co-Chair , Toronto Young Advocates, Human Rights Watch, Toronto
2002, 2003	Coordinator , Ontario Women In Orthopaedics Dinner, Toronto
1999	Medical Student , On-Site Medical Team, Pro Beach Volleyball World Tour, Toronto
1998	Interviewer , Medical School Applicants, University of Toronto
1997-1998	Toronto Contact , University of British Columbia Ophthalmology Website
1997-1998	Outreach , Street Patrol/Roving Van, Anishnawbe Health, Toronto
1997-1998	Mentor & Peer Counselor , Undergraduate Medical Society Peer Support Centre
1997	Medical Mission , Medical Ministry International, Ecuador
1996	Refugee Camp , Suncokret, Croatia
1995	Team Selector , Ontario U16 & U18 Field Hockey, B.C. U14 Field Hockey

Volunteer Work (continued)

1992-1995 **Umpire**, June Collard School Girl Conference
1990 **Volunteer**, University Hospital-Shaughnessy Site, Vancouver

Teaching

2015-present **Clinical Instructor**, UBC Emergency Residents, Whistler Health Care Centre
2007-present **Instructor**, Orthopaedic Rounds for Sports Medicine/Emergency/Family Physicians,
Physiotherapists & Cast Technicians, Whistler
2007-present **Instructor**, Orthopaedic Rounds for Sports Medicine/Emergency/Family Physicians &
Physiotherapists, Squamish
2021 **Clinical Instructor**, UBC Sport Medicine Resident, Whistler Health Care Centre
2016-2020 **Coach**, Whistler Youth Soccer Club
2019 **Clinical Instructor**, University of Saskatoon Paediatric Sport Medicine Fellow, Sea to
Sky
2018 **Clinical Instructor**, Royal College of Chiropractic Sports Sciences Resident, Sea to Sky
2017 **Workshop Instructor**, Squamish Family Physician casting workshop, Squamish
2016 **Sponsor/Supervisor**, Physiotherapist Cast Technician Practical Training, Whistler
Health Care Centre
2016 **Examiner**, Orthopaedic Resident oral examinations, UBC Department of Orthopaedics
2015 **Workshop Coordinator & Instructor**, Squamish Family Physician knee injection
workshop, Elaho Clinic
2014-2016 **Clinical Instructor**, Squamish Family Physician knee injection training, Squamish
General Hospital
2007-2015 **Clinical Instructor**, Foreign Medical Students, Whistler Health Care Centre & Whistler
Medical Clinic
2006-2015 **Clinical Instructor**, UBC Medical Students, Whistler Health Care Centre & Whistler
Medical Clinic
2014 **Examiner**, Canadian Academy of Sports & Exercise Medicine (CASEM) diploma
examination, Fortius
2007-2014 **Clinical Instructor**, CASEM examination candidates, Whistler Medical Clinic &
Whistler Health Care Centre
2007-2009 **Sponsor/Supervisor**, Norquest College LPN Canadian Society of Orthopaedic
Technologists (CSOT) Practical Training Program, Whistler Health Care Centre
2007-2010 **Sponsor/Supervisor**, Rural RN Cast Technician Practical Training Program, Whistler
Health Care Centre
2008 **Mentor**, High school student mentorship program, Crofton House School
2006 **Laboratory Instructor**, HCUG Knee Arthroscopy Cadaver Course, Geneva
2006 **Laboratory Instructor**, UBC Resident Shoulder Arthroscopy Cadaver Laboratory, Vancouver
2005 **Clinical Skills Instructor**, INDE 420 Musculoskeletal Clinical Skills Course,
UBC Medical School
2002 **Teaching Assistant**, Medical School Anatomy Laboratories, UofT Faculty of Medicine
1997 **Inner City Tutor**, Saturday Morning Program for Teenagers, UofT Faculty of Medicine
1996 **Tutor**, Grade XI student (Math, French, & Chemistry)
1996 **Teacher**, Healthy Sexuality Workshops, Faculty of Medicine
1996 **Coach**, Field Hockey Clinic, Havergal College
1996 **Co-Coordinator**, Outdoor Project, School of PHE
1995 **Sailing Instructor**, Royal Vancouver Yacht Club
1995 **Coach**, Field Hockey Clinic, Branksome Hall

Teaching (continued)

- 1995 **Disabled Swimming Instructor**, Pearson Hospital, British Columbia Rehabilitation Society
- 1995 **Tutor**, Central Neighborhood House
A neighbourhood centre that addresses community needs in the east downtown area of Toronto
- 1994 **Youth Sailing Instructor**, Royal Vancouver Yacht Club
- 1993 **Disabled Sailing Instructor**, Disabled Sailing Association of British Columbia
- 1993 **Coach**, Field Hockey Clinic, British Columbia Women's Field Hockey Federation
- 1992 **Coach**, Field Hockey Clinic, Scarborough High Schools
- 1992 **Youth Sailing Instructor**, Stony Lake Yacht Club
- 1990-1992 **Coach**, Hawks Field Hockey Club, Under 10, 12, & 14

Athletics – Field Hockey

- 1992-1997 **Varsity Team**, University of Toronto
1995-1997, Captain; *1993 & 1996 CIAU Champions*
- 1990-1993 **Junior National Canadian Team**
- 1988-1998 **Provincial Teams**, British Columbia & Ontario
1990, Captain

Athletics - General

- 2011-2014 &
2018-present Recreational Women's Ice Hockey, Meadow Park Sports Centre, Whistler
- 2008 Recreational Co-Ed Ice Hockey, Meadow Park Sports Centre, Whistler
- 2005-2006 Recreational Women's Ice Hockey, Division 4, Burnaby 8 Rinks Ice Sports
- 2005-2006 Recreational Co-Ed Ice Hockey, Thunderbird Arena
- 2005 Vancouver Women's Ultimate Frisbee Team, Vancouver Ultimate Touring Club
- 1998, 1999, Toronto Women's Ultimate Frisbee Team, Toronto Ultimate Touring Club
- 2004 Club Squash League
- 1997-2004 Toronto Ultimate Club, A league outdoor & multi-level league indoor ultimate frisbee
- 2003-2004 Toronto Sport and Social Club, An indoor ultimate Frisbee league
- 2002-2004 Women's Competitive Ice Hockey, Winter League, Ladies Summer Hockey League
- 2003 Toronto Co-Ed Ultimate Frisbee Team, Toronto Ultimate Touring Club
- 2000-2002 Women's Competitive Ice Hockey, Toronto Ice Breakers
- 2001 Club Tennis "B" Singles Runner-Up, Badminton and Racquet Club
- 1998-1999 Intramural Ice Hockey, Faculty of Medicine
- 1997-1999 Toronto Ultimate Club, multi-level league indoor ultimate Frisbee
- 1997, 1998 Varsity Ultimate Frisbee, University of Toronto
- 1997 Varsity Squash, University of Toronto
- 1997 Intramural Ultimate Frisbee, Co-Captain, Faculty of Medicine
- 1997 Toronto Sport and Social Club Ultimate Frisbee, Captain
- 1989, 1990 Ontario U16 Single-Handed Team Racing Champion, Ontario Sailing Association

Professional Society Memberships

2021-present	International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS)
2012-present	International Orthopaedic Diversity Alliance (IODA)
2019-present	Arthroscopy Association of Canada (AAC)
2007-present	American Academy of Orthopaedic Surgery (AAOS)
2006-present	Arthroscopy Association of North America (AANA)
2006-present	Doctors of BC (DoBC)
2005-present	Royal College of Physicians and Surgeons of Canada (RCPSC)
2004-present	Canadian Academy of Sport and Exercise Medicine (CASEM)
2002-present	Canadian Orthopaedic Association (COA)
1999-present	Canadian Medical Association (CMA)
1994-present	R. Tait MacKenzie Society <i>The University of Toronto Faculty of Physical Education and Health's honour society</i>
1997	Ontario Medical Association
2002-2007	J. Robert Gladden Orthopaedic Society-A Multicultural Organization <i>A society dedicated to eliminating disparity in health care for minorities</i>
2002-2007	Ruth Jackson Orthopaedic Society <i>A society dedicated to enhancing and advancing the careers of women on orthopaedics</i>
2002-2005	Residents for International Health, University of Toronto
1998-2000	Golden Key Society <i>An international, nonprofit honour society that recognizes and encourages scholastic achievement in all undergraduate fields of study</i>

Professional Development

Intimate Partner Violence (IPV) Course, Canadian Orthopaedic Association (COA)
Advanced Principles and Techniques of Operative Fracture Management, AO North America
Diploma in Sports Medicine (DipSportMed), Canadian Academy of Sport and Exercise Medicine (CASEM)
Airway Interventions and Management in Emergencies (AIME) Course, Canadian Association of Emergency Physicians
Advanced Cardiac Life Support (ACLS), American Heart Association
Advanced Trauma Life Support (ATLS), American College of Surgeons

Personal Development

Safety Person Course, Hockey Canada
Respect in Sport for Activity Leaders Course, Hockey Canada
Level 3 Kiteboarding Certification, International Kiteboarding Organization (IKO)
Recreational Avalanche Course, Canadian Avalanche Association
Open Water Diver, Scuba Diving Level, Professional Association of Diving Instructors (PADI)
Blue, Sailing Instructor Level 2, Canadian Yachting Association (CYA)
Silver, Sailing Racing Level, Canadian Yachting Association (CYA)
Bronze Cross Lifesaving Award, Royal Lifesaving Society of Canada (RLSSC)
Coaching Theory Level II, National Coaching Certification Program (NCCP)
Level 1 Umpire, Field Hockey Canada
Bronze Duke of Edinburgh Award, Duke of Edinburgh
French, 2 years immersion

Other Skills and Interests

Biking, Canoeing, Hiking, Hockey, Kayaking, Kiteboarding, Reading, Rollerblading, Skiing (cross-country, downhill & touring), Tennis, Waterskiing