

Kearsten Lyon

Movement & Pilates Therapist

Trained as a Physiotherapy Assistant (PTA)

WORK EXPERIENCE

Founder / Movement and Pilates Therapist / Movement Educator

June 2016 – Present

Toronto Movement Therapy, Toronto ON

- **As the sole proprietor** I am responsible for managing all aspects of the business including operations, financial planning, continuing education, project development, marketing, sales and customer relations.
- **As a Movement and Pilates Therapist** I work privately with clients, facilitating their rehabilitation and movement goals using a variety of movement modalities.
I work to address a wide scope of needs and pathologies including neurological conditions, bone health and injuries, joint injuries and irregularities, scoliosis, traumatic brain injuries, neurobiological effects of trauma, motor vehicle accidents, breathing disorders, pre peri and post-natal conditions, incontinence, athletic conditioning and injury prevention.
- **As a Movement Educator** I teach the public, other movement practitioners and clinicians Franklin Method workshops on the bony rhythms of the pelvis, spine, shoulder girdle, knee and how to cue movement to affectively illicit comprehension and change.
- The majority of my clients are acquired via word of mouth, referrals and building relationships with expert clinicians including General Practitioners, Physical Therapists, Osteopaths, Chiropractors, Registered Massage Therapists, Athletic Therapists, and Kinesiologists.

Oov Educator for Ontario

January 2017 – Present

Oov Education, North America

- Responsible for teaching movement practitioners and clinicians about the Oov movement device created by Doctor of Osteopathy Daniel Vladeta. I offer workshops and Instructor Trainings as the sole educator throughout Ontario.

Physical Therapy Assistant / Chiropractic Assistant

August 2011 – June 2016

Kinetica Health Group, Toronto ON

Supervising Physiotherapists: Carmen Wan DPT, Chris Skederidis, Lauren Powell, Syed Naqvi

Supervising Chiropractor: Dr. Peter Tzakas, Dr. Lori Yarrow

- Acted as the clinic's primary Physical Therapy Assistant and Chiropractic Assistant, executing active rehabilitation treatment plans with their clients. I taught, corrected and supervised clients performing their exercise prescriptions from the referring clinician. I was trained by the referring clinicians and had constant communication with them both verbally and via charting regarding patient progress. I constantly upgraded my skills with continuing education and was able to recommend exercises to be added to their treatment plans upon approval by the referring clinicians.

ASSOCIATIONS

Canadian Physiotherapy Association Member, Affiliate Membership

EDUCATION

Honours Bachelor of Arts

University of Toronto

Kearsten Lyon

Movement & Pilates Therapist

Trained as a Physiotherapy Assistant (PTA)

MOVEMENT EDUCATION CERTIFICATIONS, LECTURES and WORKSHOPS

The Pilates Process Teacher Training Comprehensive

Toronto, ON

- Matwork, Reformer, Cadillac, Stability Chair, Barrel Repetoire

Instructed by: Laura Helsel, Sean Ling, Monique Trudelle, Emilie McCabe

Therapeutic Pilates

Toronto, ON

- Using the Pilates methodology specifically for Rehabilitation

Instructed by: Laura Helsel and Monique Trudelle

Franklin Method Level 1 Educator

Toronto ON

- I became a Franklin Method Educator able to teach Eric Franklin's workshops on:
 - The Art of Change
 - The Bony Rhythms of the Spine, Pelvis & Hip, Knee and Shoulder Girdle

Instructed by: Eric Franklin and Morten Dithmer, DO

Diane Lee: New Perspectives from the Integrated Systems Model for Treating Women's Health; Pelvic Girdle Pain, Urinary Incontinence, Pelvic Organ Prolapse, Disastasis Recti Abdominis

White Rock, BC

- Learning how to assess and treat these common women's health issues using movement and how to co-manage these conditions with Physiotherapists.

Instructed by: Diane Lee PT, Nicole McVarish PT, Tamarah Nerreter PT

Greg Lehman: Reconciling Biomechanics with Pain Science

Toronto, ON

- This course guides the therapist to integrate the pain science and biopsychosocial model of pain with traditional biomechanical techniques. The course simplifies many of those techniques and distills the most relevant and important aspects of those techniques for pain resolution and injury management. An emphasis is placed on exercise prescription, symptom modification and graded exposure for injury management and simple techniques to start addressing the psychosocial aspects that influence both pain and performance.

Instructed by: Greg Lehman, PT

Oov Level 1: Fundamentals

Chicago, IL; Miami, FL; Chicago, IL

- This course gave me the ability to diagnose and address an individual's movement through proprioceptive neuroplasticity at an unprecedented level and begin to identify direct clinical deficiencies such as axial control of the skeleton, gait pattern dysfunction, 3D sling deficiencies and compromised articular function and the exercises to address these.
- I have taken this course 3 times as a part of my Oov Educator for Ontario training.

Instructed by: Daniel Vladeta, DO and Amy Broekemeier DPT

Kearsten Lyon

Movement & Pilates Therapist

Trained as a Physiotherapy Assistant (PTA)

Oov Level 2: 3D Assessment/Afferent

Miami, FL

- This progression from level one introduces interventions to change the body quickly, safely and intelligently. It educated on biotensegrity and its manifestation in information to perception. It expanded on allostasis and allostatic load, homeostasis, form and force closure and the implementation and pertinence of Clearance Strategy Screen (Vertical Loading). We also explored how balancing on the Oov can be a tool to identify afferent vs. efferent strategic parameters and suitably describe the significance of that at a diagnostic, intervention and medico-legal level. I developed a new understanding of how joint position interacts with local joint complexes, function and global slings and there were assessment skills introduced to better understand kinematic pairs and chains, superficial chain preferences and Myo-fascial slings. By the end I could demonstrate a high degree of comprehension of functional anatomical interrelatedness of multiple structures – fascial, articular, myo-neural and visceral. We discussed the use of peripheral holds in hand and foot positions and how they influence global slings and strategies and how load can be utilized to influence different outcomes of motor control.

Instructed by: Daniel Vladeta, DO and Amy Broekemeier DPT

Oov Level 3: Efferent

Salt Lake City, UT

- This course addressed the central organizational structures and the capacity of the body (including perceived reality via the faculties of the brain) to organise itself (relative to its Afferent Information), the environment and space and time. It's the efferent to the Oov's second course's afferent. This course explained the link between the Autonomic Nervous System (ANS), respiratory mechanics, axial kinesthetic awareness and inflammatory patterns in the body and brain. It addressed philosophy, assessment and movement from the perspective that 3 dimensional organisms require 3 dimensional philosophies, assessment tools and interventions.

Instructed by: Daniel Vladeta DO, Amy Broekemeier DPT, Nick Dawe DC

Schroth Method for Scoliosis Pilates Adaptations

Hunter College Department of Physical Therapy NY, NY

- Understand pathogenesis/pathomechanism theories of Idiopathic Scoliosis (IS)
- Understand basic history, theory and research behind PSSE and the Schroth Method, a practice limited in scope to physical therapists
- Understand basic curve types and theoretically how breathing and Mat Pilates exercises can be modified for the client with IS to support safe spine alignment
- Understand scope of practice and how the PSSE/Schroth trained physical therapist and Pilates instructor can collaborate for the benefit of the client with scoliosis

Instructed by: Hagit Berdishevsky DPT, MPT Lise Stolze and DPT

Specialist in Pilates Based Education for Neurological Conditions: MS, Parkinsons and Stroke

Niagara, ON

- An advanced neurological training programs, overviewing MS, Parkinsons and Stroke and their unique symptoms of balance difficulties, ataxia, gait abnormalities, single side weakness, general weakness, spasticity, and bladder and bowel issues. These innovative exercise programs were designed to form new neural pathways and bypass central nervous system damage. These exercises are applicable to most neurological conditions, and in many cases, they were selected based on research in stroke, Parkinson's disease, and traumatic spinal cord injury.

Instructed by: Mariska Breland

Kearsten Lyon

Movement & Pilates Therapist

Trained as a Physiotherapy Assistant (PTA)

Restoring Movement Through Breathing Level 1

Toronto, ON

- Blending neurophysiology with cranial facial development supporting your natural physiology to create learning, healing and a thriving life. This course focused on Neuro Sequencing Integration™ which organizes the brain and body for optimal human potential. This provides activation and integration of the cranial nerves with the organization of the spinal nerves in gentle movement patterns of development.

Instructed by: Lois Laynee, NKT, OM, RDH

Movement for Trauma Level 1 & Level 2

Toronto, ON

- Learning the neurobiological effects of trauma on a person, how to treat nervous system dysregulation using movement, how to co-manage with other resources for trauma recovery and resilience and how to practice with a trauma informed perspective.

Instructed by: Jane Clapp

Guest Speaker: Michelle Fraser PT

LECTURES

Mini PT School – University of Toronto Department of Physical Therapy

Toronto, ON

Weekly lectures given by top Physiotherapists regarding their specialty in practice:

- Exercise & Cardiovascular Disease
- The Importance of Exercise
- COPD & Stoke Rehabilitation Options
- How to Read Medical Studies
- Resistance and Balance Training
- Exercise and Cancer
- Exercise and Osteoarthritis
- Common Sports Injuries

Lectures by: Euson Yeung DPT, Dina Brooks DPT, Crystal McKay DPT, Sachi O'Haski DPT, Agnes Makowski PT, Lindsay Davey PT, Leslie Soever PT, Judi Laprade PT, Meghan Buttle PT

Ontario Physiotherapy Association:

Effective Communication and Collaboration for Enhanced Client Care, The Physiotherapist and Physiotherapist Assistant Dynamic

Toronto, ON

- New guidelines and protocols for how Physiotherapists and Physiotherapy Assistants work together for improved patient outcomes while following professional standards and protocols.

Lecture by: Lynne Sinclair PT, Sonia Deleo OTA/PTA ECE

What's the Fuzz by Gil Hedley, Toronto, ON

- An in depth lecture on the fascia studies and tests conducted by fascia researcher Gil Hedley.

Lecture by: Gil Hedley

Exercise is Medicine Canada featuring Dinah Hampson PT, University of Toronto Department of Physical Therapy

- Dinah Hampson gave a lecture and Q&A regarding the importance of exercise and her practice at Pivot Sports Medicine and Physiotherapy for Exercise is Medicine Canada.

Kearsten Lyon

Movement & Pilates Therapist

Trained as a Physiotherapy Assistant (PTA)

WORKSHOPS

Polestar Pilates Series

Niagara, ON

- The Healthy Spine
- Pilates for Pain
- Polestar Pilates Case Studies: Orthopaedics, Stroke, Joint Replacement

Instructed by: Brent Anderson, DPT and Founder of Polestar Pilates

The Truth About Running Injuries and How to Radically Change the Way You Run

Chicago, IL

- Workshops for the Runity program for conditioning anyone how to run again and be able to prepare for and overcome common running injuries.

Instructed by: Juan Nieto DPT, DO

Franklin Method Fascia 101

Toronto, ON

- An in depth 3 hour workshops embodying, diagramming, exploring the properties and functions of fascia and how we can educate and access it through movement.

Instructed by: Morten Dithmer, DO

Franklin Method Psoas

Toronto, ON

- An in depth 3 hour workshop embodying, diagramming, exploring the properties and functions of the psoas major, minor and iliopsoas and how and why we can access them through movement, stretching and load.

Instructed by: Morten Dithmer, DO

Trina Altman Unwreck Your Neck

Toronto, ON

- Neck mobility and strengthening exercises for stability using a variety of tools such as yoga blocks, blankets, Yoga Tune-Up Balls and Mulligan straps.

Instructed by: Trina Altman

ELDOA Method Intro

Toronto, ON

- An introduction to the ELDOA (Etirements Longitudinaux avec Decoaptation OsteoArticulaire – Longitudinal Osteo-Articular Decoaptation of the Spiine) by Guy Voyer, DO.

Instructed by: Petra Baethmann; Hosted by Synergy Sports Medicine and Rehabilitation

DNS Introduction 0-13 months, 3D Breathing and Body Loops

Toronto, ON

- An introduction to Dynamic Neuromuscular Stability by Prague School of Rehabilitation, using 3D breathing and Diane Bruni's Body Loops for Neuromuscular Feedback.

Instructed by: Riki Richter D.O.M.P. and Diane Bruni; Hosted by Synergy Spots Medicine

Kearsten Lyon

Movement & Pilates Therapist

Trained as a Physiotherapy Assistant (PTA)

Developmental Movement and Trauma Recovery

Toronto, ON

- An introduction to Dynamic Neuromuscular Stability by Prague School of Rehabilitation and how it is a useful tool for Trauma Recovery, resilience and re-embodiment.

Instructed by: Jane Clapp and Diane Bruni

Pilates for Golf by Body Harmonics

Toronto ON

- An in-depth workshop on how to treat, train and prevent injuries for golfers using the Pilates methodology.

Instructed by: Fahmida Bhaba

Alexander Technique Intro

Toronto, ON

- An introduction to the Alexander Technique by Frederick Matthias Alexander to avoid unnecessary muscular tension by retraining physical movement.

Instructed by: Sue Sinclair; Hosted by Synergy Sports Medicine and Rehabilitation