

Mark Austin, BKin MScPT

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Education

- Jan 2011 – Feb 2013 **MSc Physiotherapy (Distinction)**
Glasgow Caledonian University, Glasgow, United Kingdom
- Sep 2005 – May 2010 **Bachelor of Kinesiology (Honors), Co-Operative Education Program**
Memorial University of Newfoundland, St. John's, Canada

Work Experience

- Feb 2018 – May 2020 **Physiotherapist**
Ascent Integrative Health, Calgary, AB
- ♦ Worked as the primary physiotherapist in a multidisciplinary clinic delivering therapy to a diverse caseload of private-pay patients.
 - ♦ Performed SHIFT-based concussion assessments and treatments.
 - ♦ Conducted twice weekly vinyasa-flow style yoga classes
- Jan 2017 – Jan 2018 **Physiotherapist**
Accel Physical Therapy, Fort McMurray, AB
- ♦ Worked in collaboration with various sports trainers as the primary physiotherapy provider for the AJHL Fort McMurray Oil Barons, AFL Fort McMurray Monarchs, and delivered therapy to a diverse caseload of private, WCB, and MVA patients
- Mar 2014 – Dec 2016 **Physiotherapist**
CBI Health Centre, Fort McMurray, AB
- ♦ Primary physiotherapist for WCB Return to Work Program for Fort McMurray; facilitated the rehabilitation of people with complex workplace injuries with a multidisciplinary team
 - ♦ Managed the rehabilitation of chronic pain patients referred by various stakeholders and insurance providers
 - ♦ Performed WCB Shoulder Medical Examinations with a SME physician
 - ♦ Managed a caseload of private, WCB, MVA clientele
- Jan 2013 – Aug 2013 **Research Assistant**
May 2010 – Dec 2010 **Faculty of Medicine, Memorial University, St. John's, NL**
- ♦ Assisted in qualitative and quantitative research, including the design, execution, and manuscript preparation of a systematic review
 - ♦ Site-coordinator for the EVREST project, an international study of motor learning interventions for stroke survivors
 - ♦ Supervised student employees in individual research projects and lab duties as required

Certifications

ACE-certified Behaviour Change Specialist

Canadian Yoga Alliance 200-hour Certified Yoga Teacher

SMART Seminars BioMedical Dry Needling Level 1 and 2

Advanced Certified Manual Therapist - Swodeam Institute Spinal Series 1 and 2

SHIFT Concussion Management Program Level 1

Selective Functional Movement Assessment Level 1

Robin McKenzie Institute of Canada – Parts A and B

Orthopaedic Division of the CPA – Level 1

Acupuncture Canada Foundations of Anatomical Acupuncture – Level 1

Publications

Austin MW, Ploughman M, Glynn L, Corbett D. Aerobic exercise effects on neuroprotection and brain repair following stroke: A systematic review and perspective. *Neuroscience research* 87 (2014): 8-15.

Hasan SM, Rancourt SN, Austin MW, Ploughman M. Defining optimal aerobic exercise parameters to affect complex motor and cognitive outcomes after stroke: A systematic review and synthesis. *Neural Plasticity*, 2016.

Ploughman M, Austin MW, Glynn L, Corbett D. The Effects of Poststroke Aerobic Exercise on Neuroplasticity: A Systematic Review of Animal and Clinical Studies. *Translational Stroke Research*, 6(1) (2015): 13-28.

Penney T, Ploughman M, Austin MW, Behm DG, Byrne JM. Determining the Activation of Gluteus Medius and the Validity of the Single Leg Stance Test in Chronic Non-specific Low Back Pain. *Archives of Physical Medicine and Rehabilitation* 95(10) (2014): 1969-76.

Ploughman M, Austin MW, Murdoch M, Kearney A, Godwin M, Stefanelli M. The path to self-management: a qualitative study involving older people with multiple sclerosis. *Physiotherapy Canada*. 2012, Vol. 64, no. 1, pp. 6-17.

Ploughman M, Austin MW, Murdoch M, Kearney A, Fisk JD, Godwin M, Stefanelli M. Factors influencing healthy aging with multiple sclerosis: a qualitative study. *Disability and Rehabilitation*. 2012, Vol. 34, no. 1, pp. 26-33.

Ploughman M, Austin MW. Stem Cell Therapy for Neurological Disorders. *Synapse: Neuroscience Journal of the Canadian Physiotherapy Association*. 2010.