Alexandra Louise Brooks-Hill

Hospital Staff Appointments

2006-present **Squamish General Hospital**

2006-present **Whistler Healthcare Centre**

2009-present **St. Mary's Hospital**

2009-present **Prince George Regional Hospital** – Intermittent Locum

2010-present **Lions Gate Hospital** – Associate with admitting privileges

2010-present **Penticton Regional Hospital** – Intermittent Locum

2008 & 2009 **Burnaby Hospital** – Intermittent Locum

University Appointments

2009-present **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

Awards and Honours (continued)

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

1993-1996 **University of Toronto In-Course Scholarship, Years I, II, & III,** University of Toronto
For highest academic standing in year of program

Awards and Honours (continued)

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

2011-2013 **Physiotherapy as a Triage for Orthopaedic Surgery Referrals Study**
Principal Investigator: Dr. Robert McCormack
Co-Principal Investigator: Chris Napier

2005-2013 **WHOA Study: Weber Humeral Osteotomy Assessment-a radiological investigation**, UBC Hospital
Principal 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. 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. Jordan Leith
Co-Investigators: Ron Mattison (PT), Andrea Reid (PT), Ravi Ghag (MD)

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

Research (continued)

1998 **The cold homeless in Toronto: An analysis of the partnership between the Street Helpline and the Roving Van,** Faculty of Medicine, University of TorontoSupervisor: 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.

Conference Presentations (continued)

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.

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

2010	**Brooks-Hill, A.L.**, Regan, W., Chin, P. Revision, Shoulder Stabilization Case Presentation. UBC Department of Orthopaedic's 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.

Presentations, Invited (continued)

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. Tocoma Washington Pierce County Medical Society, College of Medical Education Conference, 28 Janurary – 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.

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.

Presentations, Invited (continued)

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

2003 $2500 **Toronto Western Hospital Orthopaedic Academic Enrichment Fund**, Capsular shrinkage after repair of SLAP (superior labral anterior posterior) lesions

Sport Medicine Work

2006-present **Medical Group Team Doctor**, Canadian Alpine Ski Team
2007-2010 **Alpine Skiing Chief of Medical,** Vancouver Olympic Committee, Whistler
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

Sport Medicine Work (continued)

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

2014-2015	**Chair**, OR Committee, Squamish General Hospital
2009-2014	**Member**, Membership Committee, Canadian Orthopaedic Association
2008-present	**Founder and Co-Coordinator,** Whistler Health Care Centre Orthopaedic Rounds
2004-2009	**Co-Founder**, Women Orthopaedic Surgeons of Canada
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

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
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 Opthalmology 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

Volunteer Work (continued)

1995	**Team Selector,** Ontario U16 & U18 Field Hockey, B.C. U14 Field Hockey
1992-1995	**Umpire,** June Collard School Girl Conference
1990	**Volunteer,** University Hospital-Shaughnessy Site, Vancouver

Teaching Experience

2007-present	**Clinical Instructor,** Foreign Medical Students, Whistler Health Care Centre
2008-present	**Clinical Instructor**, UBC Family practice residents, Whistler Health Care Centre
2007-present	**Clinical Instructor**, CASM exam candidates, Whistler Medical Clinic
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
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

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

2007-present	American Academy of Orthopaedic Surgery (AAOS)
2006-present	Arthroscopy Association of North America (AANA)
2006-present	British Columbia Medical Association (BCMA)
2004-present	Canadian Academy of Sport and Exercise Medicine (CASEM)
2002-present	Canadian Orthopaedic Association (COA)
1999-present	Canadian Medical Association (CMA)
	1997, Ontario Medical Association (OMA)
1994-present	R. Tait MacKenzie Society
	The University of Toronto Faculty of Physical Education and Health's honour society
1997	Ontario Medical Association
2002-2007	J. Robert Gladden Orthopaedic Society-A Multicultural Organization
	A society dedicated to eliminating disparity in health care for minorities
2002-2007	Ruth Jackson Orthopaedic Society
	A society dedicated to enhancing and advancing the careers of women on orthopaedics
2002-2005	Residents for International Health, University of Toronto
1998-2000	Golden Key Society
	An international, nonprofit honour society that recognizes and encourages scholastic achievement in all undergraduate fields of study

Professional Development

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

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, Hockey, Kayaking, Kiteboarding, Reading, Rollerblading, Skiing (cross-country, downhill, skate & touring), Waterskiing