

David Sewell B.A. (Hon. Kin.), C.K., CEP, Dip. Ac.
Certified Kinesiologist / Certified Exercise Physiologist / Certified Acupuncturist

EDUCATION

ACADEMY OF TRADITIONAL ACUPUNCTURE 1998-1999
Diploma in Clinical Acupuncture

YORK UNIVERSITY 1990-1995
Specialized Honours Bachelor of Arts in Kinesiology and Health Science
Thesis "Mechanisms Regulating Fibre Type Transition in Skeletal Muscle"

CLINICAL EXPERIENCE

OPTIMUM HEALTH: Owner / Kinesiologist *November 1996-Present (2009)*

- Perform Functional Evaluations utilizing various testing protocols for Independent Medical Evaluations & Post Offer of Employment Testing
- Conduct Physical Demands & Ergonomic Analysis both in home and on work sites
- Coordinate Vocational Rehabilitation Programs
- Manage musculoskeletal injuries utilizing traditional Chinese acupuncture techniques
- Design progressive functional restoration and hydrotherapy programs

VAUGHAN AQUATIC CLUB: Age Group Coach *September 1998-Present (2008)*

- Structure training programs for novice to national level competitive swimmers
- Provide individualized feedback regarding swimming techniques
- Create competition schedule for all swimmers based on ability
- Liaise with swimmers parents providing education to maximize performance
- Maintain records for all swimmers utilized in performance tracking

KING'S HEALTH CENTRE: Kinesiologist *March 1998 – October 2000*

- Designed, implemented, and marketed preventative health care programs
- Prescribed rehabilitative exercises for a variety of health and wellness programs (Pre & Post Incident Cardiology, Chronic Obesity, Diabetes Management)
- Provided occupational health care for Mirvish Productions (Lion King/Mama Mia)
- Clinically managed orthopedic injuries through physical activity and acupuncture
- Performed functional and ergonomic assessments and interpreted results

HEALTH RECOVERY CLINIC: Head Kinesiologist *September 1997 - March 1998*

- Conducted Functional Assessments as part of a Designated Assessment Center team
- Designed and implemented work hardening programs
- Facilitated Return to Work trials

PROFESSIONAL AFFILIATIONS

- Certified Kinesiologist with the Ontario Kinesiology Association
- Member of the Canadian Kinesiology Alliance
- Certified Exercise Physiologist with the Canadian Society for Exercise Physiology
- Certified ARCON Functional Evaluator & Interpreter

Updated January 2009