

CURRICULUM VITAE

Augustine Joshua Devasahayam, PT PhD

Toronto Rehabilitation Institute
University of Toronto
550 University Ave
Toronto Ontario M5G 2A2
Canada

Daemen College
Department of Physical Therapy
4380 Main Street
Amherst, NY 14226
United States

Education

Doctor of Philosophy, Medicine (Clinical Epidemiology)
Memorial University of Newfoundland
Canada
Oct 2020

Master of Physiotherapy, endorsed in Orthopaedic Manipulative Therapy
University of Otago
New Zealand
Dec 2013

Post graduate diploma in Physiotherapy, endorsed in Manipulative Therapy
University of Otago
New Zealand
Dec 2008

Bachelor of Physiotherapy
The Tamilnadu Dr MGR Medical University
India
Jul 2005

Licensure Information

New York
License: 040800-1

Singapore
License: A1301919D

India
License: L-16012

Employment

Assistant Professor
Daemen College
Amherst, NY
2021/9 - present

Postdoctoral Fellow at 'Toronto Rehabilitation Institute'
University of Toronto
Ontario, Canada
2021/2 - present

'Research Assistant II' at 'Recovery and Performance Laboratory' - Part-time
Faculty of Medicine, L.A.Miller Center,
Memorial University of Newfoundland, Canada
2020/5 - 2021/1

'Research Assistant I' at the 'Department of Emergency Medicine' - Part-time
Memorial University of Newfoundland, Canada
2019/1 - 2021/1

Senior Physiotherapist
Changi General Hospital
Singapore
2014/1 - 2015/5

Research Assistant - Part-time
School of Physiotherapy
University of Otago, New Zealand
2013/11 - 2013/12

Senior Physiotherapist
Changi General Hospital
Singapore
2013/1 - 2013/6

Physiotherapist
Changi General Hospital
Singapore
2009/1 - 2012/12

Physiotherapist
Christian Medical College Hospital
Vellore, India
2006/7 - 2008/1

Physiotherapist
MIOT Hospitals
Chennai, India
2006/2 - 2006/7

Peer Reviewed Publications

Sheppard G*, **Devasahayam AJ**, Campbell CS, Najafizada M, Kuehner Z, Yi Y, Power A. (2021). The prevalence and patterns of use of point-of-care ultrasound in Newfoundland and Labrador. *Canadian Journal of Rural Medicine*. In Press.

Devasahayam AJ*, Kelly LP, Williams JB, Moore CS, Ploughman M. (2021). Fitness shifts the balance of BDNF and IL-6 from inflammation to repair among people with progressive Multiple Sclerosis. *Biomolecules*. 11(4):504.

Sheppard G, Williams KL, Metcalfe B, Clark M, Bromley M, Pageau P, Woo M, Yi Y, **Devasahayam AJ**, Dubrowski A. (2021). Testing inter-rater reliability of an undergraduate assessment tool for clinical competency in point of care ultrasonography (POCUS). *Canadian Journal of Medical Education*. Submitted.

Wilson M*, **Devasahayam AJ**, Pollock N, Dubrowski A, Renouf T. (2021). Rural family physician perspectives on communication with urban specialists: An exploratory qualitative study. *BMJ Open*. 11(5):e043470.

Chaves AR*, **Devasahayam AJ**, Riemenschneider M, Pretty RW, Ploughman M. (2020). Walking training enhances corticospinal excitability in progressive Multiple Sclerosis - A pilot study. *Frontiers in Neurology - Multiple Sclerosis and Neuroimmunology*. 11:422.

Devasahayam AJ*. (2020). Availability of research articles for the public during pandemic - a case study. *LIBER Quarterly*. 30(1):1-11.

Devasahayam AJ*, Chaves AR, Lasisi WO, Curtis ME, Wadden KP, Kelly LP, Pretty R, Chen A, Wallack EM, Newell CJ, Williams JB, Kenny H, Downer M, McCarthy J, Moore CS, Ploughman M. (2020). Vigorous cool room treadmill training to restore walking in people with Multiple Sclerosis using ambulatory assistive devices: A feasibility study. *BMC Neurology*. 20(1):33.

Chaves AR*, **Devasahayam AJ**, Kelly LP, Pretty RW, Ploughman M. (2020). Exercise-induced brain excitability changes in progressive multiple sclerosis: a pilot study. *Neurologic Physical Therapy*. 44(2):132-144.

Ploughman M*, Eskes GA, Kelly LP, Kirkland MC, **Devasahayam AJ**, Wallack EM, Abraha B, Hasan SMM, Downer MB, Keeler L, Wilson G, Skene E, Sharma I, Chaves AR, Curtis ME, Bedford E, Robertson GS, Moore CS, McCarthy J, Mackay-Lyons M. (2019). Synergistic Benefits of Combined Aerobic and Cognitive Training on Fluid Intelligence and the Role of IGF-1 in Chronic Stroke. *Neurorehabilitation and Neural Repair*. 33(3):199-212.

Devasahayam AJ*, Kelly LP, Wallack EM, Ploughman M. (2019). Oxygen cost during mobility tasks and its relationship to fatigue in progressive Multiple Sclerosis. *Archives of Physical Medicine and Rehabilitation*. 100(11):2079-2088.

Devasahayam AJ*, Wallack EM, Ploughman M. (2019). Gaps in Medicare and the Social Safety Net Predict Financial Strain among Older Canadians with Multiple Sclerosis: Findings from the Canadian Survey of Health, Lifestyle and Ageing with Multiple Sclerosis. *The Journal of Disability Policy Studies*. 31(2):77-86.

Devasahayam AJ*, Downer MB, Ploughman M. (2017). The effects of aerobic exercise on the recovery of walking ability and neuroplasticity in people with multiple sclerosis: a systematic review of animal and clinical studies. *Multiple Sclerosis International*. 2017:4815958.

Kelly LP*, **Devasahayam AJ**, Chaves AR, Wallack EM, McCarthy J, Basset FA, Ploughman M. (2017). Intensifying functional task practice to meet aerobic training guidelines in stroke survivors. *Frontiers in Physiology - Clinical and Translational Physiology*. 8:809.

Grover G*, Ploughman M, Philpott D, Kelly LP, **Devasahayam AJ**, Wadden KP, Power K, Button D. (2017). Environmental temperature and exercise modality independently impact neuromuscular performance in people with multiple sclerosis. *Multiple Sclerosis Journal: Experimental, Translational and Clinical*. 3(4): 2055217317747625.

Devasahayam AJ*, Ho DRY, Leung EYS, Goh MR, Koh P. (2016). The effects of a novel pilates exercise prescription method on people with non-specific unilateral musculoskeletal pain: a randomised pilot trial. *Proceedings of Singapore Healthcare*. 25(4):201-206.

Devasahayam AJ*, Lim CKS, Goh MR, You JPL, Pua PY. (2014). Delivering a Back School Program with a Cognitive Behavioural Modification: A Randomised Pilot Trial on Patients with Chronic Non-specific Low Back Pain and Functional Disability. *Proceedings of Singapore Healthcare*. 23(3):218-225.

John N*, Thangakunam B, **Devasahayam AJ**, Peravali V, Devasahayam JC. (2011). Maximal Oxygen Uptake Is Lower for a Healthy Indian Population Compared to White Populations. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 31(5):322-327.

Devasahayam AJ*. (2010). Effectiveness of Symptom Guided Therapeutic Approach in Treating Discogenic Pain with Radiculopathy Using a Combination of Directional Preference Exercises, Mobilisation and Neural Mobility Exercises – A Case Report. *Proceedings of Singapore Healthcare*. 19(3):263-270.

Peer Reviewed Scientific and Professional Presentations

Wilson M*, **Devasahayam AJ**, Pollock N, Dubrowski A, Renouf T. (2021). Unique features of rural generalist to urban specialist consultations: A qualitative study of rural family physicians. The Canadian Conference on Medical Education, April 17-20, St.John's, Canada, Abstract, Co-Author

Devasahayam AJ*, Simms SM, Lasisi WO, Wallack EM, Kelly LP, Ploughman M. (2020). Femoral neck bone loss and increased fracture risk in people with progressive MS compared to matched controls. 8th Joint ACTRIMS-ECTRIMS Meeting, September 11-13, Abstract, First Listed Author

Devasahayam AJ*, Kelly LP, Wallack EM, Lasisi WO, Ploughman M. (2020). Aerobic fitness and its relationship to loss of bone, fat, and lean mass in people with Multiple Sclerosis using gait aids. Annual Rehabilitation in Multiple Sclerosis (RIMS) Conference, June 4 -6, Leuven, Belgium, Abstract, First Listed Author

Ploughman M*, **Devasahayam AJ**, Kelly LP, Williams JB, Moore CS. (2020). Among people with MS using gait aids, exercise shifts the balance of biomarkers, BDNF and IL-6, from inflammation to repair. Annual Rehabilitation in Multiple Sclerosis (RIMS) Conference, June 4 -6, Leuven, Belgium, Abstract, Co-Author

Devasahayam AJ*, Curtis M, Kelly LP, Wallack EM, Chaves AR, Ploughman M. (2019). Higher exercise-induced serum brain-derived neurotrophic factor predicts faster walking speed in progressive Multiple Sclerosis. Discipline of Medicine Scholarship Day, Memorial University of Newfoundland, June 7, St. John's, Canada, Abstract, First Listed Author, Description / Contribution Value: Discipline of Medicine Dr. Harry Edstrom Outstanding Poster Presentation Award

Chaves AR*, **Devasahayam AJ**, Kelly LP, Pretty RW, Ploughman M. (2019). Capacity for exercise-induced changes in brain excitability is retained in progressive multiple sclerosis with greater benefit in the hemisphere corresponding to the stronger hand. 35th Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS), September 11-13, Stockholm, Sweden, Abstract, Co-Author

Devasahayam AJ*, Kelly LP, Wallack EM, Chaves AR, Curtis ME, Newell CJ, Pretty RW, Williams JB, Moore CS, Ploughman M. (2019). The effects of maximal aerobic exercise on serum neurotrophins and inflammatory cytokines in progressive Multiple Sclerosis. ECTRIMS Online Library; 279073; P713. 35th Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS), September 11-13, Stockholm, Sweden, Abstract, First Listed Author, Description / Contribution Value: The abstract of this study was nominated for 'Clinical Highlights' at the 35th Congress of ECTRIMS 2019 held in Sweden.

Devasahayam AJ*; Abraha B; Kelly LP; Chaves AR; Wallack EM; Downer MB; McCarthy J; Ploughman M. (2018). BDNF and its relationship to exercise-induced changes in corticospinal excitability in stroke. Canadian Partnership for Stroke Recovery Annual Scientific Meeting, June 11-12, 2018, Gatineau, Canada, Abstract, First Listed Author

Devasahayam AJ*; Kelly LP; Chaves AR; Wallack EM; Ploughman M. (2018). People with Multiple Sclerosis consume more oxygen during mobility tasks: Findings from a cross-sectional study. Archives of Physical Medicine and Rehabilitation. American Congress of Rehabilitation Medicine Annual Conference, Dallas, United States, Abstract, First Listed Author, Description / Contribution Value: This work was recognized as the best poster in the Neurodegenerative Diseases Section at the American Congress of Rehabilitation Medicine.

Shears J*, Kirkland MC, Hardy T, **Devasahayam AJ**, Byrne JM, Ploughman M. (2018). Comparing methods to facilitate sit to stand post-stroke. 11th World Stroke Congress, Montreal, Canada, Abstract, Co-Author

Kelly LP*, **Devasahayam AJ**, Wallack E, Curtis M, Chaves A, Randell E, McCarthy J, Ploughman M. (2018). The Effects of Task-oriented Circuit Training and Treadmill Aerobic Exercise Training on Cardiac Risk and Metabolic Outcomes in Chronic Stroke Survivors. 11th World Stroke Congress, Montreal, Canada, Abstract, Co-Author

Devasahayam AJ*; Simms SM; Kelly LP; Chaves AR; Wallack EM; Ploughman M. (2018). Slow walking speed, poor balance and high leg fat composition, but not fatigue, predict greater energy cost of mobility tasks in people with Multiple Sclerosis. Journal of Rehabilitation Medicine. Canadian Association of Physical Medicine and Rehabilitation's 66th Annual Scientific Meeting, White Horse, Canada, Abstract, First Listed Author

Simms SM*; **Devasahayam AJ**; Kelly LP; Chaves AR; Wallack EM; Ploughman M. (2018). Peak power output on exercise testing, but not years with disease or subjective fatigue, predicts bone mineral density in Multiple Sclerosis. Journal of Rehabilitation Medicine. Canadian Association of Physical Medicine and Rehabilitation's 66th Annual Scientific Meeting, White Horse, Yukon, Canada, Abstract, Co-Author

Ploughman M*, Kelly LP, Kirkland MC, **Devasahayam AJ**, Wallack EM, Abraha B, Hasan SMM, Downer MB, Wiseman HD, Keeler L, Wilson G, Skene E, Chaves AR, Curtis ME, Robertson GS, McCarthy J, Eskes GA, MacKay-Lyons M. (2017). Aerobic exercise enhances the beneficial effects of cognitive training and reopens the 'window of recovery' in chronic stroke via neurotrophins. Canadian Stroke Congress, September 2017, Calgary, Canada, Abstract, Co-Author

Shears J*, Kirkland MC, Hardy T, **Devasahayam AJ**, Byrne JM, Ploughman M. (2017). Comparing methods to facilitate sit-to-stand post-stroke. International Journal of Stroke. Canadian Stroke Congress, September 2017, Calgary, Canada, Abstract, Co-Author

Kelly LP*, **Devasahayam AJ**, Wallack EM, McCarthy J, Ploughman M. (2017). Intensive functional task practice meets aerobic training guidelines in chronic stroke. Canadian Stroke Congress, September 2017, Calgary, Canada, Abstract, Co-Author

Kelly LP*, **Devasahayam AJ**, Chaves AR, Wallack EM, Wadden KP, Wiseman HD, Kirkland MC, Curtis M, Stefanelli M, Ploughman M. (2017). Stability of maximal oxygen uptake (VO₂ max) and clinical symptoms over one year in Multiple Sclerosis. MS Paris 25 - 28 October 2017; 7th Joint ECTRIMS - ACTRIMS Meeting, Paris, France, Abstract, Co-Author

Devasahayam AJ*, Button AD, Connolly CE, Hynes JT, O'Keefe CA, Curtis ME, Wallack EM, Ploughman M. (2017). Barriers to exercise participation in people with Multiple Sclerosis. What are the modifiable factors to target?. Translational and Personalized Medicine Initiative's 3rd Annual Scientific Day, 12 October, St. John's, Canada, Abstract, First Listed Author

Devasahayam AJ*, Kelly LP, Wallack EM, Kirkland MC, Simms SM, Abraha B, Chaves AR, Ploughman M. (2017). The cardio-metabolic demands of routine functional tasks in people with Multiple Sclerosis who have moderate to severe walking impairments: A cross-sectional descriptive study. The Primary Healthcare Partnership Forum (PriFor), St. John's, Canada, Abstract, First Listed Author

Downer MB*, Abraha B, Wallack EM, Kelly LP, **Devasahayam AJ**, McCarthy J, Ploughman M. (2016). Can prolonged exercise increase corticospinal excitability in chronic stroke survivors? A pilot study. 2016 American Society for Neurorehabilitation (ASNR) Annual Meeting, November 10-11, 2016, San Diego, United States, Abstract, Co-Author

Wiseman HD*, Wallack EM, Harris C, **Devasahayam AJ**, Ploughman M. (2016). Do Socioeconomic Factors Predict Perceived Health Related Quality of Life in an MS Population?. 2016 endMS Conference, Toronto, Canada, Abstract, Co-Author

Downer MB*, **Devasahayam AJ**, Rancourt SN, Ploughman M. (2016). Can aerobic exercise protect the brain in MS? A systematic review. The Primary Healthcare Partnership Forum (PriFor), St. John's, Canada, Abstract, Co-Author

Chaves AR*, **Devasahayam AJ**, Kirkland MC, Wallack EM, Grover G, Ploughman M. (2016). Post exercise decrements in gait among people with multiple sclerosis: Preliminary results. 2016 endMS Conference, Toronto, Canada, Abstract, Co-Author

Devasahayam AJ*, Wallack EM, Wiseman HD, Kelly LP, Downer MB, Stefanelli M, Kirkland MC, Ploughman M. (2016). Impact of Aerobic Exercise on Serum Brain-Derived Neurotrophic Factor in People with Multiple Sclerosis. 2016 endMS Conference, Toronto, Canada, Abstract First Listed Author

Abraha B*, Wallack EM, Kelly LP, **Devasahayam AJ**, Chatterjee T, Granter-Button S, McCarthy J, Ploughman M. (2016). Can circulating BDNF Levels Discriminate between the different levels of Impairment in Chronic Stroke Survivors? BioMedicine Symposium, Faculty of Medicine, Memorial University of Newfoundland, St. John's, Canada, Abstract, Co-Author

Wiseman HD*, Downer MB, Abraha B, Wallack EM, Chatterjee T, Kelly LP, **Devasahayam AJ**, Chaves AR, McCarthy J, Ploughman M. (2016). Is BDNF response to maximal exercise associated with performance in cognitive rehabilitation training in stroke survivors? 46th Annual meeting: Society for Neuroscience, San Diego, United States, Abstract, Co-Author

Abraha B*, Wallack EM, Kelly LP, **Devasahayam AJ**, Chatterjee T, Granter-Button S, McCarthy J, Ploughman M. (2016). Can circulating BDNF Levels Discriminate High from Low Impairment in Chronic Stroke Survivors? 46th Annual Meeting: Society for Neuroscience, San Diego, United States, Abstract, Co-Author

Wallack EM*, Kelly LP, **Devasahayam AJ**, Chatterjee T, Downer MB, McCarthy J, Eskes GA, Abraha B, Hasan SMM, Chaves AR, Wiseman HD, Dawe J, Ploughman M. (2016). Differences in audio and visual working memory during computerized cognitive rehabilitation in chronic stroke survivors. 46th Annual Meeting: Society for Neuroscience, San Diego, United States, Abstract, Co-Author

Downer MB*, Abraha B, Wallack EM, Kelly LP, **Devasahayam AJ**, McCarthy J, Ploughman M. (2016). Examining the impact of a 10-week exercise intervention on corticospinal excitability in chronic stroke survivors: preliminary findings. BioMedicine Symposium, Faculty of Medicine, Memorial University of Newfoundland, St. John's, Canada, Abstract, Co-Author

Grover G*, Philpott DTG, Wallack EM, Kelly LP, **Devasahayam AJ**, Kirkland MC, Chaves AR, Ploughman M, Button DC, Power KE. (2016). The effects of ambient temperatures and exercise modality on corticospinal excitability of the soleus in persons with multiple sclerosis. The Primary Healthcare Partnership Forum (PriFor), St. John's, Canada, Abstract, Co-Author

Downer MB*, Abraha B, Wallack EM, Kelly LP, **Devasahayam AJ**, McCarthy J, Ploughman M. (2016). Can prolonged exercise increase corticospinal excitability in chronic stroke survivors? A pilot study. BioMedicine Symposium, Faculty of Medicine, Memorial University of Newfoundland, St. John's, Canada, Abstract, Co-Author

Abraha B*, Downer MB, Wallack EM, Kelly LP, **Devasahayam AJ**, McCarthy J, Ploughman M. (2016). Characterizing the effects of a single bout of exercise training on corticospinal excitability in chronic stroke patients: preliminary results. 7th Canadian Stroke Congress, Quebec City, Canada, Abstract, Co-Author

Grover G*, Philpott DTG, Wallack EM, Kelly LP, **Devasahayam AJ**, Kirkland MC, Chaves AR, Ploughman M, Button DC, Power KE. (2016). The effects of ambient temperatures and exercise modality on corticospinal excitability of the soleus in persons with multiple sclerosis. 46th Annual meeting: Society for Neuroscience, San Diego, United States, Abstract, Co-Author

Devasahayam AJ*, Downer MB, Rancourt SN, Ploughman M. (2016). Does aerobic exercise improve walking performance in people with MS? A systematic review. BioMedicine Symposium, Faculty of Medicine, Memorial University of Newfoundland, St. John's, Canada, Abstract, First Listed Author

Kelly LP*, **Devashayam AJ**, Wallack EM, Abraha B, Hasan SMM, Downer MB, Kirkland MC, McCarthy J, Ploughman M. (2016). Cardiovascular and metabolic demands of high-intensity functional exercise in chronic hemiparetic stroke survivors. 7th Canadian Stroke Congress, Quebec City, Canada, Abstract, Co-Author

Devasahayam AJ*, Downer MB, Rancourt SN, Ploughman M. (2016). Aerobic exercise may improve walking ability in people with multiple sclerosis: A systematic review of evidence. 2016 American Society for Neurorehabilitation (ASNR) Annual Meeting, November 10-11, 2016, San Diego, United States, Abstract, First Listed Author

Grover G*, Philpott D, Wallack E, Kelly LP, **Devasahayam AJ**, Kirkland M, Chaves A, Ploughman M, Power K, Button D. (2016). Changes in central and peripheral nervous system excitability following aerobic exercise in

people with multiple sclerosis: A Pilot study. BioMedicine Symposium, Faculty of Medicine, Memorial University of Newfoundland, St. John's, Canada, Abstract, Co-Author

Kelly LP*, **Devasahayam AJ**, Wallack EM, Abraha B, McCarthy J, Downer MB, Hasan SMM, Basset FA, Ploughman M. (2016). Maximal exercise does not increase plasma brain-derived neurotrophic factor (BDNF) in chronic stroke survivors: association with resting energy metabolism and peak oxidative capacity. 46th Annual Meeting: Society for Neuroscience, San Diego, United States, Abstract, Co-Author

Leo Y*, **Devasahayam AJ**, Ho DRY, Leung EYS, Pua PY, Lee WY, Goh MR. (2015). Physiotherapy in the emergency department - a retrospective cross-sectional study of an acute musculoskeletal pain service. World Confederation for Physical Therapy (WCPT) Congress, Singapore, Abstract, Co-Author

Devasahayam AJ*, Ribeiro DC, Tulloch E, Tumilty S. (2015). Validity of the clinical hop test to detect dynamic postural stability deficits. World Confederation for Physical Therapy (WCPT) Congress, Singapore, Abstract, First Listed Author

Funded/In Review Grant Activity

Seed, Bridge, and Multidisciplinary Fund - Dr. Gillian Sheppard (Principal Investigator). Project Description: Climbing the Learning Curve to First Trimester Ultrasound Image Interpretation. Funding Source: Memorial University of Newfoundland. Total Funding - 9,932 (Canadian dollar). 2020/11 - 2022/9. Role: Collaborator

Faculty of Medicine Special Award - Dr. Michelle Ploughman (Principal Investigator). Funding Source: Memorial University of Newfoundland. Total Funding - 5,350 (Canadian dollar). 2018/9 - 2021/8. Role: Co-investigator

Faculty of Medicine (Medical Research Fund) - Dr. Michelle Ploughman (Principal Investigator). Funding Source: Memorial University of Newfoundland. Total Funding - 20,000 (Canadian dollar). 2018/9 - 2021/8. Role: Co-investigator

NL Support-Patient Oriented Research Grants Competition - Dr. Gillian Sheppard (Principal Investigator). Funding Source: Memorial University of Newfoundland. Total Funding - 9,958 (Canadian dollar). 2019/3 - 2020/10. Role: Co-investigator

Health Care Foundation Grant - Dr. Michelle Ploughman (Principal Investigator). Funding Source: Health Care Foundation (Newfoundland and Labrador). Total Funding - 10,000 (Canadian dollar). 2018/11 - 2019/12. Role: Co-knowledge User

Changi General Hospital Research Grant. Funding Source: Changi General Hospital. Total Funding - 4,664 (Singapore dollar). Role: Principal Investigator

Current/Active Research Activity

Determining the factors that influence participation in aerobic training after stroke - a retrospective and prospective cohort study.

Aerobic fitness and its relationship to loss of muscle, fat and bone in progressive Multiple Sclerosis.

Membership in Scientific/Professional Organizations

Member, American Association for the Advancement of Science, Membership Number: 20355788, 2018/10 - 2019/9

Community Service and Volunteering Activity

Volunteer, L.A. Miller Center, Eastern Health. 2015/10 - 2021/1

Volunteer, L.A. Miller Center, Eastern Health. 2015/10 - 2021/1

Volunteer Physiotherapist, Youth Olympic Games, Singapore, Attended Youth Olympic games participants between 14 to 26th August, 2010

Services to the University/College/School on Committees/Councils/Commissions

Committee Member, IT Student Services Advisory Committee, Memorial University of Newfoundland. 2017/2 - 2017/4

Honors and Awards

Invited Judge, KITE-UHN Three Minute Trainee (3MT®) competition, 2021/6

3MT® Postdoc Competition - First Place - 500 (Canadian dollar), University of Toronto. 2021/3

MSVirtual 2020 Educational Grant Award to attend the 8th Joint ACTRIMS-ECTRIMS Meeting - 200 (Canadian dollar). 2020/9

2019 Stroke Program in Neurorecovery (SPiN) Workshop Travel Award - 848 (Canadian dollar) from Canadian Partnership for Stroke Recovery. 2019/11

Discipline of Medicine Dr. Harry Edstrom Outstanding Poster Presentation Award, Memorial University of Newfoundland. 2019/6 - 2019/6

Passion meets pride. [MUN Gazette](#). 2019/08/02

Memorial University research shows progress in helping those with multiple sclerosis. [The Telegram](#). 2019/02/20

A cold room helps MS patients exercise, and hopefully stabilize, suggests MUN research. [CBC News](#). 2019/01/27

No looking back: How a research breakthrough is giving back control and hope to MS patients. [MUN News](#); [MUN Gazette](#). 2019/01/17

[News at Medicine](#) - Memorial University of Newfoundland. 2019/01/08

Nominated and selected as a member of the 'American Association for the Advancement of Science (AAAS)' through the AAAS/Science Program for Excellence in Science. 2018/10 - 2019/9

Neurodegenerative Diseases NG Best Poster Award from American Congress of Rehabilitation Medicine. 2018/9 - 2018/10

2018 Stroke Program in Neurorecovery (SPiN) Workshop Travel Award - 800 (Canadian dollar) from Canadian Partnership for Stroke Recovery. 2018/6

Invited Young Researcher/Clinician, Cross-country Research Engagement Discussion conducted by Multiple Sclerosis Society of Canada, Halifax, Canada. 2017/11

endMS Summer School Travel Award - 100 (Canadian dollar) from Multiple Sclerosis Society of Canada. 2017/6

Translational and Personalized Medicine Initiative (TPMI) / NL Support Educational Funding Scholarship [\$18,000/year for 2 years; additional year of funding available]. 2017/1 - 2019/3

endMS Summer School Travel Award - 1,250 (Canadian dollar) from Multiple Sclerosis Society of Canada. 2016/6

The Dean M. Ian Bowmer Graduate travel award in Medicine, Faculty of Medicine - 1,091 (Canadian dollar) Memorial University of Newfoundland. 2016/3 - 2016/12

The Medical Graduate Students' Society graduate travel award in Medicine, Faculty of Medicine - 500 (Canadian dollar) Memorial University of Newfoundland. 2016/3 - 2016/12

Translational and Personalized Medicine Initiative (TPMI) / NL Support Educational Funding Scholarship [\$14000/year for 2 years]. 2016/1 - 2017/12

Program of Experimental Medicine Graduate Scholarship, Faculty of Medicine - 5,000 (Canadian dollar) Memorial University of Newfoundland. 2015/12 - 2017/12

Walker Stewart Prize – received for obtaining highest mark for the dissertation in 2014 at the University of Otago, New Zealand - 200 (New Zealand dollar). 2014/1 - 2014/12

Singapore Health Quality Service Award (Silver) for outstanding and commendable service for the period of April 2010 to March 2011 at Changi General Hospital, Singapore. 2010/4 - 2011/3

Event Participation

Trainee, Focus on Peer Review - A Nature Masterclass. 2020/3

Trainee, Setting up a Journal and Editorial Workflow in OJS 3, Public Knowledge Project Online Course. 2020/3

Trainee, Government of Newfoundland and Labrador Personal Health Information Act Online Training Program for those in and not in direct contact with personal health information, Course. 2019/12

Participant, Canadian Partnership for Stroke Recovery National Trainee Association 2019 Stroke Program in Neurorecovery (SPiN) Workshop. 2019/11

Participant, Canadian Partnership for Stroke Recovery Annual Scientific Meeting, Gatineau, Quebec, Canada. 2018/6

Participant, Canadian Partnership for Stroke Recovery National Trainee Association 2018 Stroke Program in Neurorecovery (SPiN) Workshop, Workshop. 2018/6

Mentoring Activities

Mentor, Memorial University of Newfoundland. Number of Mentorees: 1. Project: Analysis of energy consumption patterns during cool room treadmill training sessions in people with progressive Multiple Sclerosis. 2019/3 - 2019/12

Mentor, Memorial University of Newfoundland. Number of Mentorees: 4. Project: Factors Influencing the Loss of Walking Ability in Multiple Sclerosis: A Qualitative Study. 2016/6 - 2017/4

Clinical Mentor, Changi General Hospital. Number of Mentorees: 4. Mentored junior therapists which included clinical case reviews, conjoint clinical teaching sessions, assistance with diagnosis, treatment and referral of complex cases, and discussion of relevant research updates and clinical practice guidelines. 2014/4 - 2015/5

Journal Review Activities

Reviewer, BMJ Open; Number of Works Reviewed / Refereed: 1

Reviewer, Multiple Sclerosis and Related Disorders; Number of Works Reviewed / Refereed: 2

Reviewer, Frontiers in Physiology, section Exercise Physiology; Number of Works Reviewed / Refereed: 1

Reviewer, Journal of Shoulder and Elbow Arthroplasty; Number of Works Reviewed / Refereed: 1

Reviewer, PM&R: The Journal of Injury, Function, and Rehabilitation; Number of Works Reviewed / Refereed: 6

Reviewer, Publons post-publication reviews; Number of Works Reviewed / Refereed: 3

Trainee, Publons Academy Practical Peer Review Course; Number of Works Reviewed / Refereed: 2

Reviewer, Clinical Case Reports, John Wiley & Sons Ltd; Number of Works Reviewed / Refereed: 16

Conference Review Activities

Abstract Reviewer, World Confederation for Physical Therapy Congress 2019, Blind, Geneva, Switzerland; Number of Works Reviewed / Refereed: 43. 2018/9 - 2018/10

Invited Presentations

(2021). 'I'm afraid I will fall' - Identifying barriers to attending aerobic training for individuals living with stroke. UHN Summer Seminar Series, Canada

(2021) Fundamentals of SAS, 26 April 2021; Presented at SIMbl

(2021). A feasibility study on vigorous cool room treadmill training to improve walking ability in people with multiple sclerosis. Canadian Partnership for Stroke Recovery National Trainee Association Webinar Series, Canada

(2020) Invited Lectures, Recovery and Performance Laboratory Workshop Series, June 2020, Memorial University of Newfoundland

(2020). Novel rehabilitative strategies to improve walking ability in people with Multiple Sclerosis. Eastern Regional Health Authority's Adult Rehabilitation Grand Rounds Series 2020, St. John's, Canada

(2019). A novel exercise initiative to restore walking ability among people with Multiple Sclerosis having higher levels of disability. Canadian Partnership for Stroke Recovery National Trainee Association 2019 Stroke Program in Neurorecovery (SPiN) Workshop, 19 - 22 November, 2019, Toronto, Canada

(2016). Exploring Health Careers - Physiotherapy. MedQuest Program: 28 July 2016, St.John's, NL, Canada

(2016). Inter-professional Specialty: Mixing medicines with Movement therapies. Dangerous Ideas Soap Box, The Primary Healthcare Partnership Forum (PriFor), St.John's, Canada

(2012). Effect of Occupation-specific education for patients with chronic low back pain at Changi General Hospital. Eastern Health Alliance Scientific Meeting 2012, Singapore

(2009). Efficacy of Spinal Manipulation in the Treatment of Acute Low Back Pain? – A Systematic Review of the Literature. International Scientific Conference hosted by Masterskill University College of Health Sciences, Genting Highlands, Malaysia

(2009). Manual therapy in Asthma – A review of literature. International Scientific Conference hosted by Masterskill University College of Health Sciences, Genting Highlands, Malaysia

(2007). Effectiveness of ELTGOL (Method of Assisted Secretion Clearance Technique) when used along with conventional Postural drainage therapy in clearing retained secretions and its effects on Spirometric parameters. National Conference on Pulmonary Diseases (NAPCON) 2007, Chandigarh, India

Courses Taught

Course Title: Musculoskeletal Physiotherapy Clinical Placement Lectures; Section: Regular Lecturer at Pain Management Workshops for the Nursing Staff; Role/Location: Physiotherapist, Department of Rehabilitative Services, Changi General Hospital, Singapore. 2009/01/15 - 2015/05/14

Course Title: Respiratory Physiotherapy Lectures; Section: Involved in Teaching Interns and Students of Respiratory Therapy Program; Role/Location: Tutor Grade IV (PT/OT), Christian Medical College Hospital, India. 2006/07/15 - 2008/02/06

Current Teaching Responsibilities

PT 101 Fresh Sem. in PT; PT 201 Soph Sem. in PT; PT 553 Intro to Clinical Research Design; 2021/9 – 2021/12