

## **From the Inside Out**

February 2023 Education Day

Date: February 11, 2023

Virtual

### **Craven SPORT Services**

**Title: *Pelvic Floor Considerations for Exercise***

**1. BRUCE CRAVEN**

*PRESIDENT & PHYSIOTHERAPIST,  
B.SC(PT), M.SC, DIP SPORT(PT), BSPE, CSCS*

Bruce is an internationally recognized Sport Physiotherapist and Strength and Conditioning Coach, with over 31 years of experience working with athletes in over 40 different sports, competing at provincial, national, international and Olympic/Paralympic competitions. Bruce has his Diploma in Sport Physiotherapy, is a Certified Strength and Conditioning Specialist (CSCS), Associate clinical professor at the University of Saskatchewan School of Physical Therapy, a sessional lecturer in the College of Kinesiology at the University of Saskatchewan, an instructor for the National Coaches Association of Canada, and a member of the Canadian Sport Center's National Sport Medicine and Science Committee. Bruce is a highly-sought presenter who couples expertise with skilled teaching abilities.

**2. BREE RUTTON, PHYSIOTHERAPIST, B.SC(PE), B.SC(PT)**

Bree graduated from the University of Saskatchewan with a degree in Physical Education in 1998, followed by a degree in Physical Therapy in 2001. Since graduation, she has focused her practice around the treatment of pelvic floor disorders, with advanced training focusing on concerns of the bladder, bowel, pregnancy, and pelvic pain. The focus of Bree's treatment is creating balance and strength in the pelvis and core to create a strong base for everyday activities and fitness.

**3. HAYLEY BRAUN, PHYSIOTHERAPIST, B.SC(KIN), MPT**

Hayley received her Bachelors in Kinesiology with Great Distinction in 2017, and her Masters in Physical Therapy in 2019, both from the University of Saskatchewan. Clinically, Hayley is passionate about supporting the health and wellness of her community. She is interested in women's health and has completed her Pelvic Floor Levels I & II through Pelvic Health Solutions. Hayley is also interested in musculoskeletal conditions, particularly focused on the shoulder, ankle, and low back, as well as balance & dizziness disorders.

[www.cravensportservices.ca](http://www.cravensportservices.ca)

#### **4. IAN LEWIS, OCCUPATIONAL THERAPIST, B.SC(OT), OT(c)**

**Title:** *Mindful or mind-full: introductory and intermediate mindfulness practices*

**Objectives:**

1. Participants will be able to define mindfulness and identify opportunities to be mindful throughout one's day.
2. Participants will be able to understand the basic psychological and physiological benefits of mindfulness and their mechanisms commensurate with their profession.
3. Participants will be invited to experiment with introductory and intermediate mindfulness practices and have jumping off points for further exploration.



Ian Lewis is an Occupational Therapist registered to practice in Saskatchewan. He has been in practice since 2000 and since 2004 has focused almost exclusively on assisting individuals and organizations to maximize individuals' safe participation in work. He teaches managers and individual contributors about wellbeing at work and how they can promote others' wellbeing. He also provides occupational therapy to individuals struggling to stay at work or are away from work due to mental health problems, chronic pain, or serious injury. He is also presently working on his Masters of Science of Workplace Health and Wellbeing from the University of Nottingham and serves as a Technical Committee member for the National Standard of Canada for Psychological Health and Safety in the Workplace.

You can learn more or follow him on LinkedIn([www.linkedin.com/in/ianlewisot](http://www.linkedin.com/in/ianlewisot)).

**5. SARAH ZAHAB, B.SC(Human Kinetics), CSEP, CKO**

**Title: *Next Level Anatomy: Core & Back***

Sarah Zahab is a Registered Kinesiologist, Certified Exercise Physiologist, and group fitness instructor with over 22 years of fitness industry experience. She is the owner of Continuum Fitness and Movement Performance in Ottawa, a personal coaching studio offering one-on-one coaching instruction, Athletic Therapy, Physiotherapy and Registered Massage Therapy services. Sarah specializes in bridging the gap between rehab and return to sports activities, focusing on correcting muscle imbalances, perfecting movement patterns and optimizing kinesthetic awareness. She is the creator of the Prenatal and Postnatal Strength workout DVDs. Sarah is a former international fitness competitor, a nationally ranked race walker and regular fitness expert on CTV Morning Live Ottawa.

[www.continuumfitness.ca](http://www.continuumfitness.ca)



**6. SARAH MCNALLY, B.A(PSY), M.SC(PT)**

**Title: *Pre and Post Natal Exercise***

Sarah McNally graduated from the University of Toronto in 2007 where she received a Master of Science in Physical Therapy. Sarah has worked for CBI Health since 2008 treating clients of all ages. Since graduating, Sarah has received continuing education in pelvic health, concussion management, vestibular therapy and manual lymphatic drainage. Sarah has a special interest in pelvic health and pre and post-natal care.