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## **EDUCATION**

1982      Doctor's Degree in Medicine, University of Montreal  
1983      Permit to practice medicine, Collège des médecins du Québec (College of Physicians of Quebec)  
1983      Licence to practice in Canada (LMCC)  
1984      Board Certified in Family Medicine (CCFP)  
1987      Coach, Level 3, Coaching Association of Canada  
1988      Anti-doping Certification, Sport Medicine & Science Council of Canada  
1989      Diploma from the Canadian Academy of Sports Medicine (CASM)  
1990      Master's Level Courses in Physical Education (30 credits), University of Montreal  
2000      Fellowship in Family Medicine, College of Family Physicians of Canada

## **EXPERIENCE AS PHYSICIAN**

Since Jan 2006 Private practice in Sports Medicine, Redmond,WA

From Feb 2004 to 2006 Consultant in Sports Medicine for Virginia Mason (Federal Way and Seattle clinics)

Summer 2003 Consultant in sports Medicine in Victoria BC  
(Locum for Dr Cara Ewart)

From 1984 to 2002 Consultant in Sports Medicine in the following clinics:

- Clinic of Sports Medicine in Laval (since 1999)

- Rehabilitation Center of the Montreal Heart Institute, affiliated to the University of Montreal (since 1998)
- Saint-Sacrement High School, Terrebonne (since 1997)
- Department of Community Health (project on physical activity), Sacred Heart Hospital, Montreal (1991-1993)
- Individual practice, Mascouche, Terrebonne, and Tennis 13 (1988-1998)
- Student Service (Sports consultation), University of Montreal (1988-1990)
- Centre Claude-Robillard, Montreal (since 1988)
- Synergy Sports Clinic (1986-1999)
- CLSC Lamater, Terrebonne (1984-1988)
- Blainville Polyclinic, on weekends (1984-1988)

**EXPERIENCE, SPORTS MEDICINE COVERAGE**

- 2010            FIFA Medical Officer /Doctor for the U20 Women's World Cup, Germany (July 2010)
- 2009            Physician for the Canadian Track and Field team at World University Games , Belgrade (July 2009)
- 2008            Selected as physician for the Canadian Track and Field team at the North-Central American Games in Mexico in July of 2008
- Since 2006    Physician for the Cirque du Soleil Tour in Seattle
- Since 1996    Member of the Medical Team of the Canadian Downhill Ski Team.
- Since 1989    Head Physician of the National Women Handball Team.
- 1987-1990    Medical Director of the Montreal Marathon
- Since 1985    Physician during several sports events; the most prestigious are:
- World's Track and Field Championships , Finland (August 2005)
  - Speed Skating World Cup, China (September 2001)
  - Fencing World Cup, Montreal (March 2001)
  - Players Open - Canada's International Tennis Championships, Montreal (1985 and 1986, 2000 and 2001)
  - Assistant to the Chief Medical Officer, Sydney Olympic Games, Australia (2000)
  - Judo World Cup, Montreal (November 2000)
  - Commonwealth Games, Malaysia (1998)

- Downhill Skiing World Cup, Italy and Switzerland (1997)
- Canadian Track and Field Championships, Montreal (1996 and 1998)
- Junior Track and Field World Championships, Sydney, Australia (1996)
- Chief Medical Officer, World University Games, Japan (1995)
- Women Handball World Championships, Austria (1995)
- Barcelona Olympic Games, Spain (1992)
- Commonwealth Games, New Zealand (1990)

### **EXPERIENCE IN COACHING**

- 1990-1991 National Coach for the World Biathlon
- 1985-1990 National Track and Field Coach (event: race walking)
- 1987-1989 Coach for several sports events; the most important ones are:
- Seoul Olympic Games (1988)
  - World University Games, Yugoslavia (1987)
  - Race Walking World Cup, Barcelona, (1989)
  - Race Walking World Cup, New York (1987)

### **ACADEMIC POSTS**

**Since January 2005 University of Washington**

Medical staff Active Member

**Since 2004 University of Montreal, Qc,Canada**

Examiner for the certification of residents in the program Family Practice

**Since 1998 University of Montreal, Quebec**

Lecturer in the Musculoskeletal System module, as part of the second year of medicine.

### **PUBLICATIONS**

*Exercise prescription during menopause. To be published (Federal Way Mirror), 2005*

*Exercise prescription in the presence of risk factor for cardiovascular Disease.*, Le Médecin du québec. Vol39, no4, 2004 (73-79)

*Ménopause et traitements non hormonaux.* MedActuel. Vol 4, no19. Sept 2004 (3-12)

*L'exercice en post-partum*, MedActuel.Vol 4, no15, July 2004 (8-11)

*After Baby is born, Can I be Active*, ACTIVE WOMEN CANADA. Vol1 No 4.2003 (14-15)

*Le syndrome de surentraînement*, MedActuel. Vol3, no2, feb 2003 (7-15)

Two sections of the Book of Symptoms (*Le Livre des symptômes*), Ed. Fides, 1999.

Series of articles on Women's Health, in *Le Clinicien*, May to August 1997.

Chapter 52 on Women and Physical Activity, in *La Santé des Femmes*, Ed. EDISEM, 1994.

Articles on different subjects related to Sports Medicine, in *L'Actualité Médicale* since 1990.

Consultant for several general interest magazines, such as *Chatelaine*, *Readers' Digest*, *Clin d'œil*, *Le Summum*.

## PRIZES

May 2010 First AQMS research fund named the GHISLAINE ROBERT Grant

November 2005 Best Feature Article in a professional publication (KRW Award,CAN)

June 2001 Trip to Paris to represent the Sports Physicians of the Province of Quebec during an international meeting at the INSEP.

- Oct. 2000 Fellow of the College of Family Physicians of Canada.
- 2000 Inducted into the Canadian Handball Federation Hall of Fame
- 1998 General Practitioner of the Year, urban area, Association of French Language Physicians of Canada.

## **COMMITTEES AND DIRECTORSHIPS**

Since 2003 Examiner for the Canadian College of Family Physicians

Advisory Board, ACTIVE WOMEN CANADA. 2003-2005

Sept. 2002 Member of the Organizing Committee of the Soft Tissue Wound Symposium (jointly with Canada's Physiotherapist Manipulative Therapy Division).

March 2002 Member of the Programming Committee for the Annual Symposium of the Canadian Academy of Sport Medicine (CASM), Mt-Tremblant, QC.

Nov. 2001 Participated in the presentation of the Symposium of the 4<sup>th</sup> Interdisciplinary World Congress on Low Back and Pelvis Pain in Montreal.

Feb. 2001 Member of the Programming Committee for the Congress on Drugs in Sports among Canadian Youth.

1990-2001 Member of various committees of the Canadian Academy of Sports Medicine, including:

- Sports Medicine Development Committee
- Major Games Physicians Selection Committee (president in 2001-2002)
- Women in Sports Health Committee
- Official Languages Committee
- Diploma Committee (certification exam), from 1990 to 2000.

1997-1998 Medical Adviser for the implementation of the Quebec Council of Sports Medicine (Quebec Chapter of provincial councils).

Since 1997 President-founder of the Quebec Association of Sports Physicians in 1997-1998. Member of the Board of Directors as Retiring President from 1998 to 2002.

Oct. 1997 President of the Scientific Committee of the Congress on the Musculoskeletal System of the FMOQ.

1995 Co-president of the Organizing Committee of the Annual Symposium of the Canadian Sports Academy.

Nov. 1993 Co-president of the Quebec Sports Safety Summit.

1992-2002 Member of the Board of Directors of the Canadian Academy of Sports Medicine. President in 1998-1999, first French-speaking person to get to that position in the 25 years of existence of the Academy.

1990-2002 Member of the Writing Committee of the Sports Medicine supplement of L'Actualite médicale

1999-2002 Member of the Council of Physicians, Dentists and Pharmacists, Montreal Heart Institute.

1984-2002 Member of the Association of French Language Physicians of Canada, responsible for the WEB page themes.

## **CONFERENCES**

May 2010 Speaker at the AQMS Annual Meeting

Nov. 2009 Since November 2009, speaker for Genzyme (Synvisk One)

Nov. 2001 Speaker at the "Convergence 2001" Conference organized by the Quebec Association of Orthotists, Montreal.

2000-2001 Speaker at several CASM and AQMS annual symposiums, as well as for the continuing education sessions organized by FMOQ on Sports Medicine or on the Locomotion System (the last one was in November 2001). Also speaker during the World Medical Games in Montreal.

Since 1999 Regular appearance on the television programs "Allô Docteur" and "Magazine Santé" on the air of the Canal Vie.

Since 1988 Speaker on several occasions for the Biomatrix, Rhone Poulenc Rorer, and Smith Kline Beecham companies.

## **PROFESSIONAL DEVELOPMENT**

2009 ACSM annual meeting, Seattle, May 2009

2008 CASM annual symposium , LasVegas , March 2008

2005 Team Physician part II (ACSM), San Antonio, Texas , Feb 8-13<sup>th</sup>

2004 Annual Symposium, Canadian academy of Sports Medicine, Vancouver, BC, Oct 2004

2001-2002 Assisted to a conference entitled: L'omnipraticien face aux difficultés de la vie, University of Montreal, January 2002.

2001 The Grey Cup Symposium, Montreal, November 2001.

2001 Conference on Contraception, Montreal, November 2001.

- 2001 Conference on Women's Health, FMOQ, October 2001.  
2001 Annual Meeting of the American College of Sports Medicine, Baltimore, USA, May 2001.

**PROFESSIONAL ASSOCIATIONS**

American College of Sports Medicine  
Canadian Academy of Sports Medicine  
Canadian College of Family Physicians

**LANGUAGES**

English  
French

Revised June, 2009