

BIOGRAPHY

Name: Joanne Parsons

Joanne is a graduate of the University of Manitoba physical therapy program (2003) and after working in outpatient orthopedics for a number of years, returned to complete a MSc in Kinesiology and PhD in Applied Health Sciences. She's finishing up her 4th year as Assistant Professor in the Department of Physical Therapy at the University of Manitoba, where she teaches mainly orthopedic pathology and exercise content. Her research concentrates on the early introduction of resistance training to maximize health and performance, and decrease injury risk.