Claudia joins our Windsor team in the capacity of a Kinesiologist/Rehabilitation Therapist. She is a Certified Kinesiologist who has gained valuable work experience in a clinical environment, providing direct patient care for the past 10 years. Her combined employment experience consists of rehabilitation treatment and prevention through exercise/stretching techniques. Her clinical therapeutic experience includes collaborating with physiotherapists and health care providers to ensure rehabilitation recovery is attained.

She is fluent in both English and Spanish, written and oral. She has strong communication and interpersonal skills and has a keen interest in providing direct support and guidance, one-on-one with individuals.

Claudia graduated with a Master of Science Degree in Sports Science and Rehabilitation, and Bachelor's Degree (Hons) in Movement Science, Major in Kinesiology. In addition she is a K1 & K2 Kinesio Taping Health Professional and Urban Polling Rehabilitation Trainer. In addition, Claudia is a certified functional capacity evaluator, (FCE). She has conducted Functional Evaluation Assessments and worked in collaboration with individuals to set and achieve functional goals, including return to work.

CLAUDIA BENSON

MSc, B.A., Human Kinetics,

Rehabilitation Therapist /Kinesiologist

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EDUCATION
- Logan College of Chiropractic, Chesterfield, Missouri Master of Science, Major in Sports Science and Rehabilitation (2009)
- University of Windsor, Windsor, ON Bachelor Human Kinetics Degree (2008)

SERVICES
- Support with Exercise Programing
- Support with ADL's
- Leisure/Recreational

AREAS OF PRACTICE
- Acquired Brain Injury
- Musculoskeletal/Soft Tissue
- Orthopedics
- Geriatrics
- Pediatrics

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CLAUDIA'S SERVICE AREAS