



# AHP Symposium 2024



Sunday, November 3rd - Charlottetown

## PROFESSIONALS DAY: Effective Return to Performance

Featuring Virtual Key Note Speaker

# Dr. Hayley Wickenheiser

& PRESENTATIONS FROM



**Travis Gaudet**  
Advanced Practice Physiotherapist



**Meagan Ferguson**  
Mental Health & Performance Consultant



**Dr. Chris MacLean**  
Clinical Biomechanic, Shoe Research Specialist



**Nancy Fong**  
IOC Certified Sports Dietician



**Dr. David Whitty**  
Chiropractor, CrossFit PEI Founder



**Dr. Julia McKenna**  
Chiropractor, Concussion Specialist



**Randy Goodman**  
Sports Physiotherapist



**Owen MacWilliams**  
Certified Strength & Conditioning Coach



**"Importance of team around an athlete"**

**Topics to be covered include:**

- Rehab to Performance
- The Science of Footwear
- Concussion Return to Sport
- Cervical Spine/Hip Assessments
- Lower limb plyometric continuum
- Diagnostic Ultrasound
- Nutrition/mental health for RTP
- MORE

Registration: \$75

<https://thelocker.coach.ca/event/registration/11986>



Virtual Keynote speaker:

## Dr. Hayley Wickenheiser

Olympic gold medalist, author, & motivational speaker

7 World Championships; 6 Olympic appearances; 4 Olympic Gold medals – Hayley Wickenheiser is a titan of sport & a leader - both on & off the ice. A first-ballot Hockey Hall of Fame inductee, Hayley's hockey IQ is highly respected in both the male and female game. She has played in - or coached at - four NHL development camps and accepted a permanent full-time role of Assistant GM of Player Development for the Toronto Maple Leafs in 2020. Alongside her career in the NHL, Hayley is currently a doctor practicing family & emergency medicine in the Toronto area. Her career in medicine went full-time in 2017 following her retirement from 23 years on the National Women's Team. She is a member of the Order of Canada, a retired member of the IOC Athlete's Commission, Member of Canada's Sport Hall of Fame, and most importantly, a mom to her grown son Noah.

## Travis Gaudet

Physiotherapist

Travis is the co-owner, Chief Executive Officer, & Director of Rehabilitation at ORKA Performance. He regularly consults with pro, collegiate, and youth athletes. He has spoken and delivered workshops Internationally, and has consulted with athletes in the NHL, MLB, Olympics, CFL, MLS, Canada Men's National Soccer Team, USPORT, NCAA and more. He graduated with a Master's of Science in Physiotherapy from Dalhousie University in 2013 and earned a Bachelor of Science in Kinesiology from the University of New Brunswick in 2011. He received his Diploma of Advanced Manual and Manipulative Therapy from the Orthopaedic Division in 2018. Travis is a Fellow with the Canadian Academy of Manipulative Physiotherapists (FCAMPT) & a mentor with the Orthopedic Division of the Canadian Physiotherapy Association. He is on Physiotherapy Alberta's restricted activity roster for spinal manipulation, ordering diagnostic imaging, and dry needling.

## Dr. Chris MacLean

Biomechanist

Chris is an Instructor at Dalhousie University involved with teaching & research in lower extremity biomechanics. He is the former Director of Fortius Lab & Applied Biomechanics at the Fortius Institute in Burnaby, BC. During this time, he has analyzed ~1600 distance runners/walkers & collaborated with Brooks Running, Nike, & Mizuno for research projects on footwear. He has been involved in the prescription foot orthotic industry for approximately 30 years; first as a Pedorthist, then as Director of Biomechanics, and currently as Chair of the Professional Advisory Board at Paris Orthotics Lab Division, Vancouver. Chris completed a Master of Science (Human Kinetics) at the University of British Columbia with Dr. Jack Taunton. He completed the Ph.D. (Biomechanics) program at University of Massachusetts-Amherst with Dr. Joseph Hamill. His research over the past several years has focused on the mechanism of overuse running injuries & on the dynamic influence of custom foot orthotic & running shoe interventions.

## Dr. Julia McKenna

Chiropractor

Julia is a graduate of the Canadian Memorial Chiropractic College in Toronto. A long time multi-sport athlete, Dr. McKenna treats a wide variety of musculoskeletal complaints, with a special interest in the treatment and management of concussions. She offers Chiropractic services, including manual adjustment, instrument assisted soft tissue therapy, and contemporary medical acupuncture. She is also a certified in Complete concussion Management, Titleist Professional Institute, GLAD Canada and a member of the Sport PEI Athlete Health Professional team

## Nancy Fong

Sports Dietician

Nancy is a Registered Dietitian, Consulting Sport & Performance Dietitian, & the owner of "Maximum Performance & Nutrition" & "Sport Nutrition Academy". Nancy graduated from the post-graduate diploma program in sport nutrition by the International Olympic Committee (IOC) Medical Commission (2005). Nancy has worked with countless Provincial, National, and International athletes. Some of her most recent clients include the Charlottetown Islanders QMJHL Team, National Speed Skating and Biathlon teams, Blanchard Goaltending School, 2013 Canadian World Jr. Men's Hockey Team, Hockey PEI, NHL athletes, Sport PEI, UPEI Hockey, Rugby, Basketball & Soccer teams, recreation athletes and Canada Games teams

## Owen MacWilliams

### Strength & Conditioning Specialist

Owen MacWilliams is a Certified Strength and Conditioning Specialist (National Strength and Conditioning Association) and currently completing his masters in exercise and sport science with a focus in strength and conditioning. Throughout his coaching career, Owen has experienced working with NFL, NHL, CFL, AHL, AFL, NCAA and U-Sport athletes. These opportunities developed his personal philosophy that emphasizes evidence based principles, building relationships with athletes in his care and effective communication strategies. Owen runs OG Performance which is a remote health and wellness consulting company that has two established foundational components. Firstly, it was created and established to support high performance athletes which is the heartbeat of this small company. OG Performance is building a direction towards supporting retired athletes that want to keep a competitive edge in their training and busy professionals looking to optimize their health and longevity.

## Meagan Ferguson

### Mental Performance Consultant

As 1 of only 2 Certified Professional Mental Performance Consultants® in Prince Edward Island, Meagan has worked with teams, athletes, coaches, and professionals in a variety of sports competition levels. Achieving a Master's of Human Kinetics in Applied Sport Psychology (University of Ottawa), Meagan is certified in Mental Health First Aid, The Working Mind (Mental Health Commission of Canada), and Mindfulness Facilitation for Athletic Performance (Ottawa Mindfulness Clinic). A Certified Learning Facilitator for the CAC and CCMHS (Coaching Association of Canada, Canadian Centre for Mental Health in Sport), Meagan also holds over 15 years of experience coaching at grassroots to elite competition levels. Such involvements include Head Coach with Holland College women's hockey, Team PEI female flag football (Football PEI), Team New Brunswick u18F Special Teams Coordinator (Football New Brunswick), and a Defensive Assistant Coach for the CFL Ottawa Redblacks as per the first CFL Women in Football Program in 2022.

## Randy Goodman

### Sports Physiotherapist

Randy Goodman is one of the premier Sport Physiotherapists in Canada. He has provided care and advice for some of the best athletes in the world in the field of injury recovery, return to sport and athlete development. This experience has transformed into providing guidance and mentoring of therapists throughout North America on how to maximize recovery and performance in developing and elite athletes. While his passion is working with developing athletes, Randy has worked with athletes from virtually all professional levels of sport. This includes athletes from the NHL, NFL, NBA, MLS, PGA, AHL, NCAA, and CIS. He has provided coverage for multiple international sporting events including World Championships, the Pan Am Games, and the Olympics. As well, he has coordinated care and development for multiple national teams including the Canadian Figure Skating and Freestyle Ski team, and consults with other national teams on the design of their integrated support for athletes. He speaks throughout North America on the rehabilitation and training of developing athletes.

## Dr. David Whitty

### Chiropractor

Dr. David Whitty has been practicing Chiropractic in downtown Charlottetown for 20 years. He is a graduate of StFX with a science degree, Canadian Chiropractic College in Toronto (Doctor of Chiropractic), & has a Master's of Education & Leadership from UPEI. He is the President of the PEI Chiropractic Association & one of the Opinion Leaders with the Canadian Chiropractic Guidelines Initiative. As with other chiropractors, his focus is on the neuro-musculoskeletal system, assessing movement patterns throughout the body, & determining areas of muscle weakness or limited mobility. Manipulation of the spine is one of the treatments Dr. Whitty utilizes but not exclusively. Most patients receive soft tissue therapy particularly Active Release Technique® & Graston Technique® or Acupuncture & Dry Needling & all are prescribed restorative exercises. Dr. Whitty is the founder of CrossFit PEI, one of the first CrossFit gyms in Eastern Canada in 2008. He is a Level 4 CrossFit Coach, a Level II Olympic Weight Lifting Coach, & a Certified Yoga Instructor.