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

## **EXERCISE THERAPIST**

First Steps Wellness Centre is an innovative recovery/rehabilitation facility for people who have suffered a spinal cord injury or who have other neurological conditions. First Steps uses unique, intensive activity-based therapy to increase function, independence, and the quality of life for people. We were the first of our kind in Canada, based on similar facilities in the US and Europe. The field of activity-based solutions to help rehabilitate and recover lost function in spinal cord injuries and other neurological conditions is a growing and exciting field for exercise therapists, one that can forever change your life. Each day you will have the opportunity to work with clients who are motivated, determined, and are proving that anything is possible. Due to the success of First Steps we have expanded services into working with children who have Cerebral Palsy and Spina Bifida, if you have experience working with children we may direct your efforts into this area of our program.

### **Description:**

An exercise therapist at First Steps will learn our methods, which encompass specialized techniques based on intense exercise aimed at regaining and improving the function below the level of injury for individuals with neurological conditions such as spinal cord injuries. Once training ends you will be expected to join the team at First Steps and be able to provide individualized programming to clients with the goal of improving function. Applicants are required to have a degree in Kinesiology, and a CSEP-CEP designation is encouraged but not required. The work at First Steps is both physically and mentally demanding, but also very rewarding. We are growing including a second location in Winnipeg with more locations joining us in the near future.

### **Employment terms:**

First Steps Wellness Centre offers competitive wages and benefits that will depend on qualifications and experience.

Please send resume to Andrew Schmidt at [andrews@fswcregina.ca](mailto:andrews@fswcregina.ca) by Sept 30<sup>th</sup>. If you have any questions call 306-522-3972.

*First Steps Wellness Centre (FSWC) improves the function, independence, and quality of life for those living with a neurological impairment such as Spinal Cord Injury, Multiple Sclerosis, Brain Injury, Cerebral Palsy and Spina Bifida through researched and intense activity-based rehabilitative methods*