

CURRICULUM VITAE

Name: **Laurie Margaret McLaughlin**

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Professional Education/Degrees

- 1979 Loyalist Collegiate and Vocational Institute, Kingston, ON
- 1982 Mohawk College/McMaster University, Hamilton, ON
Diploma in Physiotherapy
- 1983 McMaster University, Hamilton, ON
Bachelor of Health Science in Physiotherapy
- 1988 Advanced Diploma in Orthopaedics with Distinction, Canada
- 2000 Certification in Contemporary Medical Acupuncture, McMaster University, Hamilton, ON
- 2005 Capnography Certification, Mindful Physiology Institute
Boulder, CO
- 2007 Andrews University, Berrien Springs, MI
Doctor of Science in Physical Therapy

Current Status at McMaster

Assistant Clinical Professor, School of Rehabilitation Science

Professional Organizations

- College of Physiotherapists of Ontario, Canada
- College of Physical Therapists of British Columbia, Canada
- Fellow Canadian Academy of Manipulative Physiotherapists, 1988
- Member of Canadian Physiotherapy Association, 1984
- Member of the Canadian Spine Society, 2011

Employment History

2013 – present	McLaughlin ProActive Health Group / ProActive Health Oakville, Owner Director, 323 Kerr Street Suite 209, Oakville, ON
2010 – present	M+D ProHealth, Owner and Director, 323 Kerr Street Suite 209, Oakville, ON
2008 – present	Advanced Practice Physiotherapist determining suitability for spinal surgery
2006 – 2010	LifeMark Health, Senior consultant Nationally and Oakville, ON
2004 - present	ProActive Education, Oakville, ON Owner/Director, providing continuing education to health professionals.
1998- 2006	ProActive Therapeutics, 135 Lakeshore Rd. West, Oakville, ON Owner/Director, physiotherapist Employed 4 physiotherapists, 2 kinesiologists, and 2 front desk staff.
1990- 2006	ProActive Physiotherapy, 875 Main St. West, Hamilton, ON Owner/Director, physiotherapist Employed 7 physiotherapists, 3 kinesiologists, and 3 front desk staff.

Professional Appointments:

2009 – present	Assistant Clinical Professor, School of Rehabilitation Science McMaster University, Hamilton, Ontario, Canada
1992- 2010	Faculty / Examiner for Canada Canadian Physiotherapy Association, Orthopaedic Division
1992- present	Faculty/Examiner North American Institute of Manual Therapy, (United States)
1999- 2005	Chief Examiner for Canada Canadian Physiotherapy Association, Orthopaedic Division

Consultative and Advisory Positions held:

2011-present	Member of the Canadian Spine Society
2009- present	Member Spine Expert Panel, Ministry of Health, Government of Ontario
2002- present	Member of HaNSA, Head and Neck, Shoulder and Arm Special Interest Group, McMaster University, Hamilton, Ontario

1997-2002 Clinical Expert on Committee to Establish Clinical Practice Guidelines for Spinal Manipulation in Ontario, College of Physiotherapy

Areas of Interest

Ongoing interest in the advancement and promotion of spinal care research and orthopaedic innovations. Interest in teaching and mentoring in the field of orthopaedics, capnography, spinal manipulation, fascial systems, and advance practice physiotherapy.

Awards Eleanor Graham Hunter Lees Book Award for Excellence in Neurology, 1982

Courses Taught

1987- Present Continuing education courses for physiotherapists in orthopaedics for the Canadian Physiotherapy Association (throughout Canada)

1992- Present Develops and instructs for the North American Institute of Orthopaedic Manual Therapy in United States

2003- 2006 Provided Musculoskeletal Education sessions to Family Practice Residents at McMaster University, Hamilton, Ontario

1989-present Instructor of Continuing Education Workshops in Jamaica, Australia and Europe

1987 – Present Taught over 3800 hours of continuing education to more than 2000 students

McMaster Involvement

Rehabilitation Science

2012 –present RS715 Advanced OMPT Specialization

- Program Development for Advanced OMPT program
- Basic Spinal Manipulation Workshop
- Labs – advanced back assessment; capnography; ultrasound
- Advanced Spinal Manipulation Workshop
- Module Development and Case-Based Discussion
- Clinical Mentorship

Supervisorships

Student Projects:

2016:

External Reviewer for MSc Thesis. Siedlecki P. The Effects of Neurocognitive and Physical Tasks on End-Tidal Carbon Dioxide Levels and Respiratory Rate in Persistent-Concussion Symptoms

2009:

Baker L, Hosseinpour S, Jones PC, Ryder HH, Vandenberg A. Investigating the Inter-rater and Intra-rater Reliability of Capnography. MSc Physical Therapy, McMaster University. Supervisors: LM McLaughlin, CH Goldsmith

2010:

Craig JD, Hodgins AP, Kapteyn M, Thomas KJ. The inter-rater and intra-rater reliability of capnography based on varied levels of training. MSc Physical Therapy, McMaster University. Supervisors: LM McLaughlin, CH Goldsmith

2013: Lindsey Freiburger. Effective Exercise Prescription For Improving Function In Adults With Chronic Pain. Faculty Advisor: Laurie McLaughlin

Publications

McLaughlin L. In: Chaitow L, ed. *Recognizing and Treating Breathing Disorders A Multidisciplinary Approach*. Second ed: Elsevier; 2014:147-154; 225-232

McLaughlin L., Goldsmith, C., Coleman, K. Breathing Evaluation and retraining as an adjunct to manual therapy. *Manual Therapy* 16 (2011) 51-52

McLaughlin, L (2011) Breathing in Cook et al. *Movement*. 353-354.

Gross AR, Haines T, Goldsmith CH, Santaguida L, **McLaughlin LM**, Peloso P, Burnie S, Hoving J; Cervical Overview Group (COG). Knowledge to action: a challenge for neck pain treatment. *J Orthop Sports Phys Ther*. 2009 May;39(5):351-63. Review.

MacDermid JC, Gross A, Galea V, MacDermid JC, **McLaughlin L**, Parkinson W, Woodhouse L. Developing biologically-based clinical assessments for physical therapy management of neck pain. *The Journal of Orthopaedic and Sports Physical Therapy* 35(4):388-399, 2009

McLaughlin L. Breathing Evaluation and Retraining in Manual Therapy. *JBMT* 2009; 13:276-282

Piernynowski M, **McLaughlin L**, Gross A, MacDermid J, Galea V. Innovative biological based assessment tools to differentiate and assess patients with neck pain. *JOSPT* May 2009 Vol.39(5)

Gross A, Haines T, Goldsmith CH, Santaguida P, **McLaughlin L**, Peloso P, Burnie S, Hoving J, Knowledge to Action: A Challenge about neck pain treatment. JOSPT May 2009 Vol.39(5)

MacDermid JC, Galea V, Teo A, Gross A, Pierrynowski M, **McLaughlin L**, HaNSA: Quantitative sensory testing has moderate reliability and validity in patients with mechanical neck disorders Quantitative sensory testing has moderate reliability and validity in patients with mechanical neck disorders. (Funded by CIHR Student ship) [Submitted to Physiotherapy Canada.]

Lee DG, Lee LJ, **McLaughlin L** Stability, Contenance and Breathing: The role of fascia following pregnancy and delivery. JBMT (2008) 12: 333-348.

McLaughlin L. The use of capnography in orthopaedic physiotherapy. Orthopaedic Division Review Mar/Apr 2006.

MacDermid JC, Galea V, Pierrynowski M, Gross A, **McLaughlin L**. The relationship between quantitative sensory tests or electrophysiology and disability in patients with mechanical neck disorders. Orthopedic Division Review 2006;March/April:21.

Coppieters M.W., Kurz K., Mortensen T.E., Richards N.L., Skaret I.A., **McLaughlin L**, Hodges P.W. The impact of neurodynamic testing on the perception of experimentally induced muscle pain. Manual Therapy (2005) 10, 52-60

Pierrynowski MR, Gross A, Galea V, Miles M, **McLaughlin L**, McPhee C. Comparison of the long-range power-law correlations obtained from bilateral stride and head bobbing intervals in asymptomatic volunteers. Gait & Posture, 22(1), 46-50, 2005.

Gross AR, Kay M, Kennedy C, Gasner D, Hurley L, Yardley K, Hendry L., **McLaughlin L**. Clinical practice guideline on the use of manipulation or mobilization in the treatment of adults with mechanical neck disorders. Manual Therapy (2002) 7(4), 193-205

Scientific & Professional Presentations

McLaughlin L, Dunlop, R.B., Three Year Experience of a Non-Physician Back Triage Program 12th Annual Scientific Conference of the Canadian Spine Society, Tremblant, Quebec, 2013

McLaughlin, L Manual Therapy for the Fascia workshop. Third International Fascia Conference, Vancouver, BC, 2012

McLaughlin, L. The Relevance of Breathing in Persistent Pain. International Federation of Orthopaedic Manipulative Therapists Symposium, Invited Speaker, Quebec City, Quebec, 2012

McLaughlin, L. Advanced Practice: Evidence of Effectiveness. Canadian Physiotherapy Association Annual Conference, Invited Speaker, Whistler B.C., 2011

McLaughlin, L. Pearson, N., Walton, D. The evidence to support a new perspective on physiotherapy pain management. Annual Conference of the Canadian Pain Society, Niagara Falls, Ontario, 2011

McLaughlin, L. Dunlop R.B., Improved access and resource management in spine care. Orthopaedic Expert Panel Forum, Toronto, Ontario, 2011

McLaughlin, L. Can a Qualified Non-Physician Expert Predict the Usefulness of MRI Scans in Patients with Back Related Complaints. 11th Annual Scientific Conference of the Canadian Spine Society, Quebec City, Quebec, 2011

McLaughlin, L. Dunlop R.B., Advanced Practice in Spinal Care. Ontario Physiotherapy Association Conference, Toronto, Ontario, 2010

McLaughlin, L. Dunlop R.B., Goldsmith C.H., Non – Physician Triage in Patients with Back Pain, Sciatica and Spinal Stenosis. Tenth Annual Scientific Conference of the Canadian Spine Society, Lake Louise, Alberta, 2010

McLaughlin L. Breathing Evaluation and Retraining as an Adjunct to Manual Therapy. International Conference on Movement Dysfunction, Edinburgh, Scotland, 2009

McLaughlin L. Breathing Evaluation and Management. Canadian Association of Naturopathic Doctors National Symposium, Montreal PQ, 2009

McLaughlin L. Incorporating Breathing in Neuromusculoskeletal Management. Nordic Association of Orthopaedic Manipulative Therapists, Gothenburg Sweden, 2009

McLaughlin L. Incorporating the Fascial System into a Clinical Reasoning Framework. Orthopaedic Symposium, Canadian Physiotherapy Association, Montreal PQ, 2008

McLaughlin L, Goldsmith CH. Is There a Connection Between Non Responsive Neck or Back Pain Patients and Altered Respiratory Chemistry: a Case Series. Orthopaedic Symposium, Canadian Physiotherapy Association, Montreal PQ, 2008

McLaughlin L, Goldsmith CH. Is There a Connection Between Non Responsive Neck or Back Pain Patients and Altered Respiratory Chemistry: a Case Series. International Federation of Orthopaedic Manipulative Therapists Symposium, Winner Best Interactive Poster Presentation, Rotterdam Holland, 2008

McLaughlin L. The Role of Focused Manipulation in Back Pain. North American Institute of Orthopaedic Manipulative Therapy Symposium on Spinal Manipulation, Portland OR, 2008

McLaughlin L. Goldsmith CH. Altered Respiration in a Case Series of Low Back / Pelvic Pain Patients. 6th Interdisciplinary World Congress on Low Back and Pelvic Pain. Barcelona Spain 2007.

McLaughlin L. Fascia, Altered Breathing and Pregnancy. First International Fascia Conference Harvard University, Boston, MA, 2007.

McLaughlin L. The role of altered breathing in neck pain. HaNSA Cervical Workshop, WCPT, Vancouver BC 2007.

McLaughlin L. Breathing evaluation and management in orthopaedic physiotherapy. Keynote Address, National Orthopaedic Symposium, Calgary AB, 2006.

Hodges P.W., **McLaughlin L.**, Souvlis T., Coppieters M.W. Does experimental pain demonstrate similar characteristics to contraction, stretch and compression as clinical pain? Poster presentation, 2005, London, ON.

Pierrynowski M, Gross A, Galea V, MacDermid J, **McLaughlin L**, Graham N, Kumbhare D and Parkinson W. Sensitivity of the Neck-Walk Index to detect change in patients with mechanical neck disorders. The Changing Face of Physiotherapy, 2005 Orthopaedic Symposium, Canadian Physiotherapy Association, London, ON, October 2005.

MacDermid J, Galea V, Pierrynowski M, Gross A and **McLaughlin L**. The relationship between quantitative sensory tests or electrophysiology and disability in patients with mechanical neck disorders. The Changing Face of Physiotherapy, 2005 Orthopaedic Symposium, Canadian Physiotherapy Association, London, ON, October 2005.

Pierrynowski M, Galea V, MacDermid J, Gross A, Kumbhare D, Parkinson W, Teo A, Missiuna P, **McLaughlin L**, McPhee C, Graham N, Lee A and Marley T. The head and neck, shoulder, arm research group conceptual framework. The Changing Face of Physiotherapy, 2005 Orthopaedic Symposium, Canadian Physiotherapy Association, London, ON, October 2005.

Teo A, Galea V, MacDermid J, Gross A, **McLaughlin L** and Pierrynowski M. Performance of patients with mechanical neck disorder on a reach and grasp task: neural strategies. The Changing Face of Physiotherapy, 2005 Orthopaedic Symposium, Canadian Physiotherapy Association, London, ON, October 2005.

McLaughlin L, Popelas C. Altered respiration in an individual with pelvic instability. Poster Presentation, Scotland, 2005. Podium Presentation, London, ON, 2005.

McLaughlin L, Popelas C, Use of capnography to restore normal breathing in an orthopaedic caseload Poster Presentation, London, ON, October 2005.

Pierrynowski M., Kumbhare D., Galea V., Gross A., MacDermid J., **McLaughlin L**, HaNSA. The Neck-Walk Index: A new performance outcome measure that identifies patients with neck pain or stiffness. Presented at the 65th Annual Assembly of the American Academy of Physical Medicine & Rehabilitation, October 2004, Phoenix, AZ.

McLaughlin L. The impact of proximal positioning on pain perception: A clinician's journey to the research lab. Presented at the Canadian Physiotherapy Association - Orthopaedic Division 16th Annual National Symposium, St. John's, NF, 12 September 2004.

Guy S., McDowell J., Ruttan P., Stevenson B., Turner L., Vair R., with the Head and Neck, Shoulder & Arm Special Interest Group (HaNSA Members: Galea V., Graham N., Gross A., Kumbhare D., MacDermid J., Manto L., **McLaughlin L**, McPhee C., Parkinson W.,

Pierrynowski M.) (2004) The Neck-Walk Index identifies patients with mechanical neck disorders, 8th International Federation of Orthopaedic Manual Therapists Conference, 21-26 March 2004, Cape Town, South Africa.

Buck S., Cheung G., Lundquist L., Tang B., Zavitz K., with the Head and Neck, Shoulder & Arm Special Interest Group (HaNSA Members: Galea V., Graham N., Gross A., Kumbhare D., MacDermid J., Manto L., **McLaughlin L**, McPhee C., Parkinson W., Pierrynowski M.) (2004) Upper limb function in patients with mechanical neck disorders, 8th International Federation of Orthopaedic Manual Therapists Conference, 21-26 March 2004, Cape Town, South Africa.

Coppieters M. W., Skaret I. A., Richards N.L., Mortensen T.E., Kurz K., **McLaughlin L**, Hodges P.W., (2004) The Impact of proximal positioning on pain perception. Effect of neurodynamic testing on experimental muscle pain, 8th International Federation of Orthopaedic Manual Therapists Conference, 21-26 March 2004, Cape Town, South Africa.

Pierrynowski M., Galea V., Graham N., Gross A., Kumbhare D., MacDermid J., Manto L., **McLaughlin L**, McPhee C., Parkinson W. (2003). A new performance outcome measure, the Neck-Walk Index, to classify patients with neck pain or stiffness, Achieving Excellence Through Collaboration Conference, Sponsored by the Insurance Bureau of Canada and the Workplace Safety & Insurance Board, 18 Sept 2003, Toronto, ON

Continuing Education:

2013 Thirteenth Annual Scientific Conference of the Canadian Spine Society, Tremblant, Quebec

Discover Physio Series, Oakville ON

Canadian Physiotherapy Association Conference, Montreal, Quebec

2012 Third International Fascia Conference, Vancouver, BC

2012 International Federation of Orthopaedic Manipulative Therapists Symposium, Quebec City, Quebec

2011 Eleventh Annual Scientific Conference of the Canadian Spine Society, Quebec City, QC

Canadian Pain Society Conference, Niagara Falls, ON

2010 The Neuro-Orthopaedic Institute - Neurodynamics and the Neuromatrix Conference, Nottingham, UK

North American Institute of Orthopedic Manipulative Therapy Symposium Chicago, IL

North American Institute of Orthopedic Manipulative Therapy Symposium
Dallas, TX

Ontario Physiotherapy Association Conference, Toronto, ON

Tenth Annual Scientific Conference of the Canadian Spine Society, Lake
Louise, Alberta.

2009 Breathing Evaluation and Retraining as an Adjunct to Manual Therapy
International Conference on Movement Dysfunction, Edinburgh, Scotland

Breathing Evaluation and Management. Canadian Association of
Naturopathic Doctors National Symposium, Montreal PQ

Incorporating Breathing in Neuromusculoskeletal Management. Nordic
Association of Orthopaedic Manipulative Therapists, Gothenburg Sweden

2008 North American Institute of Orthopaedic Manipulative Therapy Symposium on
Spinal Manipulation, Portland OR, 8 hours

Visceral Manipulation Practicum, Munich Germany, 12 hours

International Federation of Orthopaedic Manipulative Therapists Symposium
Rotterdam Holland, 35 hours

Explain Pain, Lorimer Moseley, Hamilton ON, 7 hours

Visceral Manipulation, Gail Wetzler, San Francisco CA, 24 hours

Orthopaedic Symposium, Canadian Physiotherapy Association, Montreal PQ,
18 hours

2007 Continuum, Emilie Conrad, Montreal PQ, 24 hours

World Congress on Physical Therapy, Vancouver BC, 30 hours

Visceral Manipulation Workshop, Christoff Sommers, Vancouver BC, 30 hours

First International Conference on Fascia Research, Harvard University, Boston
MA, 16 hours

World Congress on Low Back and Pelvic Pain, Barcelona Spain, 30 hours

Functional Fascial Taping, Ron Alexander, Barcelona Spain, 4 hours

2006 Anatomy Trains Fascial Dissection Course, Tom Myers, Todd Garcia, Boulder,
CO, 21 hours

Visceral Manipulation III, Christoff Sommers, Wapole, MN 32 hours

- Visceral Manipulation: Peripheral Nervous System, Christoff Sommers, Wapole, MN, 24 hours
- 2005 Capnography Certification Course, Dr. Peter Litchfield, Boulder, CO, 30 hours
- Visceral Manipulation I, Christoff Sommers, Wapole, MN 24 hours
- Clinical Reasoning. Erl Pettman Oakville ON, 15 hours
- 2004 Lower Extremity Fascia Dissection Course, Dr. Guy Voyer, Queens University, Kingston, ON, 24 hours
- Motor Control for Lumbar Spine & Pelvis, Motor Control for the Thorax, Linda Joy Lee, Oakville, ON, 15 hours each
- World Congress on Low Back and Pelvis Pain, Melbourne, Australia, 15 hours
- Breathing Pattern Disorders, Leon Chaitow, Melbourne, Australia, 7 hours
- Workshop on Overbreathing, Peter Litchfield, Oakville, ON, 5 hours
- 2003 Hyperventilation Syndrome, John Oldham, Oakville, ON, 20 hours
- Trunk Fascial Dissection Course, Guy Voyer, Queens University, Kingston, ON, 24 hours
- 2002 Assessment & Treatment of the Shoulder, Lyn Watson, Montreal, PQ, 20 hours
- Integration of the Spine & Shoulder Course, Erl Pettman, Oakville, ON, 20 hours
- Fascia Anatomy/Dissection Course, Guy Voyer, Kingston, ON, 20 hours
- 2001 Stott Pilates Certification, Intensive Mat, 40 hours participation, Reformer, 50 hours participation, Toronto, ON
- Pain/Neural Tension, Advanced Course, David Butler, Oakville, ON, 15 hours
- Headache Course, Gwen Jull, Hamilton, ON, 15 hours
- Advanced Shoulder Course, Lyn Watson, Ottawa, ON 20 hours
- Continuum Exercise/Movement Course, Toronto, ON, 15 hours
- 2000 Medical Acupuncture, Level 1-6, McMaster University, Hamilton, ON, 200 hours

1984-1999 Extensive courses in orthopaedics and advanced manual therapy, acupuncture and pilates.

Post-professional Preceptorships:

Diane Lee BSR, MCPA, FCAMP, Vancouver, BC, 1988