

CURRICULUM VITEA

CINDY CHRISTINE AUCHINCLOSS

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Education

- Queen's University 2023 PhD Rehabilitation Therapy (Supervisor: Dr. Linda McLean and Dr. Caroline Pukall)
The influence of posture on pelvic floor muscle activation and sensory awareness in women with and without stress urinary incontinence.
- Queen's University 2007 M.Sc. Rehabilitation Science (Supervisor: Dr. Linda McLean)
Reliability of EMG electrode configurations used to study the pelvic floor muscles.
- Queen's University 2002 – 2005 Bachelor of Science, Physiotherapy (*Honors*)
- University of Calgary 1994 – 2000 Bachelor of Science, Kinesiology

Clinical Experience

- Nov 2020 – April 2024 **Interior Health**
Kelowna, BC
Physiotherapist, Pulmonary Rehabilitation Program
- Aug 2017 – present **Kingston Pelvic Health**
Kingston, Ontario
Owner, Physiotherapist, Mentor
- Dec 2012 – July 2017 **K-Town Physiotherapy**
Kingston, Ontario
Pelvic Floor Rehabilitation Physiotherapist
- Sept 2008 – Aug 2009 **Department of National Defense**
CFB Kingston, Ontario
Physiotherapist
Outpatient physiotherapy for Canadian Forces members
- Oct 2006 – 2015 **Cindy Auchincloss Physiotherapy**
Providing in-home physiotherapy to client with
Chronic neurological condition
- Oct 2005 – 2008 **The Physical Therapy Clinic at Queen's**
Kingston, Ontario
Physiotherapist
Private practice clinic: orthopedics, sports injuries, women's health
- May 2005 – Aug 2005 **Royal Military College of Canada**
Kingston, Ontario Physiotherapist
Primary therapist for men's varsity hockey team
- Oct 2000 – Aug 2002 **Strathmore Physiotherapy Clinic**
Strathmore, Alberta
Physiotherapist
Private practice: orthopedics, pediatrics, geriatrics, sport's injuries
- Oct 2000 – Aug 2002 **CBI Rehabilitation**
Abbotsford, British Columbia
Kinesiologist/Team leader

Publications

- Thibault-Gagnon, S, **Auchincloss, C**, Graham, R, McLean, L. (2018) The temporal relationship between activity of the pelvic floor muscles and motion of selected urogenital landmarks in healthy nulliparous women. *Journal of Electromyography and Kinesiology*, Vol 38, 126-135.
- Thibault-Gagnon, S, Gentilcore-Saulnier, E, **Auchincloss, C**, McLean, L. (2014) Are physical therapists interchangeable in the ultrasound assessment of levator hiatus morphology? *Physiotherapy Canada*, 66(4):340-47.
- Thibault-Gagnon, S, **Auchincloss, C**, McLean, L. (2013) Ultrasound imaging in the assessment and treatment of pelvic floor muscle dysfunction: A clinical perspective. *Interdivisional Review, Orthopedic Division (Invited Review)*. Volume 26 (1).
- **Auchincloss, C**, McLean L. (2012) Does the presence of a vaginal probe alter pelvic floor muscle activation in young, continent women? *Journal of Electromyography and Kinesiology*, 22(6):1003-9.
- **Auchincloss, C**, McLean, L. (2009) The reliability of surface EMG recorded from the pelvic floor muscle. *Journal of Neuroscience Methods*, 182(1):85-96.

Conference Proceedings

- **Auchincloss, C**, McLean, L. Neutral lumbopelvic postures enhance pelvic floor muscle activation in women with urinary incontinence. Canadian Physiotherapy Association Congress, Montreal, QC, May 25, 2013. (Podium Presentation).
- **Auchincloss, C**, McLean, L. Hip position enhances involuntary but not voluntary pelvic floor muscle activation in women with urinary incontinence. Canadian Physiotherapy Association Congress, Montreal, QC, May 25, 2013. (Podium Presentation).
- **Auchincloss, C**, McLean, L. Does the presence of a vaginal probe alter pelvic floor muscle activation in young, continent women? Canadian Physiotherapy Association Congress, Whistler, BC, July 14 – 17, 2011. (Podium Presentation).
- **Auchincloss, C** and McLean L. Electromyography recorded from the pelvic floor: Instrumentation and Application. Poster presentation School of Rehabilitation Therapy Poster Day, December 2, 2010.
- **Auchincloss, C**, McLean, L. Simultaneous recordings of surface and fine-wire pelvic floor muscle. Canadian Physiotherapy Association Annual Conference, Calgary, AB, May 28-June 1, 2009. (Podium Presentation).
- Vainio KL, Thompson LA, **Brown CC**, McLean L. A comparative study of 6 exercises to elicit maximal voluntary activation of the local abdominal stabilizers. CPA Congress 2008, Ottawa, Ontario (Podium presentation).
- **Brown, CC**, McLean LM. Reliability of electromyographic activity recorded from the pelvic floor muscles during a maximum voluntary contraction. CPA Congress 2008, Ottawa, Ontario (Podium presentation).
- **Cindy Brown** and Linda McLean. Reliability of the pelvic floor muscles recorded using surface and fine-wire electrodes. International Society of Electrophysiology and Kinesiology (ISEK) Congress, Niagara Falls, Ontario, June 2008 (Podium Presentation).
- Linda McLean, Stéphanie Madill, **Cindy Brown**, Marie-Andrée Harvey. Intravaginal pressure and pelvic floor muscle activation during coughing in women with and without stress urinary incontinence. Reproductive Bioengineering Conference, Austria 2008.
- McLean, L, Madill, S, **Brown C**, Harvey, MA, Differences in the relationship between pelvic floor muscle activation and intravaginal pressure during coughing between women with and without stress urinary incontinence, International Continence Society, Cairo, Egypt, Oct. 21-25, 2008.
- F. Gonçalves, **C. Brown**, L. McLean. Abdominal and pelvic floor muscles activation during coughing in women with and without urinary incontinence. International Society of Electrophysiology and Kinesiology Congress, Turin, Italy, June 2006. Podium presentation – presenting author.
- **C. Brown** and L. McLean. Time to peak activation of the pelvic floor muscles during a cough in younger and older women. Poster presentation Queen's Health Science Trainees Day, May 2006.
- **C. Brown**, K. Ukrainetz, K. Fernandes, O. Fakehinde, J. Flood, R. Baines, E. Toffelmire, and C. King Van-Vlack. (2005), Functional physical performance characteristics in hemodialysis (HD) patients. Can. Soc. Nephrol, Poster Presentation, June 2005.

- King-VanVlack, C.E., **Brown, C.**, Ukrainetz, K., Fakehinde, O., Flood, J., Baines, R., Toffelmire, E. Functional physical performance characteristics in hemodialysis (HD) patients. Can. Fed. Biol. Sci. Poster Presentation, June 2005.

Book Contributions

- Gentilcore-Saulnier, E, **Auchincloss, C**, McLean, L, (2016). Chapter 15: Electromyography, In Padoa, A and Resenbaum, T (Eds.) The OveractivePelvic Floor, pp 175-203, Springer.
- Diana Hopkins-Rosseel and Bradley Roulston, (2007). Business in Clinical Practice: How to get there from here. Business plan author - DVD (**Cindy Brown**).

Invited Presentations

June 2006	PT 850: Functional Anatomy (Queen's University) School of Rehabilitation Therapy (MSc Physiotherapy students) Topic: Anatomy of the Sacro-iliac joint
January 2008	Exercise in Special Populations (St. Lawrence College) Fitness and Health Promotion (College students) Topic: Pregnancy and the Pelvic Floor Muscles
June 2007	PT 865: Motor Function Occupation (Queen's University) School of Rehabilitation Therapy (MSc Physiotherapy students) Topic: Taping in Sports Injuries Theory and laboratory instruction)
November 2007	RHBS 803: Seminar Program for MSc Students School of Rehabilitation Therapy (Graduate students and faculty) Topic: Reliability of Electromyographic Detection Systems for the PFM
February 2008	PT 859: Spinal Disorders School of Rehabilitation Therapy (MSc Physiotherapy students) Topic: Osteokinematics and Arthrokinematics of the lumbar spine
August 2010	Auchincloss, C , Morin, M. Clinical considerations of Electromyography. Invited presentation at Physiotherapy Roundtable Annual Meeting of the International Continence Society, Toronto, ON. 2010
July 2011	Facilitator of Eye Opener session Canadian Physiotherapy Association Congress (Whistler, BC). The use of EMG in Pelvic Floor Muscle Rehabilitation: What are we doing?
October 2011	Alberta Pelvic Health Day. Invited presentation on the Pelvic Floor Laboratory at Queen's University. Red Deer, Alberta. October 14, 2011
November 2012 and 2014	PT 852: Modalities (Queen's University) School of Rehabilitation Therapy (MSc Physiotherapy Students) Topic: Rehabilitative Ultrasound Imaging
March 2015-17	PT 859 (Queen's University) School of Rehabilitation Therapy (MSc Physiotherapy Students) Topic: Pelvic Health Physical Therapy
October 2017	Nursing Conference (KGH and Queen's University) Pelvic Floor Physiotherapy and Stress Urinary Incontinence Focus on Sensory Awareness and Teaching PFM Activation
October 2018	Queen's Annual Obstetrics and Gynecology Memorial Day Conference Multi-disciplinary approach to the management of dyspareunia Workshop with Gynecologist and Psychologist (Sex Therapist)
September 2019	Kingston MRKH Conference Workshop for women with MRKH and their families Pelvic Floor Physiotherapy Interventions for women with MRKH
October 2019	PT 861 School of Rehabilitation Therapy (MSc Physiotherapy Students)

Pediatric Pelvic Floor Physiotherapy

Academic Experience

Teaching Development	SGS 901: Teaching in Higher Education
Teaching Assistant	MSc PT Entry Level Courses in <i>pediatrics, geriatrics, orthopedic PT, critical enquiry</i>
Research Assistant	Project design, data collection, statistical analysis, supervision of students
Course Development	Anatomy course design/coordinator for entry-level PT students
Guest Lectures	Multivariate Regression Analysis and Reliability Statistics

Professional Development

- International conference Attendance (ICS, IUGA, IPSS) Regularly
- Pain Neuroscience Applied to Childbirth: Exploring Theory, Integration and Outcomes, November 2023, Reframe Rehab, Online.
- Unhappy Bladder Course. November 2022, Jilly Bond, Online.
- Physical Therapy Approach to Male Pelvic Health. December 2022, Uro-Sante, Online.
- Oncology and the Pelvic Floor. January 2017, Toronto, ON.
- Physiotherapy for Ano-Rectal Disorders. October 2016, Vaughan, ON.
- Physiotherapy for Paediatrics. October 2016, Vaughan, ON.
- Pelvic floor neurodynamics. January 2015, Vaughan, ON.
- The Physiotherapy Approach for Dyspareunia and Physiotherapy for Male Urinary Incontinence. Feb 2013, Kingston, Ontario
- Fit to Deliver Certificate Program. May 2009, Ottawa, Ontario
- The Thoracic Spine. Erl Pettman, Oakville, ON (February 2009)
- Manual Therapy for the Fascia. Laurie McLaughlin, Oakville, ON (March 2009)
- Pelvic Floor Muscle Function: The link between back pain and incontinence (June 2008) Paul Hodges, PhD
- Building the Ultimate Back: from rehabilitation to high performance (May 2008) Stuart McGill, PhD
- Lumbar Manipulation Workshop by Bahram Jam (May 2008)
- Sport Physiotherapy Canada Certificate Candidate
- Active Release Techniques: Lower extremity (October 2007)
- CPA – Orthopedic Division Level II (Lower) Manual Therapy (May 2007)
- Sports First Aid/CPR October 2006
- Sports Medicine Symposium –University of Western Ontario September 2006
- The Physical Therapy Approach to Female Urinary Incontinence May 2006
- APTEI: The Cervical Spine “*Articular Dysfunctions*” April 2006
- AFCI Acupuncture Level I: Part I November 2005
- Mulligan Concepts - MWM “NAGS”, “SNAGS”, and “Other Kiwi Tricks” Lower Quadrant April 2005
- The Importance of Healthy Pelvic Floor Musculature (Kelly Berzuk, PT) February 2005
- Train the Trainers: Postpartum Health for Mom’s (Diane Lee/Linda Joy-Lee) February 2005
- If you can’t breath, you can’t function (Mary Massery, PT) June 2004
- Sports Taping (2005, 2003, 1996)
- McKenzie Method: Part A: The Lumbar Spine Mechanical Diagnosis & Therapy June 2002
- CBI Internal Courses: core stability, chronic pain management, patterns of pain (2000-2002)

Memberships/Committees

- Active member of the Ontario College of Physiotherapists (2005 – present) and CPTBC (2020 – present)
- ICS – International Continence Society (2010 – present)
- IPSS – International Pelvic Pain Society (2019 – present)
- Canadian Physiotherapy Association (2005 – present)
- Women’s Health Division Executive Member (elected): Treasurer 2008 – 2018
- Women’s Health Division Awards Sub-Committee member 2009 – 2018
- Appointments Committee and Promotion Tenure & Renewal Committee (School of Rehabilitation Therapy) 2007, 2013-14
- Co-founder Kingston Pelvic Health Special Interest Group (2012-2016)

Special Interests and Previous Non-Clinical Experiences

- Outdoor enthusiast, running, hiking, mountain biking, ice-hockey, skiing, gardening
- Facilitator of the Youth Education through Sport Program (YES Program) at the National Sport Centre: Calgary 1998-2000.
- Professional Figure Skating Coach 1992 – 2000 (Gleichen, Alberta; Calgary, Alberta; Dunedin, NZ)
- Past volunteer experiences include Alberta Children's Hospital, In-Patient Playroom, Program volunteer at specialized education program for children with CP, Manager for the Queen's Women's Hockey team, Parish Council member and Altar Guild member at St. James Anglican Church