

NATAN GENDELMAN **HEALTH IN MOTION REHABILITATION**

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I was educated and licensed as a physical therapist in the Soviet Union and Israel. After moving to Canada, I graduated from the Canadian College of Osteopathy in 2006 and was certified as an Osteopathy Manual Practitioner. I have 30 years of experience providing rehabilitation and treatment for children and infants with neurological disorders (i.e. Cerebral palsy, brain injury, Down syndrome, pediatric stroke, developmental delay, etc.), and children and adults with chronic illnesses (i.e. cancer, arthritis, fibromyalgia, Crohn's disease, asthma, and other digestive and respiratory disorders). I also have 24 years of experience in applying NDT techniques in treatment of patients of all ages.

I developed an innovative child treatment methodology and program called L.I.F.E. - Learning Independent Function Every day. I am the founder and director of Health in Motion Rehabilitation, whose main objective is to teach and lead their patients to obtain and maintain vibrant health and a joyful, independent life.

SELECTED CLINICAL EXPERIENCE IN CANADA

2001 – PRESENT

OSTEOPATHIC MANUAL PRACTITIONER / DOMP, HEALTH IN MOTION INC.

www.healthinmotionrehab.com

TORONTO, CANADA

Diagnosis Treated: Variety of pediatric orthopedic and neurological conditions, including but not limited to: neurological & developmental disorders, digestive disorders, respiratory illnesses, migraine headaches, post-surgical complications, cardiovascular conditions

- Help pediatric patients suffering from severe CP and autism spectrum/ dual diagnosis disorders to achieve mobility and independence over an 4 - 5 weeks intensive treatment L.I.F.E. Program;
- Patient and caregiver education;
- Application of manual osteopathy approaches and methodology, incl Soft Tissue Manipulation, Cranio-Sacral Therapy, Visceral Manipulation and Osteopathic Articular Technique;
- Ongoing application of NDT/ Bobbath techniques;
- Ongoing application of Maitland methodology;
- Scar tissue release and Myofascial release;
- Functional Technique and Functional Retraining;
- Interdisciplinary communication with treating medical teams;
- Supervision and training of students;
- In home and community care of adult patients suffering from severe chronic ailments, i.e., advanced cancer, Chron's disease, Fibromyalgia, MS, arthritis, TBI and spinal cord injuries;
- Documentation: medical file review, initial assessment, follow up and progress reports.

2002 – 2005

KINESIOLOGIST, INTER-ACTION REHABILITATION INC. <http://www.interactionrehab.com/>

TORONTO, CANADA

Diagnosis Treated: Adults of all ages and children ages 12 and up with various orthopedic and neurological injuries, TBI, CVA (Stroke), M.S, arthritis and fibromyalgia

- Documentation: medical file review, initial assessment, follow up and progress reports
- Application of various treatment techniques geared towards chronic pain reduction, improve range of movement & daily life function for children ages 12-15 & adults;
- Splinting, myofascial release, scar tissue release;
- Successful on – going application of Osteopathic methodology and techniques
- Successful on-going application of various NDT techniques;
- Successful ongoing application of Maitland methodology;
- Physical and functional evaluation & treatment;
- Life skills & community re-entry retraining;
- Provide direct therapy in home and school settings to children with TBI ages 12-15;
- Patient and caregiver education;
- Remedial exercise program to improve range of movement and activities of daily living;
- Interdisciplinary communication (medical team, nurses, caregivers, relatives);
- Treatment and discharge planning

SELECTED CLINICAL EXPERIENCE IN ISRAEL

1996 – 1997

LICENSED PHYSIOTHERAPIST, MEUHEDET OUTPATIENT CLINIC AND HOME CARE

<http://lang.meuhedet.co.il/>

JERUSALEM, ISRAEL

Diagnosis Treated: Children and adults of all ages suffering from back & neck pain, hand injures; arthritis, shoulder and elbow injuries; whiplash injuries, brachial plexus injury, hip and knee replacements; fractures; CP, MS, CVA; Parkinson, Chronic Obstructive Pulmonary Diseases (COPD), progressive muscular dystrophy, chronic heart failure (CHF), coronary artery bypass grafting (CABG), oncological diseases, internal diseases.

- Manual therapy (Maitland methodology, soft tissue release, myofascial release)
- Successful on-going application of various NDT techniques;
- Remedial exercise program to improve range of movement and activities of daily living;;
- Patient and caregiver education;
- Splinting, myofascial release, scar tissue release;
- Supervision of nurses and caregivers at the in-home settings;
- Assistive devices and Functional retraining;
- Ultrasound, electrical stimulation, iontophoresis, Tens;
- Interdisciplinary communication (medical team, nurses, caregivers, relatives);
- Treatment and discharge planning
- Treated over 50 patients per day, performed over 150 home visits on a monthly basis

1994 – 1996

LICENSED PHYSIOTHERAPIST, CLALIT OUTPATIENT CLINIC & HOME CARE

<http://www.clalit-global.co.il/en/>

JERUSALEM, ISRAEL

Diagnosis Treated: Children and adults of all ages suffering from back & neck pain, hand injuries; arthritis, shoulder and elbow injuries; whiplash injuries, brachial plexus injury, hip and knee replacements; fractures; CP, MS, CVA; Parkinson, Chronic Obstructive Pulmonary Diseases (COPD), progressive muscular dystrophy, chronic heart failure (CHF), coronary artery bypass grafting (CABG), oncological diseases, internal diseases.

- Manual therapy (Maitland methodology, soft tissue release, myofascial release)
- Successful on-going application of various NDT techniques;
- Remedial exercise program to improve range of movement and activities of daily living;;
- Patient and caregiver education;
- Splinting, myofascial release, scar tissue release;
- Supervision of nurses and caregivers at the in-home settings;
- Assistive devices and Functional retraining;
- Ultrasound, electrical stimulation, iontophoresis, Tens;
- Interdisciplinary communication (medical team, nurses, caregivers, relatives);
- Treatment and discharge planning;
- Treated over 50 patients per day, performed over 150 home visits on a monthly basis;
- Supervision and coordination of therapists involved in treatment;
- Documentation (medical file review, initial assessment, follow up and progress reports);
- Reporting to Ministry of Health & coordinating development of home hospitalization program

1992 – 1993

LICENSED PHYSIOTHERAPIST, MAHON NEHIM (Long Term Pediatric Treatment Facility)

<https://www.ilan-israel.co.il/en/>

JERUSALEM, ISRAEL

Diagnosis treated: Cerebral palsy, Hydrocephalus with Ventriculoperitoneal shunt (VP shunt), Brain Injury, MS, progressive muscular dystrophy, spina bifida, post-surgical: scoliosis (over 150 degrees), elongation / release of adductors or abductors, Achilles tendon etc.

- Neurological rehabilitation;
- Respiratory treatment for intubated and non- intubated patients;
- Planning and implementation of post-surgical rehabilitation;
- Preparation of the patient to surgical procedure and post-surgical rehabilitation planning;
- Supervision and coordination of nurses and caregivers;
- Ongoing liaison with various members of medical rehabilitation team

1992 - 1994

LICENSED PHYSIOTHERAPIST Coordinator of Home Hospitalization Program

CLALIT HOME CARE <http://www.clalit-global.co.il/en/>

JERUSALEM, ISRAEL

Diagnosis Treated: Heart disease, oncological diseases, infections, amputations, total hip and knee replacements, general surgery, neurological conditions

- Was responsible for the initial implementation and launch of the program, first of its kind in Israel;
- Conducted patients' physical and functional evaluations;
- Interdisciplinary coordination and liaison with treatment teams, caregivers and family members;
- Planning and implementation of rehabilitation program tailored individually patient's condition;
- Supervision and coordination of junior therapists;
- Medical file review, detailed initial assessment, follow up and progress reports;
- Reporting to Ministry of Health & coordinating development of home hospitalization program statewide.

CLINICAL EXPERIENCE IN RUSSIA

1986 – 1989

LICENSED PHYSIOTHERAPIST/ REMEDIAL GYMNAST, ZDOROVIE MEDICAL CLINIC

LENINGRAD, USSR (RUSSIA)

Diagnosis treated: amputations, Traumatic Brain Injury (TBI), fractures, back and neck pains, cerebral palsy, developmental delay, scoliosis, arrhythmia, chronic heart failure, post surgical rehabilitation.

- Physical and functional evaluation for patients of all ages, including patients suffering from combat related traumatic injuries;
- Hydrotherapy for non-weight bearing and partial weight bearing patients, highly osteoporotic patients, or patients after fractures and surgical procedures;
- Hydrotherapy for children of all ages suffering from hypertonic / spastic cerebral palsy;
- Manual therapy including soft tissue release, myofascial release, osteoarticular manipulations based on Carlos Levitt teachings;
- Patient and caregiver education;
- Supervision and coordination of nurses, massage therapists and caregivers;
- Individual planning of remedial exercises program for patients of all ages;
- Neurological rehabilitation program for children with CP, Spina Bifida, DD and adults with TBI;
- Nutritional guidance for patients of all ages;
- Planning and implementation of rehabilitation program for patients with arrhythmia, COPD and chronic heart failure;
- Planning and implementation of treatment program for patients with osteoporosis, scoliosis, various traumatic injuries and amputations

EDUCATION

1998 - 2006

OSTEOPATHIC MANUAL PRACTITIONER, CANADIAN COLLEGE OF OSTEOPATHY
TORONTO, CANADA

1991-1992

ACCELERATED PROGRAM FOR FOREIGN TRAINED PHYSIOTHERAPISTS, PHYSIOTHERAPY
SCHOOL OF ASAF HA-ROFE/ TEL-AVIV UNIVERSITY
TEL-AVIV, ISRAEL

<http://www.assafh.org/sites/en/teaching-and-research/pages/default.aspx>

1990-1991

TITZIAN MASSAGE THERAPY SCHOOL (DIPLOMA)

TEL-AVIV, ISRAEL

1986-1989

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS, LENINGRAD PEDAGOGICAL UNIVERSITY

<https://www.herzen.spb.ru/> https://en.wikipedia.org/wiki/Herzen_University

LENINGRAD, SOVIET UNION (RUSSIA)

**Was granted an asylum exit visa and had to leave the country 4 months prior to graduation*

- Enrolled in a combined 4 year program leading towards a Masters Degree in Education and Sports;
- Coursework in anatomy, physiology, pedagogy methods, remedial gymnastics /rehabilitation, nutritional guidance of athletes and patients, massage therapy, and hydrotherapy;
- 3 practical components in Military Hospital, Amputations and Neurological Rehab, General Hospital for Railway Workers;
- Completed hospital inpatient and outpatient rounds for patients of all ages

1982-1984

PHYSICAL EDUCATION AND SPORTS COLLEGE

LENINGRAD, SOVIET UNION (RUSSIA) <http://www.sc.spbu.ru/>

- Two years post secondary education program
- Covered theory and methodology of remedial gymnastics, nutrition, massage therapy, hydrotherapy, normal and pathological child development;
- Overview and in-depth study of pathology, normal and pathological physiology, therapeutic methodology and treatment;
- Remedial gymnastics programs for cardiac and arthritis patients of all ages;
- 8 months practical component in State Pediatric Hospital (CP, developmental delay, autistic spectrum), State Military Hospital (amputations, TBI, fractures and general surgeries), and State General Hospital.

MILITARY SERVICE

1984-1986

- Conscripted into Soviet Army, active combat duty
- Discharge rank: Staff Sergeant

CONTINUING EDUCATION COURSES

- A Team-Based Approach to Spasticity and Orthopedic Management of Ambulatory Children with Cerebral Palsy, NDTA 2018;
- Managing Children with Dystonia: The Therapist's Perspective, NDTA 2018;
- The Cranial Approach to Beryl Arbackle, DO - UMDNJ SOM, Stratford, NJ. December 10 - 12, 2010;
- Bloorview Kids Rehab - "Paediatric Stroke Symposium" Toronto, Ontario. 2008;
- OIAA 2008 Conference - "Professional Development & Claims Conference Toronto, Ontario. 2008;
- Acquired Brain Injury Conference - "Coming together Quilting the Pieces after Brain Injury" Kitchener, Ontario. 2007;
- 3rd ICE Conference Toronto, Ontario. 2007;
- Spinal Cord Injury Conference Toronto, Ontario. 2006;
- Acquired Brain Injury Conference "Looking back thinking forward" Toronto, Ontario. 2006;
- Endocranial Spasm (Part 2) - Philippe Druelle, DO, Canadian College of Osteopathy. 2005;
- Endocranial Spasm (Part 1) - Philippe Druelle, DO, Canadian College of Osteopathy. 2004;
- The Therapeutic Effectiveness of Osteopathy Viola Frymann, DO, FAAO. 2003;
- Bobath Facilitation 2 Day Workshop -Focus on the Pusher Syndrome and Facilitation on Stairs -Michelle Gerber, IBITAH (International Bobath Instructors/Tutors Association Adult Hemiplegia. 2002;
- Assessment and Treatment of the Peripheral Joints Based on the Maitland Concept. Certificate. Jerusalem, Israel. 1996;
- Assessment and Treatment of Adult Hemiplegia - The Bobath Concept. Certificate. Hadassah Hospital, Jerusalem, Israel. 1995;
- Adverse Neural Tension - Certificate. Jerusalem, Israel 1994;
- Assessment and Treatment of Children with Disabilities - Jerusalem, Israel.1994;
- Thinking of Motion - Certificate. Jerusalem, Israel.1994;
- Manual Spinal Therapy - Based on the Maitland Concept. Certificate. Jerusalem, Israel. 1993;
- Pediatric massage. Leningrad, Soviet Union. 1987;
- Three months course for remedial gymnasts - Manual Therapy (school of Carlos Levitt). Moscow, Soviet Union, 1987;
- 12 days course for physicians and remedial gymnasts - Hydrotherapy for children with CP and global developmental delay. Leningrad, Soviet Union, 1987;
- 10 days course for remedial gymnasts working in pediatrics - Planning and implementation of remedial exercises program for patients with cardio vascular diseases, Pushkin, Soviet Union, 1988;
- Planning and implementation of remedial exercises program for patients with cardio vascular diseases, Pushkin, Soviet Union, 1988.

CONFERENCE PRESENTATIONS

- 2008 - “The benefits of Osteopathy treatment for the patients with acquired brain injury,” Acquired Brain Injury Conference;
- 2007- “Integrated Treatment of Complex Disabilities,” Opening the Sensory World to Children & Adults with Complex Disabilities Conference;
- 2007 - “Integrated Treatment and Rehabilitation at Health In Motion Rehabilitation,” National Case Managers Conference;
- 2006 - “Integrated Treatment of Complex Disabilities,” Second Annual Come to Your Senses Conference

SPEAKING ENGAGEMENTS

- 2008- The Big Carrot. Migraine headache, what causes migraine headaches, treatment, nutrition and pain management;
- 2007- The Big Carrot. Back, neck pain, prevention and treatment, nutrition and pain management;
- 2007 - Panel discussion – Alternative Health Care. Bernard Betel Senior Center;
- 2007 - Neurological Rehabilitation. North York Senior Center;
- 2007 - Causes, Prevention and Treatment of Arthritis. Fellowship Retirement Residence;
- 2007 - How to Prevent Arthritis or Preventing the “Everywhere Pain.” Hazelton Place Retirement
- 2006 - Safety Transfers, an Educational Workshop for Caregivers. Bayshore Homecare Company;
- 2006 - Living with Arthritis Workshop. Bernard Betel Seniors Center;
- 2006 - Pain Management Workshop. Beth Radom Synagogue;
- 2006 - Healthy Mother, Healthy Child Workshop. Chabad Lubavitch;
- 2006 - Guest Speaker, Stroke Support Group. St. John’s Rehab Hospital;
- 2006 - Fitness Implications for Health. North York Senior Center;
- 2006 - Guest Speaker, Child Early Intervention Services of York Region;
- 2006 - Guest speaker, Parkinson’s Support Group. Edithvale Community Center;
- 2006 - Guest Speaker, Children with Disabilities Support Group. Silver Creek Nursery Day School.

MEMBERSHIP

- Ontario Association of Osteopathic Manual Practitioners <http://www.osteopathyontario.org/>
- Neurodevelopmental Treatment Association <https://www.ndta.org/>
- Ontario Brain Injury Association <http://obia.ca/>
- Brain Injury Society of Toronto <http://www.bist.ca/>
- Ontario Federation of Cerebral Palsy <https://www.ofcp.ca/>
- MS Society of Canada <https://mssociety.ca/>

LANGUAGES English, Russian, Hebrew

OTHER ACITIVITIES/ INTERESTS

- Past member of the Russia National Boxing Team
- Past member of the Israel National Boxing Team
- Polar bear diving
- Amateur boxing and coaching