



Job Description: Kinesiologist

LOCATION: Julie Hjelm Physiotherapy, Mobile Clinic, Victoria/Saanich, Vancouver Island, BC.

JOB TYPE: Part-Time

ABOUT US:

Julie Hjelm Physiotherapy is a mobile rehabilitation clinic based out of Victoria, BC specializing in providing quality rehabilitative and therapeutic services to seniors. Our approach is fitness forward, focusing on helping seniors maintain or enhance their quality of life through promoting mobility and independence in private homes, independent living, long-term care, and memory care residences.

ROLE OVERVIEW:

We are seeking a passionate and skilled Kinesiologist to join our team. This role will primarily support our Physiotherapist in delivering high-quality rehabilitative services to our senior patients. This dynamic role also involves direct referrals, requiring a candidate who embodies a fitness-forward philosophy and possesses traits of high self-motivation, responsibility, reliability, honesty, independence, and excellent time-management skills.

KEY RESPONSIBILITIES:

- Autonomously manage referrals, including scheduling and driving to patient appointments, ensuring punctuality and efficiency.
- Independently develop and implement personalized care plans for senior patients, focusing on improving mobility, strength, balance, and overall physical function.
- Implement individualized, evidence-based strength training parameters to assist patients in achieving their functional strength and mobility goals.
- Conduct one-on-one exercise sessions tailored to the needs and abilities of seniors, promoting safe and effective movement.
- Perform assessments to monitor patient progress, and adjust exercise plans as necessary.
- Provide education and support to patients and their families on how to maintain and improve physical health and prevent injuries.
- Ensure treatments are delivered with compassion and respect for patient dignity.

- Collaborate with the physiotherapy team by providing timely updates on patient status and progress as needed.
- Communicate, collaborate and educate staff members, caregivers and families regarding scheduling, patient updates and mobility needs.
- Maintain detailed patient records, documenting care plans, progress, and any adjustments made to treatment in a timely manner.
- Stay informed about the latest research and best practices in kinesiology and geriatric rehabilitation, integrating new findings into patient care as appropriate.

QUALIFICATIONS

- 2+ years experience working as a Kinesiologist with seniors.
- Bachelor's degree in Kinesiology or equivalent.
- Registered BCAK member in good standing.
- Holds current professional liability insurance.
- Excellent communication and interpersonal skills, with the ability to motivate and inspire confidence in patients.
- Proficiency in discussing sensitive topics with tact and respect.
- Knowledge of exercise science, biomechanics, and elderly-specific needs.
- Ability to work collaboratively in a multidisciplinary team environment.
- Current CPR/First Aid certification.
- Must possess a mobile phone, computer and a car to travel to appointments.

WHY JOIN US:

Julie Hjelm Physiotherapy offers a unique opportunity to join a small, supportive team where mentorship is readily available, and every question and concern is addressed promptly. Operating as an independent contractor, you'll enjoy a flexible schedule, deciding on your patient case load. This role not only offers competitive remuneration but also the chance to make a significant impact in the lives of seniors as part of a dynamic team.

SCHEDULE: Flexible

REMUNERATION: 70% split fee, (estimated to be about \$900 to \$3000 monthly depending on caseload).