

Jackie L. Whittaker PT PhD

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LINKS:

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Google Scholar: <http://scholar.google.ca/citations?user=H8zpEekAAAAJ&hl=en>

Degrees

PhD – Musculoskeletal Rehabilitation – University of Southampton, UK - 2012

BScPT – Bachelor of Science in Physical Therapy – University of Alberta – 1993

Dr. Whittaker is an Assistant Professor in the Department of Physical Therapy, Faculty of Rehabilitation and Research Director of the Glen Sather Sports Medicine Clinic, University of Alberta, Edmonton, Canada. Jackie is a US Bone and Joint Initiative / Bone and Joint Canada Young Investigator and is recognized as a clinical specialist in musculoskeletal physiotherapy by the Canadian Physiotherapy Association and as a Fellow of the Canadian Academy of Manipulative Physical Therapists. Jackie's background combines knowledge gained through 22 years of clinical practice and seven years of academic training. In 2012 she completed her PhD at the University of Southampton, UK where she acquired a greater understanding of the relationship between low back pain (LBP) and modifiable risk factors.

Jackie is well known clinical educator and has made significant contributions to the evidence-base informing the use of ultrasound imaging to assess muscle function. More recently her work has focused on prevention of youth sport injuries and the consequences of youth sport injuries as it relates to the origins of chronic diseases such as osteoarthritis and obesity. Jackie's overarching interests lie in scientific inquiry that will substantially influence a shift in the approach taken to manage chronic musculoskeletal disorders, from treatment of chronic or reoccurring dysfunction, towards prevention and delaying or halting the onset of dysfunction.

Background

- Academic training began in sciences and physical education and recreation before being admitted and completing a physical therapy degree at the University of Alberta.
- Worked clinically as a physical therapist, primarily in musculoskeletal private practice, for 21 years in the provinces of Alberta and British Columbia. During that time received certifications in manual and manipulative therapy (FCAMPT), acupuncture (CAFCI), dry needling (CGIMS) and ultrasound imaging as well as recognition as one of eight original clinical specialists in musculoskeletal physical therapy by the Canadian Physical Therapy Association.
- Completed a PhD in Musculoskeletal Rehabilitation for a project entitled "Ultrasound Imaging of the Abdominal Muscles and Bladder: Implications for the Clinical Assessment of Individuals with Lumbopelvic Pain" from the University of Southampton, UK.

- After postdoctoral work at the University of Calgary (Faculty of Kinesiology) joined the Faculty of Rehabilitation Medicine, Department of Physical therapy as an Assistant Professor and Research Director of the Glen Sather Sports Medicine Clinic.
- Currently holds an adjunct position in the Faculty of Kinesiology at the University of Calgary and is a visiting professor at the Faculty of Health Sciences, University of Southampton, UK.

Current Research:

- The Alberta Youth Prevention of Early Osteoarthritis (PrE-OA) Study: This is an ongoing longitudinal historical cohort study investigating the consequences of sport-related, intra-articular knee injury sustained under the age of 18 years as it relates to osteoarthritis and obesity.
- The association of return to sport and outcomes of adiposity, physical activity participation, nutrition as well as desire and readiness to return to sport after an Anterior Cruciate Ligament injury sustained during youth sport participation.
- Primary and secondary prevention of post-traumatic osteoarthritis in youth and young adult populations.
- Primary and secondary prevention of chronic low back and pelvic girdle pain.