

Curriculum Vitae 2021

1) Name:

Dr. Scott Howitt
Director Pure MoveLab
Professor, Faculty of Education Canadian Memorial Chiropractic College
Lecturer University of Guelph
Varsity Chiropractor York University
showitt@cmcc.ca

2) Degrees:

2010 Masters in Human Health and Nutritional Science University of Guelph, Guelph ON
2005 Fellow of Canadian Chiropractic Physical Orthopedic Rehabilitation FCCPOR
2004 Fellow of Royal Canadian Chiropractic Sports Sciences FRCCSS(C)
2003 Certified Strength and Conditioning Specialist, National Strength and Conditioning Association, Colorado
2001 Dip. Acupuncture – Canadian Acupuncture Academy
2000 Doctor of Chiropractic, Canadian Memorial Chiropractic College, Toronto, ON
1997 Certified Kinesiologist, Ontario Kinesiology Association, Mississauga, ON
1996 Honors Bachelor of Arts (Physical Education), University of Western Ontario, London ON

3) Employment History:

2018 – Present Chiropractor/ Clinic Director Pure Fitness MoveLab
2017 – Present Team Canada Men's Soccer – IST Chiropractor, U20 MNT lead
2010 – 2017 Sessional Lecturer – University of Guelph Humber, Kinesiology
2012 – Present Medical Director Toronto Triathlon Festival
2012-2014 FCCPOR – curriculum development CMCC Rehab CE program
2009 Core Medical Team – Canada Summer Games P.E.I.

2009/10 Medical Clinic Director – Oxfam Trailwalker Canada
2008 Chiropractor World Triathlon Championship Chiro. Van. B.C.
2007/8 Royal Alex - Dirty Dancing, on site Chiropractor
2007 U20 World Cup of Soccer, On Call DC - Toronto 2007
2006 DC. Canadian Bobsled/Skeleton Europa Cup, DC - Ger., Aus., Ita.
2006 Toronto Maple Leaf MLSE - Exit/Pre-season Physical Examiner
2006/8 Medical Lead Adventure Racing Canada Series, Southern Ontario
2006 – 2010 Paramedical Lead Multi-Sport Triathlon Series, Southern Ontario
2005 - Present Gorman Shore Sports Injury Clinic, York Varsity Chiropractor
2003- 2018 Medical Director Vaughan Italia / Shooters CPSL soccer club
2003 - 2018 CEO, Chiropractor/Director, Sports Performance Centres Ltd.
2002 - Present Clinical Instructor, Faculty of Education, Canadian Memorial Chiropractic College (St. John's Rehab Hospital)
2000 - 2006 Chiropractor, Vaughan Sun Devils/Shooters Soccer Club
2002 - 2004 Chiropractor, Sports Specialist Rehab Centre

2000 - 2002 Sports Sciences Resident, Canadian Memorial Chiropractic College

4) Honours/Awards:

2008-2014 Leadership in clinical education – PPE, St. John’s Rehab
2012 Leadership Development – Univ. of Guelph
2015 Exercise is Medicine Poster Presentation 2nd Place Athens, FICS

5) Number of Graduate Supervisions: 8

6) Names of students supervised

Graduate Supervisions:

Peter Kissel, Scott Howitt and Jason Pajaczkowski " Dx US analysis of Int/Ext oblique and relationship to groin injuries" Postgraduate Investigative Project (proposed 2008)

Kevin Sims, Michael Chivers, and Scott Howitt "ROM as it relates to GIRD in the little league pitcher" Postgraduate Investigative Project.

Jason Porr, Scott Howitt, Domique Forand, Jay Triano "Multifidus cross sectional area and response to SMT" (submitted)

Erin Woitzik, Sam Howarth, Reed Ferber, Scott Howitt "Ankle strength kinematics and ankle stability"

CCGI Persistent PCSS in adults (Systematic Review - In progress)

Rahim Lalji, Scott Howitt "Buffalo Treadmill test and Return to Play prediction times" (REB approved manuscript phase)

Mike Edgar, Scott Howitt, Chris DeGraauw "Systematic Review, Sarcopenia and BIA"

Brittany Boot, Chris DeGraauw, Scott Howitt "Confidence in Exercise Prescription"

Undergraduate Supervisions:

Jay Camilleri, Michael Burns "The diagnosis and management of Cysts a review of the literature" Undergraduate Investigative Project, Canadian Memorial Chiropractic College 2012

Meagan Pearce and Stephanie Tabbert "The use of Tablets in Patient education and Report of Findings" Project underway. Undergraduate Investigative Project, Canadian Memorial Chiropractic College 2013 (submitted to JCE 2013)

Krisitan Frantzen, Ben Mcnutt, Braeden Melmer, Brad Hasilo "Comparative study between CMCC fourth year clinical internship numbers and post graduate success. Project underway. Undergraduate Investigative Project, Canadian Memorial Chiropractic College 2013 (submitted to JCE 2014)

Justin Young Craig Rainsberry "Hip flexor length and Gluteal strength: Recip[rocal Inhibition]" Project under proposal. Undergraduate Investigative Project, Canadian Memorial Chiropractic College 2013 (Submitted)

Michelle Camastra Julie Darchuk "Reliability and Validity of Quick Nutritional Screening Tool" Project under proposal. Undergraduate Investigative Project, Canadian Memorial Chiropractic College 2013 (Submitted)

Santiago Montoya "review of Satellite cells and implication for muscle repair" Undergraduate Investigative Project, University of Guelph at Humber College 2015 (submitted)

Kyle Simpson Darren Suderman Andrew Mercer "Exercise as a Vital Sign" Undergraduate Investigative Project, Canadian Memorial Chiropractic College 2017 (submitted)

Dan Silva, Scott Coughlan, Matt Parliament, Karyn Proskos "Review of Mechanotransduction" Undergraduate Investigative Project, Canadian Memorial Chiropractic College 2017 (submitted)

Matt Bird, Dan Dao, Joel Simpson, Matt Dormiedy, James Alexander "Review of utility of Protein supplementation for injury recovery and repair" Undergraduate Investigative Project, Canadian Memorial Chiropractic College 2017 (submitted)

7) Course Taught past 5 years

Clinical Practice Internship: CE4405, clinician, CE 4410, business facilitator (CMCC)

Natural Health Products and Physical Activity: Kin 4250, Lecturer (UGH)

8) Research Funding and Scholarship Activities (incl Professional Memberships):

Welsh, Patrick Welsh and Scott Howitt – Adductor Abductor Strength ratio and Testing positions in recreational Hockey Players. 2016 RCCSS grant awarded 1000.00

Howitt S, Kyle Simpson, Andrew Mercer, Darren Suderman, Chris DeGraauw – Exercise as vital sign in a Chiropractic setting. 2016 RCCSS grant awarded, \$1000.00

Corso, Melissa, Scott Howitt, Sil Mior and John Srbeley SMT and soccer kick velocity, pilot study. 2017 RCCSS grant awarded \$1000.00

Lee, Alex, Lara DeGraauw, Brad Muir, Scott Howitt, Chris Degraauw, Sports Chiropractic Research Initiative – Delphi Study. 2017 RCCSS grant awarded \$1000.00

Lee, Alex, Lara DeGraauw, Brad Muir, Scott Howitt, Chris Degraauw, Sports Chiropractic Research Initiative – Delphi Study 2017 IRSF Seed Fund (CMCC research grant seed funding)

Howitt, Scott and Chris DeGraauw Exercise as a Vital Sign within CMCC health clinics. 2017 IRSF Seed Fund (CMCC research grant seed funding)

Lee, Alex, Lara DeGraauw, Brad Muir, Scott Howitt, Chris Degraauw, Sports Chiropractic Research Initiative – Delphi Study 2018 IRSF Seed Fund (CMCC research grant seed funding)

Howitt, Scott and Chris Degraauw. Exercise as a vital Sign. 2018 RCCSS grant \$1000.00

Lee, Alex, Melissa Belchos, Kaitlyn Szabos, David Oh, Lara DeGraauw, Brad Muir, Scott Howitt, Chris Degraauw, Sports Chiropractic Research Initiative – Delphi Study 2019 RCCSS grant \$1000.00

Lee, Alex, Melissa Belchos, Lara DeGraauw, Brad Muir, Scott Howitt, Chris Degraauw, Kaitlyn Szabos Sports Chiropractic Research Initiative – Delphi Study 2019 RCCSS Foundation grant \$1000.00

Howitt, Scott and Chris Degraauw. Exercise as a vital Sign. 2019 RCCSS Foundation grant \$1000.00

Scholarship Activities and Professional Memberships

2018- Present	RCCSS President
2018 – Present	ONF pediatric Guidelines update
2019 – Present	Concussion ECHO (pilot) UHN Specialist Hub
2019 – Present	CCGI Advisory Committee
2017 – Present	Editorial Board JCCA

2016 – Present	Exercise is Medicine Advisory Council
2016-2017	CMCC Research Strategic Planning Group
2014 – 2019	Canadian Concussion Collaborative
2013 – 2015	RCCSS Residency Committee chair
2012 – Present	RCCSS Board of Directors – 1 st Vice President
2011 – 2013	RCCSS Education and Research Committee Chair
2010 – 2012	RCCSS Board of Directors – 2 nd vice president
2010 – 2015	CCPOR Board of Directors – member at large
2009 – Present	Education Commission member FICS
2009 – Present	Inter-Professional Presenter St. John's Rehab Hospital
2008 – 2010	CCSS Board of Directors – member at large
2008 – Present	Influential Educators member
2006 – 2009	Member of CMCC Exercise Biomechanics Research Group
2005 - 2012	CCSS Fellowship Committee
2007 - 2016	CCRS Education Committee
2008 - Present	CCSS Residency Committee
2006 - Present	CMCC externship Placement Host
2006 - Present	University of York Athletic Therapy Clinic Placement Host
2011- Present	University of Guelph Humber Kinesiology Placement Host
2012- Present	McMaster University Kinesiology Placement Host
2003 - 2006	Assistant Coordinator, CMCC Outreach Program

Discovery:

ONF pediatric concussion guidelines (2018- in progress/ongoing)
CCGI concussion guidelines (consultation)

Integration:

Canadian Concussion Collaborative Documents (2014-2019) CASEM website
EIMC condition specific papers (2019 in progress)
EIMC in clinical practice with Jonathon Fowles CCA 2018
EIMC in clinical practice with Michelle Laframboise OCA 2018
EIMC in clinical practice with Chris DeGrauw CMCC 2019
EIMC in clinical practice with Chris DeGrauw WFC 2019

Application:

President of the RCCSS
Education and Commission Selection Committees FICS

Teaching and learning:

CCGI concussion guideline knowledge translation with Carol Cancellier CMCC 2019

9) Publications

Chapters in Books

Nichibei Chiropractic Gakuen/Canadian Memorial Chiropractic College Textbook
Chapter 10: Sports Related Disorders (2002-2003).

Refereed Journal Articles

Howitt S, J Wong, S Zabukovec. The Conservative treatment of trigger thumb using graston techniques and active release techniques. JCCA 2006; 50(4):249-254.

Howitt S. Lateral epicondylitis: a case study of conservative care utilizing ART and rehabilitation. JCCA 2006; 50(3): 182-189.

Howitt S., S. Jung, N Hammond. Conservative Treatment of a tibialis posterior strain in a novice triathlete: a case report. JCCA 2009; 53(1): 23-31.

Howitt S., E. Yuill. Temporomandibular joint: conservative care of TMJ dysfunction in a competitive swimmer. JCCA 2009; 53(3): 165-172.

Howitt S., C. Coghlin and B. Myles. Concussion: review of the literature and a survey of the ability of parents to accurately recognize signs and symptoms of concussion occurrence in their hockey playing children. JCCA 2009; 53(4):233–250.

Howitt S. and M. Chivers. Anatomy and physical examination of the knee menisci: a narrative review of the orthopedic literature. JCCA 2009; 53(4): 319–333.

Stainsby B, S Howitt and J. Porr. Neuromusculoskeletal disorders following SARS: a case series. JCCA 2011; 55(1): 32-39.

Yedon DF and S Howitt. Heel pain due to Psoriatic Arthritis in a recreational athlete. JCCA 2011; 55(4); 288-293.

Robb A and S Howitt. Conservative Management of a Type III Acromioclavicular Separation: A case Report and 10 Year follow-up. JCM 2011; 10(4): 261-271.

Yuill E and S Howitt and J Pajaczkowski. Conservative care of sports hernias in soccer players. JBMT 2012; Oct; 16(4): 540-548.

Dossa K, Cashman G, Scott Howitt Can Injuries in Junior Hockey Players be predicted by a preseason functional movement screen. JCCA 2014; 58(4): 421-427.

Howitt S, E Nelson, E Ethridge, M Gotuaco, L Demelo. Exercise Prescription: Perception and physical activity habits in Chiropractic Students at CMCC. JCCA 2016; 60(4): 286-293.

Howitt S, R Brommer, J Fowler, L Gerwing, J Payne, C Degrauw. Utility of King Devick test as a sideline tool for sports related concussion. JCCA 2016; 60(4): 322-329.

Howitt S, K Simpson, D Suderman, A Mercer, S Rutherford, C Degraauw. Exercise as a Vital Sign: Preliminary Study in a Chiropractic Setting. JCCA 2017; 61(3).

Corso M, S Howitt. Adolescent knee pain: fracture or normal? A case report. JCCA 2017; 62(2).

Corso M, S Mior, S Batley, T Tuff, S Silva Deloupe, S Howitt, J Srbely. The effects of spinal manipulation on performance-related outcomes in healthy asymptomatic adult population: a systematic review of best evidence. CMT 2019 27(25).

Renton T, S Howitt, C Marshall Lifetime Prevalence of concussion among Canadian ice hockey players aged 10 to 25 years old, 2014-2017. JCCA 2019 63(2):80

Welsh P, S Howarth, S Howitt. The influence of hip joint angle on the ratio between adduction and abduction torque in experienced recreational male ice hockey players. IJSPT 2020 15(1)

Corso M, C Liang, S Tran , S Howitt, J Srbely, S Mior. The Immediate Effect of Spinal Manipulation on Ball Velocity and Neuromuscular Function .During an Instep Kick in Former Varsity Soccer Players: A Feasibility Study. JSCR 2020.

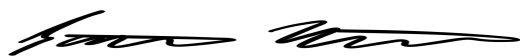
Lalji R, H Snider, N Chow, S Howitt. The 2015 US soccer federation header ban and its effect on emergency room concussion rates in soccer players aged 10-13.

Conference Proceedings:

Exercise is Medicine, using Exercise as a Vital Sign in Chiropractic setting. CSEP annual conference Winnipeg Oct 2017

Exercise is Medicine clinical workshop. WFC annual conference Berlin March 2019.

Exercise is Medicine and Health aging clinical workshop CCA BCT 2020 ppd to 2022.



Dr. Scott Howitt
BA, CK, MSc, DC, FRCSS(C), FCCPOR
Professor CMCC
Supervising Clinician Sunnybrook St. John's Rehab
416-226-6780 ext. 7233
showitt@cmcc.ca
scott.howitt@sunnybrook.ca

