

Curriculum Vitae

NAME SHELLEY MANNELL

BUSINESS ADDRESS HeartSpacePT
40 Mountain Street
St Catharines, ON
L2T2S4
905-380-1627
Email: shelley@heartspacept.com

EDUCATIONAL BACKGROUND

1986 McMaster University
Hamilton, Ontario
Bachelor of Health Sciences in Physical Therapy

1985 Mohawk College
Hamilton, Ontario
Diploma in Physical Therapy

1982 University of Western Ontario
London, Ontario
Bachelor of Sciences (Biology)

PROVINCIAL REGISTRATION/LICENSE

1985 - present Ontario College of Physiotherapy
Registration number: 06418

PROFESSIONAL ORGANIZATIONS

1990 – present Neuro-Developmental Treatment Association
NDT certified (C/NDT)

2022 – present Canadian Physiotherapy Association

EMPLOYMENT HISTORY

Clinical

2025 – present Physiotherapist/owner
HeartSpacePT

1996 – 2025 Physiotherapist/owner
HeartSpace Physical Therapy for Children

1996 - 1998 Title: NPCC research coordinator
Project Title: Development of Gross Motor Function in Children
with Cerebral Palsy: Creation of Motor Growth Curves
Principal Investigators: Rosenbaum P, Palisano R

1992 – 1998 Clinical Resource Therapist (part-time)
Physiotherapy Department
Niagara Peninsula Children's Centre

EMPLOYMENT HISTORYClinical

- 1992 - 1998 Staff Physiotherapist
Early Intervention Team
Niagara Peninsula Children's Centre
St. Catharines, Ontario
- 1991 - 1993 Title: NPCC research coordinator
Project Title: Lower Extremity Splinting for Children with
Cerebral Palsy.
Principal Investigators: Evans C, Gowland C
- 1986 - 1992 Staff Physiotherapist
Niagara Peninsula Children's Centre
St. Catharines, Ontario
- January - August 1990 Assistant Director (locum)
Physiotherapy Department
Niagara Peninsula Children's Centre
St. Catharines, Ontario
- 1989 - 1991 Title: NPCC research coordinator
Project Title: Validation of an Instrument to Measure Gross
Motor Performance for Evaluation of Treatment Outcome in
Children with Cerebral Palsy
Principal Investigator: Boyce W
- 1988 - 1996 Orthotic Clinic coordinator
Physiotherapy Department
Niagara Peninsula Children's Centre
St. Catharines, ON
- January - April 1986 Staff Physiotherapist
Outpatient Orthopedics
Victoria Hospital
London, ON
- August - Dec 1985 Staff Physiotherapist
Dr. Daniel Levy Memorial Sports Medicine Clinic
Hamilton, ON

Appointments

- 1992 – 1998 Clinical Faculty Member
Bachelor of Health Sciences Physiotherapy Programme
McMaster University
- 1992 – 1997 Lecturer
Bachelor of Health Sciences Physiotherapy Programme
McMaster University

CONTINUING EDUCATION COURSES TAUGHT (LIVE AND ONLINE)

- 2025 Creating Connections: Intro to NDT and Dynamic Core for Kids
 Pediatric Pelvic Health: Dynamic Core for Kids Edition
 Dynamic Relationships in Postural Control for School Based Practice
- 2024 Dynamic Core for Kids
 Dynamic Relationships in Postural Control for School Based Populations
 Waiting to Exhale: Optimizing the Diaphragm for Emotional Regulation, Anxiety
 and Postural Control
 Developmental Foundations: Postural Control Development in Infants
 Creating Connections: Introduction to NDT and Dynamic Cor for Kids
 Dynamic Core for Kids Pelvic Health for IVY PH Residency
- 2023 Dynamic Core for Kids
 Dynamic Core for Kids Goes to School
 Dynamic Relationships in Postural Control for School Based Populations
 Waiting to Exhale: Optimizing the Diaphragm for Emotional Regulation, Anxiety
 and Postural Control
 Creating Connections: Introduction to NDT and Dynamic Core for Kids
 Advanced Dynamic Core for Kids: Pelvic Health Edition
- 2022 Dynamic Relationships in Postural Control For School Based Populations
 Waiting to Exhale: Optimizing the diaphragm for emotional regulation, anxiety and
 postural control
 Creating Connections: Introduction to NDT and Dynamic Core for Kids
 Developmental Foundations series
- 2021 Dynamic Relationships in Postural Control
 Defying Gravity: Understanding and treating children with low tone
 Holistic Clinical Reasoning
 Breathtaking: Understanding the connections between breath mechanics, posture
 and trauma
- 2020 Foundation for Function
 Dynamic Relationships: A contemporary approach to postural control
 Creating Connections: Introduction to NDT and Dynamic Core for Kids
- Courses taught 2002 – 2019 available on request

SCHOLARLY AND PROFESSIONAL ACTIVITIESContinuing Education

- 2025 **Trauma Informed Certification Level I**
 Neurodiverse Affirming Practice
 Global Mentorship Alliance
- 2024 Psychosensory Intervention
 Global Mentorship Alliance
 E-Stim in Paediatrics
 When Reflux Comes Up, Everything is Affected
 Rethinking movement: Exploring sensory and motor integration
- 2023 NDTA Annual Conference: Postural Control
 A Vision Based Approach to Torticollis
 Harris Infant Neurological Test Training (HINT)

SCHOLARLY AND PROFESSIONAL ACTIVITIESContinuing Education (cont'd)

- 2022 Vestibular Visual Matters
Neurobiology Matters
- 2021 Congenital Diastasis Recti Abdominis
Elastic Therapeutic Taping
Autism Matters
Global Mentorship Alliance
- 2020 The Kinetic Classroom Engage: The Science of Being Ready To Learn
The W-Sitting Controversy: Evidence and Science
Maximizing Neuroplasticity and Minimize Maladaptive Habits in Children with CP
Level 2 Award in Postural Care Online
Face Training: Micro Expressions Training, Subtle Expressions Training
Gait Analysis and Orthotic Prescription for Children with Disabilities
- 2019 **Sensory Integration Certificate: SI(C)**
USC SI Certificate Program: SI in Early Intervention
USC SI Certificate Program: SI for Individuals on the Autism Spectrum
USC SI Certificate Program: Sensory Integration Evaluation & Clinical Reasoning
USC SI Certificate Program: Sensory Integration Treatment
- 2018 USC SI Certificate Program: Theoretical Foundations of Sensory Integration
ATTACH Conference
- Pilates Reformer Instructor Certification**
- 2017 Using Gravity to Facilitate Sensory & Motor Development in Infants & Children
TMR for Tots/Neuro Level 1
Academy of Pediatric Physical Therapy Annual Conference
- 2016 From Eyesight to Insight: Visual & vestibular assessment and treatment
Infinity Walk
APTA Combined Sections Meeting
- 2015 Understanding the Brain: The neurobiology of everyday life
- 2014 Understanding Dementia (University of Tasmania)
Diaphragm/Pelvic Floor Piston for Adult Populations Part 2
Pediatric Vestibular Rehabilitation
APTA Combined Sections Meeting
- 2013 Astronaut Training
APTA Combined Sections Meeting
- 2012 If You Can't Breathe, You Can't Function
APTA Combined Sections Meeting
- 2011 Seeing Moving
- 2010 Beyond Weight Bearing: Developing hand function in children
- 2009 Virtual Symposium on Pain (CPA)
Attachment Treatment: Theory and Techniques
Radiant Child Yoga Programme Training
- 2008 Sensory Processing and Mental Health
Sensory Based Motor Dysfunction
- 2006 **Children's Meditation Facilitator Certification Training**

SCHOLARLY AND PROFESSIONAL ACTIVITIES

Continuing Education (cont'd)

- 2005 Kinesiotaping in Paediatrics: Fundamentals and whole body techniques
- 2003 Advanced Developmental Biomechanics
- 2002 **Advanced Neuro-Developmental Treatment: Gait**
- 2001 **Advanced Neuro-Developmental Treatment: Rib cage and upper extremity**
- 1995 Advanced Clinical Practicum
- 1995 Mobilization Treatment for the Neurologically Impaired Child.
- 1994 Motor Learning Concepts in Paediatric Clinical Practice
- 1993 **Advanced Clinical Practicum**
- 1993 Oral Motor Treatment
- Treatment of the Rib Cage
- 1992 **Advanced NDT: Baby treatment**
- Casts and Splints: New concepts in the management of foot deformity
- 1991 Myofascial Release and NDT
- 1989 **NDT 8 Week Certification in the Treatment of Children with CP: C/NDT**

SUPERVISORSHIPS:

McMaster University

- 1993-2000 Clinical Preceptor, Centre Coordination
Physiotherapy Program
McMaster University

PUBLICATIONS**Peer Reviewed**

1. **Mannell S**, Wiebe J, Larin H. Dynamic Core Intervention for a Child with Cerebral Palsy. Remed Open Access. 2017; 2: 1076
2. Boyce W, Gowland C, Rosenbaum P, Lane M, Plews N, Goldsmith C, Russell D, Wright V, **Potter S**, Harding D: The Gross Motor Performance Measure: Validity and Responsiveness of a Measure of Quality of Movement. Phys Ther 75(7): 603 - 613, 1995
3. Boyce W, Gowland C, Rosenbaum P, Lane M, Plews N, Goldsmith C, Russell D, Wright V, **Zdrobov S**, Harding D: Gross Motor Performance Measure for Children with Cerebral Palsy: Study Design and Preliminary Findings. Can J Pub Health 83 (S2): S34-40, 1992
4. Boyce W, Gowland C, Rosenbaum P, Lane M, Plews N, Goldsmith C, Russell D, Wright V, **Zdrobov S** : Measures of Quality of Movement in Cerebral Palsy: A Review of the Literature. Phys Ther 71(11): 813-819, 1991

Not Peer Reviewed

Mannell S: Case Study Inconsistent Ankle Modulation. Cascade DAFO newsletter Jan: 1 – 4, winter, 2008

Other**Journal Abstracts**

Mannell S, Wiebe J, Larin H: Effect of Dynamic Core Intervention on Posture and Function in a child with Cerebral Palsy. A Case Report. Poster presentation, Chicago, APTA CSM, 2012

Boyce W, Gowland C, Rosenbaum P, Lane M, Plews N, Goldsmith C, Russell D, Wright V, **Potter-Zdrobov S**, Harding D: Validation of an instrument to measure Gross Motor Performance in children with Cerebral Palsy. Physiother Can (1992) 44(2) Abstracts of Scientific Papers to be Presented at CPA Congress June 9-13:7

LIFETIME PRESENTATIONS

Wiebe J, **Mannell S**: Continence and constipation: Relevant strategies for neurodiverse and neurotypical children.

APTA Academy of Pediatric Physical Therapy Annual Conference 2025

Mannell S. Brave New World: Integrating Pelvic Floor Function into Clinical Practice for Children with Motor and Sensory Challenges.

American Pediatric Physical Therapy Annual Conference 2017

Mannell S, Wiebe J. Dynamic Core Stability for Children with Cerebral Palsy

American Physical Therapy Association Combined Sections Meeting 2016

Mannell S. Every Motor Event is a Sensory Event First.

American Physical Therapy Association Combined Sections Meeting 2014

Mannell S, Wiebe J. Dynamic Core for Children with Challenges

American Physical Therapy Association Combined Sections Meeting 2013

Mannell S, Posture, Balance and Movement in ASD

Autism Ontario, 2012