



Candice Bernard White

Registered Physiotherapist

Candice is a compassionate individual with a desire to help others enhance their quality of life and overall health. She exhibits strong interpersonal and communication skills highlighted through her ability to build professional rapport with patients and colleagues and is highly motivated for lifelong learning and providing evidence-based client-centered care. Candice has experience in the cardiorespiratory, musculoskeletal, and neurological fields of physiotherapy practice, as well as experience working in inpatient rehabilitation, acute care, and outpatient settings.

Candice exhibits a special interest in neurorehabilitation, vestibular and concussion rehabilitation, and the treatment of musculoskeletal conditions. She has a passion for assisting others to overcome activity and participation restrictions and achieve client-centered goals. Lastly, she values individualized assessment and treatment plans - a key element to achieving client-centered care.

Education

2017-2019	Master of Science Physiotherapy Dalhousie University. Halifax, NS -Class Valedictorian
2013-2017	Bachelor of Kinesiology (Co-operative) (Honors) Memorial University of Newfoundland. St. John's, NL

Continuing Education

- Introductory Vestibular Rehabilitation (2021)
- Advanced Vestibular Rehabilitation (2021)
- A Simple Approach to Low Back Pain: Assessment and Treatment (2020)
- Aerobic Exercise Recommendations to Optimize Best practices in Care after Stroke (2020)
- Comprehensive Pain Assessment for Clinicians (2019)

Achievements

Canadian Physiotherapy Association Student Award 2019
School of Physiotherapy Research Award 2019

Experience

Physiotherapist	Inpatient rehabilitation, long term care, acute care, and outpatients
2019-2021	James Paton Memorial Regional Health Centre <i>Gander, NL</i> Central Newfoundland Regional Health Centre <i>Grand-Falls Windsor, NL</i> Notre Dame Bay Memorial Health Centre <i>Twillingate, NL</i>
Student Physiotherapist	
2019	Dr. Leonard A. Miller Centre <i>St. John's, NL</i> Neurological Rehabilitation
2019	NL Balance and Dizziness Centre <i>St. John's, NL</i> Vestibular rehabilitation, neurological rehabilitation, concussion rehabilitation

Interests

Candice enjoys adventuring outdoors - hiking, riding ATV, snowmobiling, and camping, and spending quality time in the company of family and friends.