

Greg Lehman è un fisioterapista, ricercatore e formatore di Toronto (Canada) con oltre 20 anni di esperienza nel campo della riabilitazione.

Ha conseguito due MSc (Biomeccanica della Colonna e Fisioterapia Clinica), una Laurea in Chiropratica e ha pubblicato oltre 20 articoli su riviste specializzate in Terapia Manuale e sulla scienza alla base degli Esercizi Terapeutici.

I lavori del Dottor Lehman hanno un particolare focus sulla comprensione della natura multidimensionale del dolore e delle lesioni, inoltre Greg crede fermamente che un approccio semplice ma completo sia fondamentale per una gestione Bio-Psico-Sociale al paziente e una corretta presa in carico.

Greg è anche il docente del corso: "Riconciliare la Biomeccanica con la Scienza del Dolore" che in 5 anni ha formato più di 1000 fisioterapisti in tutto il mondo, andando a coprire le basi e i punti in comune di tanti approcci riabilitativi.

# LEHMAN, GREGORY

*Physiotherapist – Kinesiologist – Chiropractor  
Curriculum Vitae (updated 2020)*

## CONTACT INFORMATION

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CCO Registration #: 4611  
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## EDUCATION:

- 2010           **Master of Science Physiotherapy**, Queen's University, Kingston, ON
- 2003           **Doctor of Chiropractic (D.C.)**, Canadian Memorial Chiropractic College, Toronto ON
- 1998           **Master of Science, Kinesiology (Spine Biomechanics)**, University of Waterloo, ON  
Supervisor: Dr. Stuart McGill
- 1996           **B.Sc. Kinesiology (Summa Cum Laude)** , McMaster University, Hamilton, ON

## LICENSURE/REGISTRATION

2003.           College of Chiropractors of Ontario (# 4611 – Status – On Hold)
- 2010           College of Physiotherapists of Ontario (#14441 – Status - Active)

## MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Canadian Physiotherapy Association

## CLINICAL EXPERIENCE

- 2014 -           **Instructor and Developer** – Reconciling Biomechanics with Pain Science  
([www.greglehman.ca](http://www.greglehman.ca))
- 12 hour Continuing Education seminar designed to encourage the promotion of the Biopsychosocial model of rehabilitation into a traditionally biomedical practices
  - Instruction on therapeutic neuroscience education
  - Taught in 5 continents and more than 10 countries world wide
- 2014 -           **Course Developer – Running Resiliency**
- Teaching a 1 and 2 day seminar course on best practice management of the injured runner

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- 2010 - 2015    **Physiotherapist & Chiropractor** - The Urban Athlete, 505 Eglinton Ave. W
- Part of a multidisciplinary team treating all orthopaedic musculoskeletal injuries
  - Particular emphasis on running injuries and chronic pain using a biopsychosocial model
  - Therapeutic approach can be seen at [www.painphysiotherapy.ca](http://www.painphysiotherapy.ca)
- 2012 - 2016    **Physiotherapist & Clinical Director of Run Well Program** – MedCan, 150 York St
- Clinical director of Run Well – 3D Kinematic Gait Assessment Program
  - Providing patient care for all musculoskeletal conditions
- 2011 - 2012    **Physiotherapist** – Institute for Sports Medicine, 230 Brown’s Line, Toronto
- 2003- 2010    **General Chiropractic Rehabilitation Practice**
- Owner/Operator of Performance Health Studio. Active private practice involved the provision of treatment and rehabilitation programs of mechanical, degenerative and traumatic musculoskeletal problems of the back, neck and extremities. Patients primarily include sports injuries and chronic pain
  - Independent evaluations and functional capacity evaluations performed for insurance companies on persons sustaining injuries in motor vehicle accidents or having long term disabilities and for various Assessment Companies.
  - Ergonomic assessments performed for industry and insurance companies
- 2008-2010    **Physiotherapy Clinical Placements**
- Hotel Dieu Hospital: Upper Extremity Specialty Clinic
  - Kaymar Rehabilitation: Home Care
  - Brockville Physiotherapy and Sports Injury Clinic
  - Kingston General Hospital: In Patient Orthopaedics
  - St Mary’s of the Lake: Hand Injury Clinic and Pulmonary Rehabilitation
  - One to One Physiotherapy
- 2004-2007    **Chiropractor and Conditioning Specialist, Queen’s University Women’s Hockey**
- 1997-1998    **Strength and Conditioning Specialist, Sir Wilfred Laurier Men’s Basketball Program**

#### CONTINUING EDUCATION COURSES/CREDENTIALS

- 2015            **CB-CFT** – with Peter O’Sullivan
- 2014            **Classification Based – Cognitive Functional Therapy:** Kieran O’Sullivan
- 2014            **Building the Ultimate Back,** Prof Stuart McGill
- 2012            **Graded Motor Imagery:** Noigroup with David Butler
- 2011            **The Sensitive Nervous System:** Noigroup
- 2010            **Movement Systems Impairment Course:** Shirley Sahrman
- 2009            **Spine Motor Control Course:** Professor Paul Hodges, McMaster University
- 2009            **Contemporary Acupuncture Provider:** McMaster University
- 2008            **Progressive Goal Attainment Program:** Toronto, ON
- 2006            **Certified Fitness Consultant:** Canadian Society for Exercise Physiology
- 2004            **Certified Strength and Conditioning Specialist,** NSCA

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## AWARDS/SPECIAL HONORS

Recipient: Ontario Chiropractic Association Professional Service Award (2006): Research

National Sciences and Engineering Research Council (NSERC) Graduate Scholarship (1996-98) \$33,800

CMCC Internal Research competition: *Spine Biomechanics Infrastructure Funding* (2001) \$20,000

Canadian Society for Exercise Physiology Gold Medal for highest academic performance in Kinesiology (1996)

## TEACHING EXPERIENCE

**2007-2008**     **Professor**, Occupational Health and Wellness Course  
St. Lawrence College

**2003-2008**     **Assistant Professor**, Graduate Studies and Research Department,  
Canadian Memorial Chiropractic College (part time)

**2003 – 2004**     **Tutor**, Clinical Diagnosis. CD 1301, CD2301, CD 3303  
Canadian Memorial Chiropractic College (part time)

**2001-2004**     **Ergonomics Guest Lecturer**, Undergraduate Program in Biomechanics, Canadian  
Memorial Chiropractic College

**2000-2008**     **Lecturer & Course Coordinator**, Graduate Studies and Research Department,  
Canadian Memorial Chiropractic College (CMCC)

Course Title: *Spine Biomechanics and Research Instrumentation* GS 507  
Course covered an indepth investigation into the research behind injury biomechanics,  
spine stability, ergonomic principles and rehabilitation concepts

## RESEARCH EXPERIENCE

**2000 – 2008**     **Research Associate/Assistant Professor**, Graduate Studies and Research, Canadian  
Memorial Chiropractic College (CMCC)  
This appointment involved the designing, conducting and publishing of  
biomechanical research projects, equipment acquisition and training of students  
in conducting biomechanical research.

**1998-1999**     **Clinic Scientist**, University of Waterloo-Canadian Memorial Chiropractic College  
Research Clinic, Waterloo ON

## PUBLICATIONS

### Chapters in Books

Colloca CJ, Keller TS, **Lehman, GJ**, Harrison DD, Harrison DE. The use of spine measurement instruments in clinical practice. In: Haldeman, S, ed. Principles and Practice of Chiropractic, 3<sup>rd</sup> Edition. Norwalk, CT: Appleton & Lange, 2004

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Lehman GJ: The sensitivity model of rehabilitation: incorporating therapeutic neuroscience into common musculoskeletal conditions. *Rehabilitation of the Spine*. Editor: Craig Liebensen. Upcoming Addition

### **Refereed Journal Articles**

Palsson TS, Gibson W, Darlow B, Bunzli S, **Lehman G**, Rabey M, Moloney N, Vaegter HB, Bagg MK, Travers M. Changing the Narrative in Diagnosis and Management of Pain in the Sacroiliac Joint Area. *Phys Ther*. 2019 Jul 29. pii: pzz108. doi: 10.1093/ptj/pzz108. [Epub ahead of print]

Vigotsky AD, Halperin I, **Lehman GJ**, Trajano GS, Vieira TM Interpreting Signal Amplitudes in Surface Electromyography Studies in Sport and Rehabilitation Sciences. *Front Physiol*. 2018 Jan 4;8:985. doi: 10.3389/fphys.2017.00985. eCollection 2017. Review.

**Lehman GJ**. The Role and Value of Symptom-Modification Approaches in Musculoskeletal Practice. *J Orthop Sports Phys Ther*. 2018 Jun;48(6):430-435. doi: 10.2519/jospt.2018.0608.

Vigotsky AD, **Lehman GJ**, Beardsley C, Contreras B, Chung B, Feser EH The modified Thomas test is not a valid measure of hip extension unless pelvic tilt is controlled. *PeerJ*. 2016 Aug 11;4:e2325. doi: 10.7717/peerj.2325. eCollection 201

Vigotsky AD, **Lehman GJ**, Contreras B, Beardsley C, Chung B, Feser EH Acute effects of anterior thigh foam rolling on hip angle, knee angle, and rectus femoris length in the modified Thomas test. *PeerJ*. 2015 Sep 24;3:e1281. doi: 10.7717/peerj.1281. eCollection 2015.

**Lehman G**. Kinesiographical research: the use of surface electromyography for assessing the effects of spinal manipulation. *J Electromyogr Kinesiol*. 2012 Oct;22(5):692-6. doi: 10.1016/j.jelekin.2012.02.010. Epub 2012 Mar 15. Review.

**Lehman GJ**, Gilas D, Patel U. An unstable support surface does not increase scapulothoracic stabilizing muscle activity during push up and push up plus exercises. *Man Ther*. 2008 Dec;13(6):500-6. Epub 2007 Jul 20.

**Lehman GJ**. An unstable support surface is not a sufficient condition for increases in muscle activity during rehabilitation exercise. *J Can Chiropr Assoc*. 2007;51(3):139-43.

**Lehman GJ**, Brandon MacMillan, Ian MacIntyre, Michael Chivers, Mark Fluter, Shoulder muscle EMG activity during push up variations on and off a Swiss ball. *Dynamic Medicine* 2006, 5:7 (9 June 2006)

**Lehman GJ**: Resistance training for performance and injury prevention in golf. *Journal of Canadian Chiropractic Association* 2006; 50(1) 27-42

**Lehman GJ**. Trunk and hip muscle recruitment patterns during prone leg extension following a lateral ankle sprain: A prospective case study pre and post injury. *Chiropr Osteopat*. 2006 Feb 27; 14:4

**Lehman GJ**, Story S, Mabee R. Influence of static lumbar flexion on the trunk muscle's response to sudden arm movements. *Chiropr Osteopat*. 2005 Nov 23;13(1):23

**Lehman GJ**. The influence of grip width and forearm pronation/supination on upper-body myoelectric activity during the flat bench press. *J Strength Cond Res*. 2005 Aug;19(3):587-91.

**Lehman GJ**, Hoda W, Oliver S. Trunk muscle activity during bridging exercises on and off a Swissball. *Chiropr Osteopat*. 2005 Jul 30;13:14.

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**Lehman GJ**, Trish Gordon, Jo Langley, Patricia Pemrose, Sarah Tregaskis. Replacing a Swiss ball for an exercise bench causes variable changes in trunk muscle activity during the performance of upper limb strength exercises. *Dynamic Medicine* 2005, 4:6 (3Jun2005)

**Lehman GJ**. The use of non-amplitude components of the myoelectric signal in identifying differences in function between the low back injured and controls. *J Can Chiropr Assoc.* 2004; 48(3) 225-234.

**Lehman GJ**, Buchan DD, Lundy A, Myers N, Nalborczyk A. Variations in muscle activation levels during traditional latissimus dorsi weight training exercises: An experimental study. *Dyn Med.* 2004 Jun 30;3(1):4.

**Lehman GJ**, Lennon D, Rayfield B, Poschar M, Tressider B. Muscle recruitment patterns during the prone leg extension test. *BMC Musculoskeletal Disorders* 2004, 5:3 (10Feb2004)

**Lehman GJ**. Biomechanical assessments of lumbar spinal function. How low back pain sufferers differ from normals. Implications for outcome measures research. Part I: Kinematic assessments of lumbar function. *J Manipulative Physiol Ther.* 2004 Jan;27(1):57-62.

**Lehman GJ**. Clinical considerations in the use of surface electromyography: Three experimental studies. *J Manipulative Physiol Ther.* 2002 Jun;25(5):293-9..

**Lehman GJ**, Vernon H & McGill SM: The effects of a mechanical pain stimulus on erector spine activity before and after a spinal manipulation in chronic low back pain patients: A preliminary investigation. *J Manipulative Physiol Ther.* 2001 Jul-Aug;24(6):402-6.

**Lehman GJ** & McGill SM: Spinal manipulation causes variable changes in trunk kinematics and associated EMG. *Clinical Biomechanics* 2001 May; 16(4): 293-9.

**Lehman GJ** & McGill SM: Quantification of the differences in EMG magnitude between the upper and lower rectus abdominis during selected trunk exercises. *Physical Therapy* 2001 May;81(5):1096-101.

**Lehman GJ** & McGill SM: Proof of Principle: The Importance of Normalization in Surface EMG. *JMPT* 1999; 22(7): 444-446.

**Lehman GJ** & McGill SM: The influence of a spinal manipulation on lumbar kinematics and EMG during simple and complex tasks: A Case Study. *JMPT* 1999; 22(9):576-81

### **Theses**

Master of Science thesis: "The influence of a lumbar spinal manipulation on trunk kinematics and associated trunk EMG", 1998

Bachelor of Kinesiology thesis: "Occupational Biomechanics & Ergonomics Handbook", 1996

### **Unpublished Completed Research Projects (Titles Only)**

McIntyre I, **Lehman GJ** Short term influence of static rotational stretching on three dimensional trunk kinematics during the golf swing (2007, Sports Residency Research Project, CMCC)

Chivers M, **Lehman GJ**. Muscle activation ratios between the gluteus maximus and contralateral latissimus dorsi during running at various speeds (2007 Sports Residency Research Project, CMCC)

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Spina A, **Lehman GJ**. Influence of an unstable BOSU surface on trunk and hip muscle activity during lower body strength exercises (2007 Sports Residency Research Project, CMCC)

**Lehman GJ**. Influence of a variety of unstable surfaces on lower extremity muscle activity during lower body strength exercises (2007, Undergraduate Research Project)

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