SILVERTIDE
MOBILE REHABILITATION

Kinesiology Job Description

Create a mobile kinesiology caseload at a pace and in a geographic area that works for you, while helping older adults build strength, maintain mobility and preserve meaningful independence at home.

SilverTide Mobile Rehabilitation (formerly Julie Hjelm Physiotherapy) is a growing mobile rehabilitation team of physiotherapists and kinesiologists currently serving Greater Victoria. We are expanding and are currently recruiting for Greater Victoria and Nanaimo. We provide one-on-one care in private homes, independent and assisted living communities, long-term care and memory-care settings.

We are looking for a kinesiologist who would like to gradually build a flexible, part-time mobile caseload. This opportunity may suit:

- An experienced kinesiologist looking to add mobile practice to their current work
- A kinesiologist seeking greater control over their schedule and caseload
- A clinician who enjoys working with older adults and people with complex health needs
- A kinesiologist interested in community practice with physiotherapy collaboration and clinical support

Building your caseload

As with most private-practice opportunities, your caseload will develop gradually over the first few months. The practice supports this growth through marketing, intake, community outreach and referral development, including referrals from our physiotherapy team. Depending on your chosen service area, patients may be transferred to you immediately.

You choose your preferred service area, availability and the number of referrals you are prepared to accept. As your caseload grows, appointments are grouped geographically whenever possible to support efficient scheduling and reduce unnecessary driving.

Because this is an independent contractor position, the timing and volume of referrals cannot be guaranteed. However, we will work with you to establish realistic caseload goals and support the gradual development of your practice.

What mobile practice offers

- Control over your availability and caseload size
- The ability to choose your preferred geographic service area
- One-on-one sessions without the pace of a busy clinic environment
- Functional exercise delivered in the patient’s real home environment
- Administrative, billing and intake support
- Geographic scheduling that aims to reduce unnecessary driving as the caseload develops
- Opportunities for back-to-back appointments within the same residence when referrals and clinician availability align
- Collaboration with physiotherapists and fellow kinesiologists
- Meaningful work with an underserved population

Support and compensation

Experienced kinesiologists receive:

- A 70% fee split from the start
- Orientation tailored to their experience
- Autonomy in exercise assessment, programming and progression within their scope of practice
- Access to case consultation, mentorship and peer support
- Collaboration with our physiotherapy team when patients require shared care or reassessment
- The opportunity to help develop mobile kinesiology services within their preferred area

This is a fee-split contractor position rather than an hourly-wage position. Overall earnings depend on caseload size, appointment mix, travel, documentation time, scheduling and contractor expenses.

The clinical work

Most of our patients live with multiple comorbidities that may affect their mobility, endurance, cognition, safety and ability to participate in exercise.

Our patients commonly require support with:

- Maintaining or improving strength, balance and endurance
- Mobility decline and falls prevention
- Rebuilding activity tolerance following hospitalization or a period of inactivity
- Exercise participation while living with orthopaedic or neurological conditions
- Dementia and memory-care needs
- Functional activities such as walking, transfers and getting up from a chair
- Maintaining independence and safely aging at home

Our approach is fitness-forward, practical and evidence-informed. You will assess physical function within your scope of practice, develop individualized exercise plans, and deliver progressive strength, balance and mobility exercises adapted to each patient's goals, abilities and home environment.

You will manage patient scheduling, monitor progress, maintain timely clinical documentation, and communicate with families, caregivers, residence staff and other healthcare providers as appropriate.

Patients may access kinesiology directly or transition from physiotherapy when ongoing exercise support is appropriate. For patients referred by our physiotherapists, you will collaborate on rehabilitation goals and receive relevant clinical information to guide exercise programming.

An important part of the kinesiologist's role is recognizing changes in a patient's health, function or mobility that require consultation or reassessment. When needed, physiotherapy reassessments are arranged through scheduled physiotherapy appointments.

Who we are looking for

You may be a good fit if you:

- Hold a bachelor's degree in kinesiology or equivalent
- Are a BCAK member in good standing
- Have at least two years of experience working as a kinesiologist with older adults
- Have your own professional liability insurance
- Hold current CPR/First Aid certification
- Enjoy working with older adults and people with mobility challenges
- Value practical, patient-centred and evidence-informed exercise programming
- Can adapt exercise instruction for people with varying physical and cognitive abilities
- Communicate comfortably with patients, families, caregivers and healthcare providers
- Are reliable, organized and able to manage your own schedule and clinical documentation
- Work confidently on your own while recognizing when to seek guidance
- Have a valid driver's licence and access to a reliable vehicle
- Have a mobile phone and computer
- Are comfortable travelling between patient homes within your chosen service area

Interested?

Apply by emailing your résumé to Julie at info@silvertide.ca.

If you are curious but not ready to submit an application, you are welcome to begin with a confidential phone conversation or an informal coffee with Julie.

SilverTide Mobile Rehabilitation is committed to providing respectful, inclusive, and culturally safe care for every patient and fostering a workplace where every clinician feels respected, included, and supported.