

Lara Pilutti

Assistant Professor, Interdisciplinary School of Health Sciences at University of Ottawa

Ottawa, ON, CA

The goal of our research is to optimize the accessibility of exercise for people with multiple sclerosis to maximize health-related benefits

Biography

Lara Pilutti is an Assistant Professor in the Interdisciplinary School of Health Sciences. She obtained her doctorate degree from McMaster University (Kinesiology) where she examined the role of adapted exercise interventions for persons with progressive multiple sclerosis. Professor Pilutti completed a post-doctoral fellowship in the Exercise Neuroscience Research Laboratory at the University of Illinois Urbana-Champaign. She went on to become an Assistant Professor in the Department of Kinesiology and Community Health at UIUC before joining the Faculty of Health Sciences at the University of Ottawa.

Professor Pilutti's research focuses on the role of exercise in the management and treatment of disability arising from neurological disorders, particularly multiple sclerosis. She has specific interests in the application of adapted exercise rehabilitation approaches in neurological populations with advanced mobility impairment. Her research program has also focused on the role of exercise in the management of comorbid health conditions that commonly affect those with neurological disorders and mobility disability.

Areas of Expertise

Exercise, Physical Activity and Health, Kinesiology, Exercise and chronic diseases, Multiple Sclerosis

Affiliations

Adjunct Professor University of Illinois at Urbana-Champaign, Certified Exercise Physiologist Canadian Society for Exercise Physiology

Education

Queen's University

BSc Biology

Queen's University

BPHE Physical and Health Education

McMaster University

PhD Kinesiology

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