

# **Meaghan Adams**

**Registered Physiotherapist / PhD candidate, Department of Kinesiology at University of Waterloo**  
Kitchener, ON, CA

PhD candidate in neuroscience, studying sensory changes after concussion. Sports & vestibular physiotherapist working in concussion rehab.

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## **Biography**

I'm a physiotherapist trained in sports medicine and vestibular rehabilitation, with a clinical focus on concussion rehabilitation.

I began my PhD because I wanted to answer questions about how concussion affects the brain. My main interest is in understanding how concussion affects cortical processing of sensory stimuli, especially when the stimuli are conflicting.

I also feel that, as a clinician-scientist, it is my responsibility to move science out of the lab and into the hands of other clinicians. This was my goal when I started my business, OneBrain, which provides high-quality, evidence-based concussion and neuroscience education to health care providers and fitness professionals. I went into health care because I wanted to help people, and teaching concussion best practices and explaining the amazing power of the brain to guide movement, I am able to help many more people than I can in my clinical practice alone.

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## **Industry Expertise**

Health and Wellness, Health Care - Services, Health Care - Providers, Education/Learning, Research, Sport - Amateur, Sport - Professional

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## **Areas of Expertise**

Concussion Rehabilitation, Neuroscience, Vestibular System, Physiotherapy, Concussions

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## **Event Appearances**

**Concussion Neuroscience: Emerging Tests**  
Sport Physiotherapy Canada Concussion Symposium

**Poster: Attentional gating at early cortical processing stages is associated with changes in behavioural performance on a motor task with sensory conflict**  
Society for Neuroscience Conference

**Poster: Changes in early visual and tactile processing after recovery from concussion**  
Canadian Physiotherapy Association Congress

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## **Education**

**Queen's University**  
BScH Life Sciences

**Queen's University**  
MScPT Physiotherapy

**University of Waterloo**  
PhD Neuroscience

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