

# Pierre Côté, PhD

Canada Research Chair in Disability Prevention and Rehabilitation, and Associate Professor, Faculty of Health Sciences at University of Ontario Institute of Technology

Oshawa, ON, CA

International musculoskeletal expert developing evidence-based interventions to reduce the burden of long-term disability

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## Description

Back pain, whiplash injuries and arthritis are common conditions responsible for nearly half of all disabilities experienced in Canada. They are also the main reason so many individuals miss work and consequently have a highly negative impact on productivity.

Musculoskeletal conditions are responsible for 46.1 per cent of disabilities experienced in Canada, yet little research has been done to better understand why the initial symptoms turn into long-term disabilities.

As Canada Research Chair in Disability Prevention and Rehabilitation, Pierre Côté, PhD, is dedicated to understanding why individuals develop disabilities, how those disabilities can be prevented, and how individuals can be rehabilitated. Listed three times among the 100 Most Influential Publications in Cervical Spine Research, his work focuses on developing and testing evidence-based interventions that address the physical, psychosocial and societal issues associated with pain and disability.

The economic impact of treating these types of musculoskeletal disabilities is enormous. According to a 2010 report from the Canadian Orthopaedic Care Strategy Group, the number of Canadians with musculoskeletal diseases is predicted to increase with the aging baby boomer population, from 11 million in 2007 to 15 million in 2031. Factor in a recent Statics Canada estimate that \$1.2 trillion will be needed to fund the health-care needs of boomers over the next 25 years. Managing these types of disabilities has a substantial economic impact, both currently and well into the future.

Dr. Côté and his research team are taking a holistic approach to identifying key factors that lead to disability. By designing appropriate treatments and rehabilitation approaches, they believe they can make significant inroads into reducing the burden of disabilities related to musculoskeletal pain.

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## Industry Expertise

Education/Learning, Research, Health and Wellness, Insurance

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## Topics

Epidemiology, Public Health, Disability, Clinical Practice Guidelines, Systematic Reviews, Musculoskeletal Disorders, Rehabilitation, Headache, Neck Pain, Low Back Pain

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## Affiliations

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## **Past Talks**

**Eurospine Conference**  
Eurospine Conference

**National Model of Care for Low Back Pain Session**  
National Model of Care for Low Back Pain Session

**Eurospine Task Force on Research**  
Eurospine Task Force on Research

**World Health Assembly**  
World Health Organization

**4th Annual Strategic Research Retreat**  
UOIT - Faculty of Health Sciences

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## **Education**

**University of Toronto**  
PhD Epidemiology and Collaborative Program in Bioethics

**University of Saskatchewan**  
MSc Orthopaedic Surgery (Epidemiology)

**Canadian Memorial Chiropractic College**  
FCCS Chiropractic Clinical Sciences

**Canadian Memorial Chiropractic College**  
DC Chiropractic

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## **Accomplishments**

### **Named One of the World's Most Influential Cervical Spine Researchers**

In a historical and comprehensive study by Switzerland's University of Bern, three of Dr. CÃtÃ©'s research papers are listed among the 100 Most Influential Publications in Cervical Spine Research globally. The Swiss study of the 100 most-cited papers on cervical spine research over the last 100 years named publications authored or co-authored by Dr. CÃtÃ© at numbers 9, 16 and 48 on the list.

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