



Janice Eng, PhD, PT

- Professor, Department of Physical Therapy, University of British Columbia
- Associate Dean, Graduate and Postdoctoral Studies, University of British Columbia
- Director, Rehabilitation Research Program, Vancouver Coastal Health Research Institute

Recent Publications

Connell LA, McMahon NE, Redfern J, Watkins CL, **Eng JJ**. Development of a Behaviour Change Intervention to Increase Upper Limb Exercise in Stroke Rehabilitation.

Implementation Science, 10:34, 2015, [doi:10.1186/s13012-015-0223-3](https://doi.org/10.1186/s13012-015-0223-3)

Tang A, **Eng JJ**, Krassioukov AV, Madden KM, Mohammadi A, Tsang MYC, Tsang TSM. Exercise-Induced Changes in Cardiovascular Function After Stroke: A Randomized Controlled Trial. *International Journal of Stroke*, 9:883-889, 2014.

[doi: 10.1111/ijss.12156](https://doi.org/10.1111/ijss.12156)

Winstein CJ, Stein J, Arena R, Bates B, Cherney LR, Cramer SC, Deruyter F, **Eng JJ**, Fisher B, Harvey RI, Lang CE, MacKay-Lyons M, Ottenbacher KJ, Pugh S, Reeves MJ, Richards LF, Stiers W, Zorowitz RD. Guidelines for Adult Stroke Rehabilitation and Recovery: A Guideline for Healthcare Professionals from the American Heart Association/American Stroke Association.

Stroke, 47:e98-e169, 2016. <https://www.ahajournals.org/doi/pdf/10.1161/STR.0000000000000098>

Dr. Eng is a Professor in the Department of Physical Therapy at the University of British Columbia and Director of the Rehabilitation Research Program of the Vancouver Coastal Health Research Institute. Her major area of research focuses on neurological rehabilitation and the development of innovative rehabilitation treatments, particularly in the fields of stroke and spinal cord rehabilitation. She has clinical training in physiotherapy and occupational therapy, as well as training in biomedical

engineering. She is a Senior Canada Research Chair in Neurological Rehabilitation and has published over 200 peer-reviewed journal publications in the field of neurological rehabilitation. She has received many awards for her contributions, including career investigator awards from the Canadian Institutes of Health Research and Michael Smith Foundation for Health Research; inducted as a Fellow by the Canadian Academy of Health Sciences, and a Jonas Salk Award .

Clinical Implications of Research:

One of Dr. Eng's most significant impacts comes from the program she developed and validated through a multi-site randomized controlled trial called the Graded Repetitive Arm Supplementary Program (GRASP). GRASP has now been widely implemented in over 1300 sites in 47 countries to improve arm recovery in people living with stroke and was incorporated into the Canadian Stroke Best Practice Guidelines. Dr. Eng also developed the Fitness and Mobility Exercise (FAME) Program for stroke. Her clinical trials show that FAME helps to improve mobility, bone structure, memory and reduce falls after stroke. FAME has been implemented in over 200 sites across 21 countries with different neurological populations.

Inspiration/Vision Statement:

Dr. Eng's overarching vision is to enable health and independence in stroke survivors by devising and implementing innovative rehabilitation treatments to enhance recovery and ensure that functional gains are maximized and maintained to optimize long-term outcomes.