

Dr. Sarah Lidstone, KITE Research Institute, Toronto Rehabilitation Institute



Dr. Lidstone is the Director of the Integrated Movement Disorders Program, an interdisciplinary precision rehabilitation program at the Toronto Rehabilitation Institute. She is a movement disorders neurologist and an Assistant Professor at the University of Toronto. Dr. Lidstone completed her residency in neurology and her fellowship in movement disorders at the University of Toronto. Prior to this, she completed her PhD in Neuroscience at the University of British Columbia studying the placebo effect in Parkinson's Disease. During her training she also spent time in the United Kingdom, Switzerland and The Netherlands learning about diverse models used in the care of movement disorders. Her research focuses on developing and testing novel therapy approaches with an emphasis on rehabilitation that targets the integration of physical and mental health, and the development of self-management skills. Dr. Lidstone is passionate about the integration of the brain, mind and body, empowering patients with education, and partnering with patients in all elements of her work.