

Dr. Michael Edgar

Dr. Trevor Wallace Academic Achievement Scholarship Award

These scholarships are open to members of the Royal College of Chiropractic Sports Sciences (Canada) [RCCSS(C)] who have recently conducted scholarly written requirements as part of their Canadian Chiropractic Sports Sciences Residency Program (SSRP).

Michael Edgar is a Doctor of Chiropractic and current medical student at the University of Illinois College of Medicine. He is also currently pursuing his sports sciences fellowship through the Royal College of Chiropractic Sports Sciences with a research focus on exercise as medicine and sarcopenia. His primary interests focus on coaching in the realm of resistance training, nutrition, and bodybuilding.



Michael's interest in research stems from his desire to develop pragmatic solutions to allow for better accessibility to musculoskeletal care. This desire led to the development and research of the exercise app currently being implemented at St. Michael's and The ARME. The ARME is a platform several colleagues and himself created to offer free and accessible evidence-based information regarding health and fitness. The primary goal Michael has related to research is developing resources with equitable access to enable individuals to become more autonomous with regards to their own health.