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Dr. Mills is a Clinical Assistant Professor in the Department of Medicine at the University of British Columbia, a Principal Investigator at ICORD and a core member of the Rehabilitation Research Program, VCH Rehabilitation Institute. She is a Physical Medicine and Rehabilitation specialist, working as staff physician on the GF Strong Inpatient Spine Ward, the outpatient Spasticity Clinic and Neuromusculoskeletal Clinic. She obtained her M.H.Sc in Health Care and Epidemiology from the University of British Columbia, her M.D. from the University of Toronto, and her medical specialty training at the University of British Columbia. In 2013 she was named as the first recipient of VGH & UBC Hospital Foundation's Adopt a Young Scientist Award, receiving the VCHRI Mentored Clinician Scientist Award to support research salary funding. Her research focus is on the understanding and treatment of spasticity, a movement disorder that can significantly impact the health and quality of life of affected individuals.