

“The passion is alive and well!” - August 2009

After 12 years as a Physiotherapist, I still find myself passionate as ever about making people feel better. There is that feel-good factor in every consultation when the patient says, “thank you so much, I now don’t have any pain!” or “I played a full game of rugby on Saturday – it felt great!”.

For most of us, pain comes and goes, and often we don’t do much about it as it’s not around for long. But for those that have acute injuries, severe pain or chronic and recurring problems, pain is a big issue. Injuries and pain can affect people’s lives in so many ways, and many people have no idea what some folk have to go through. That’s where we as Physiotherapists come in.

My team and I are all committed to the cause of helping those who need professional advice, treatment and reassurance that someone is there to help them with their pain, injuries and chronic problems, no matter what it is. Part of our company culture is communicating to the patient what their problem is, how we can help and exactly what we can do, and what they can do to help themselves. Educating patients is a big part of our roles.

Over the years working in various gyms, sporting teams and in clinics in various parts of the world I have built up a specific ‘physio tool-kit’ of tried, tested and proven techniques, treatments, exercises and rehab programs. Every time I get a difficult problem or a new traumatic acute injury, it pushes me more and more to want to help people. The harder it is, the harder I work to find quick and effective solutions.

I consider myself so lucky that I chose this profession when I was young, and stuck with it. Hopefully you all have aspects of your jobs that reward you. For my job, I consider it my way of life. As Physio’s we tend to be ‘on call’ most of the time! Even when we are out of the clinic at a friend’s BBQ or and footy match – I am always approached by people, asking advice about their pain or injury. The amazing thing is - I actually like it. Giving someone a little piece of advice, a certain stretch or exercise can make a world of difference to some people – and they are so thankful for it. To be able to help people so easily like that makes my job, and my life, extremely satisfying.

Lately at our clinics we find people want results, and fast. Today’s lifestyle doesn’t really allow for injury or pain. We have too many things going on in our lives. The commitment to work and health is high on the agenda for a lot of people, and they haven’t got time to be in pain or injured!

Helping people effectively is what my clinics and my company is all about. Simply put, ‘We Get Results’. If you feel you’re not getting the results *you* need, come and see me or one of my team – we’d love to see you.

A handwritten signature in black ink, appearing to be 'M', with a long, sweeping underline that extends to the left.

Director | Principal Physiotherapist