

Physiotherapy

Bonnie Chen

Bonnie graduated from Melbourne University in 2008 and since then has worked in a number of different clinical settings. She practices manual physiotherapy but has furthered her qualifications to include clinical pilates. This enables her to instruct patients on how to correct muscle imbalances in their bodies and educate them on how to self-manage their conditions. Her special interests include repetitive strain injuries, postural retraining, post-operative rehabilitation and lower back pain.

Outside of physiotherapy Bonnie is a keen property investor.

Prashant Jhala

Prashant graduated with a Bachelor of Physiotherapy degree from Monash University after growing up and completing his high school education in Sydney. He is a very keen cricketer, currently playing district level cricket in Melbourne and has also coached cricket for a number of years for all ages and skill levels.

Prashant has gained experience in various hospital environments and has worked with sportsmen around Melbourne and Tasmania. He is very interested in sports related muscle and tendon injuries, particularly those relating to cricket and tennis. With a wide range of techniques including manual therapy, electric modalities and dry needling, Prashant focuses on injury prevention by emphasising the right biomechanics.

Having grown up in Sydney with rugby league, Prashant is still trying to understand AFL even after living in Melbourne for a number of years.

Louise Howe

Louise is a Brisbane trained physiotherapist graduating from the University of Queensland. She has worked in a variety of hospital based and private practice settings and currently works in both of these fields.

Louise is a passionate physiotherapist who draws her greatest joy from communicating and helping those from all walks of life. Whilst being experienced in many types of physiotherapy, Louise has a special interest in women's and children's health. She encourages the use of postural exercise and injury prevention for all of her clients and has special training in workplace rehabilitation.

When not treating a large and loyal client base, Louise is busy raising two extremely bright children and a mischievous husband!

Tim McCurdy

Tim completed his physiotherapy degree at Melbourne University and after a brief stint in a hospital environment he has since worked in his true passion of private practice, priding himself in good communication and problem solving. Being a keen sports person, Tim has focussed his physiotherapy career on maximising results in the rehabilitation of sporting injuries and has been the physiotherapist to a number of elite sporting teams including Australian Deaf Cricket, Victorian U/18 Hockey and Old Scotch Football.

Having been a physiotherapist at this centre for 9 years, Tim has developed a good rapport with local sporting teams and uses predominately hands-on techniques to facilitate healing and assist in correct body alignment. He is also well versed at treating work-related injuries and providing return to work strategies.

Tim loves to stay fit on the bike and is such an avid golfer he'll be sure to tell you all about his plans to someday score another 'Hole-in-one'!!

Chiropractic

Dr Tim Dunne

Tim has worked in a number of different health settings since completing his degree at RMIT, Melbourne. Don't be fooled by his towering height, Tim provides gentle and effective chiropractic treatment with a particular focus on back and neck pain. He has also undertaken further training in dry needling to provide an alternative technique for muscle and joint pain.

Tim enjoys treating patients of all ages and will provide accurate diagnosis, appropriate treatment and patient education to prevent injuries and maximize performance. His goal is to safely return the patient to their pre injury function or better in the fastest possible time, and enable them to stay that way.

He recently participated in a study conducted by Monash University which investigated the best evidence based ways of managing low-back pain.

Dr Tanja Nishibata

Tanja hails from Canada and completed her chiropractic double degree at RMIT University in Melbourne. She is extremely passionate about developing management plans for injuries and focuses on postural training and exercise programs for her clients. Being an elite rower, she remains very fit and hopes to provide this level of health as inspiration for others to achieve. As such Tanja's approach to injury management is holistic and functional, based upon improving the efficiency of the body whilst encouraging general health and well being.

By offering predominately evidence based chiropractic techniques, Tanja's hands-on treatment combines soft tissue therapy, joint mobilisation and manipulation. She uses these methods when focussing on her special interest areas of back and neck pain.

Tanja is the mother of two young boys and continues to coach and participate in national level rowing championships.

Myotherapy

Racheal Boucher

Racheal is an extremely experienced myotherapist and uses a combination of Eastern & Western medicine in her approach to treatment. She has a particular interest in treating headaches, sports injuries, back pain and repetitive strain injuries. She offers a scientific and natural hands-on approach to improve these conditions. As well as providing manual massage techniques, she is qualified in providing dry needling for pain relief. Racheal works at this centre on a weekly basis whilst she raises 2 young children.