

PHYSIOTHERAPY

Prashant Jhala



Qualification: B. Physiotherapy, Monash University 2010
Languages: English, Gujarati (India, west).
Sporting Background: District Cricket - playing, coaching and some player injury management experience.
Techniques: Manual Therapy, Physiological Therapeutic Modalities, Dry Needling.
Special Interests: Acute muscle and tendon injuries, running and throwing related injuries, cricket and tennis injuries, tendinopathies.
Hours: Mon 10am-7pm, Wed 3-7pm, Fri 10am-7pm.

Louise Howe



Qualifications: B.Physio. University of Queensland 1982
Techniques: Manipulative therapy, soft-tissue therapy, exercise and stretching, postural education, proprioceptive neuromuscular facilitation, Keldenkrais.
Special Interests: Paediatrics, women's health, occupational rehabilitation, injury prevention, postural retraining, acute and chronic neck conditions, headaches.
Hours: Mon 3-7pm, Tues 9am-4pm, Thu 9am-4pm, Fri 3-7pm.

Tim McCurdy



Qualifications: B.Physio, Melbourne University 2001
Techniques: Soft-tissue therapy, joint mobilisation, physiological therapeutic modalities, rehabilitative exercise prescription.
Special interests: Whiplash, golf injuries, geriatrics, occupational injuries, tennis elbow, patello-femoral pain, low-back pain.
Hours: Tues 5.20-9pm, Thu 5.40-9pm, Sat 8.20-11am.

MYOTHERAPY

Racheal Boucher



Qualifications: Advanced Diploma of Myotherapy, Victorian College of Healthcare Education

Techniques: Deep tissue massage, Myofascial release, Trigger point therapy, Stretching and corrective exercises, Dry needling, Myofascial cupping.

Special Interests: Headaches, sports injuries, repetitive strain injuries, back pain.

Hours: Thu 12pm-7pm, Sat 8.30-1pm.

Jenni Gallagher



Qualifications: Advanced Diploma of Remedial Massage Therapy
Currently completing her 4th year of Bachelor of Health Science Clinical Myotherapy Degree.

Techniques: Deep tissue massage, Soft tissue massage, Sports Massage, Myofascial release, Trigger point therapy, Joint mobilization, stretching, corrective exercises, dry needling, Cupping, TENS, Hot and cold therapy.

Special Interests: Postural related: neck/shoulder and back pain, Postural retraining, Headaches, Sports injuries.

Hours: Tues 2-7pm

CHIROPRACTIC

Dr Tim Dunne



Qualifications: B.App.Sc.(Clin.Sc.)/ B.Chiro.Sc. RMIT 2006
Certificate in Dry Needling For Pain Relief, Melbourne 2008

Techniques: Spinal and Extremity Manipulation/ Mobilisation, Soft-tissue Therapy, Dry Needling, Pelvic Blocking, Drop-piece Technique, Activator Technique, Rehabilitative Exercises, Dietary Advice.

Special Interests: Workplace and occupational overuse injuries, acute low-back and neck pain, TMJ conditions, rotator cuff impingement, lumbar disc protrusions, whiplash, vertigo.

Hours: Monday 2.30-8pm, Tues 9am-12.30pm, Wed 2.30-6.30pm, Thu 3-8pm, Fri 9am-12.30pm.

Dr Tanja Nishibata



Qualifications: B.App.Sc(Clin.Sc)/ B.Chiro.Sc (RMIT 2001),
B.App.Sc(Bio), B.Arts (Athletic Ther) University of Winnipeg, Canada

Techniques: Manual diversified adjustments, conservative (activator, blocks, mobilization), TMJ, active release technique, soft and deep tissue therapy, pro-active stretching and core stabilization work.

Special Interests: Occupational postural syndromes, sports injuries, cervicogenic headaches, acute and chronic low back & neck pain, pregnancy-related back pain.

Hours: Tues 4-7pm, Fri 2-6pm, Sat 10am-1pm.