



Julie Nguyen

Associate Physiotherapist, Central West Orthopaedic & Sports Physiotherapy - Blacktown & Sports Physiotherapy & Work Rehabilitation Centre - Penrith

Areas of Clinical Interest

- Spinal rehabilitation
- Musculoskeletal therapy
- Dry needling
- Sports injuries
- Ergonomics and OHS
- Work Cover
- Running and gait re-training
- Landing techniques

Academic Qualifications

2005 Bachelor of Physiotherapy
University of South Australia

Registration

- Physiotherapy Board of Australia

Further Qualifications

- Certified Mulligan Practitioner

About the Mulligan Concept: The Mulligan Concept is a form of manual therapy that often combines passive mobilisations with active movements to correct faulty biomechanics and restore loss of function in the spine or peripheral joints.

It is a pain-free treatment technique, that when indicated, produces immediate and long-lasting results without unnecessary pain, helping the patient achieve a faster recovery

Sports Coverage

- Penrith District Netball Association

Courses Completed

- The Concepts of Mobilisations with Movements
- Mulligan Concept – Upper Limb, Lower Limb and Advanced
- Mulligan Concept – Accreditation
- Dry Needling – Level 1 and 2 with Andrew Hutton
- Pilates Matwork Intensive – Rehabilitation to Intermediate
- Patterns of Dysfunction in the Lower Extremities and Pelvis
- Muscle Energy Techniques – Treatment of the Pelvis and Lumbar Spine
- Lyn Watson - Level 1 Shoulder Course
- Level 1 Sports Course

Outside Interests

- Fine dining
- High tea
- Baking macarons and other fancy things to fatten up my colleagues
- Good Food and Wine Show
- Pilates and yoga
- Jazz, funk and hip hop dancing
- Piano
- Reading
- Travelling
- Indulging in spa treatments and Japanese Onsens
- Comedy Festivals

moving
through life

StaffBio018, Ver 1, Jan 12

Our physiotherapy services are available at:

Sports Physiotherapy &
Work Rehabilitation Centre
111 Lethbridge St
Penrith NSW 2750
Tel (02) 4721 5788
www.penrithphysio.com.au

Central West Orthopaedic &
Sports Physiotherapy
Suite 203, 30 Campbell St
Blacktown NSW 2148
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Westmead Private
Physiotherapy Services
Westmead Specialist Centre
Suite 6, 16-18 Mons Rd
Westmead NSW 2145
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www.westmeadphysio.com.au

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