



Mitchell Delahay

Sports Physiotherapy & Work Rehabilitation Centre - Penrith
B.App.Sc.(Ex. & Sports Sc.) M. Pty

Areas of Clinical Interest

- Sports and musculoskeletal Physiotherapy
- Biomechanical and gait analysis
- Shoulder and knee physiotherapy

Academic Qualifications

2011: Master of Physiotherapy
(Faculty of Health Science, Sydney University)

2009: Bachelor of Applied Science
(Exercise and Sports Science) Sydney University

Registration

Physiotherapy Board of Australia

Professional Memberships

- APA physiotherapy
- SPA Sports Physiotherapy
- MPA Musculoskeletal Physiotherapy

Teams Worked With

- Cherybrook Carille State swimming teams
- Penrith State Netball Representative teams

Professional Development Courses

- Lyn Watson Shoulder Level 1
- Sports Level 1
- Lower Limb Biomechanics Workshop 1
- Plastering and taping

Outside Interests

- National Swimming Representative (07-10)
- Swimming, Cycling, Triathlon, Rugby League, Rugby Union, Soccer and Golf
- Travelling
- Friends
- Food

moving
through life

Our physiotherapy services are available at:

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

Central West Orthopaedic &
Sports Physiotherapy
Suite 203, 30 Campbell Street
Blacktown NSW 2148
Tel (02) 9672 3511
www.centralwestphysio.com.au

Westmead Private
Physiotherapy Services
Cnr Mons & Darcy Roads
Westmead NSW 2145
Tel (02) 8837 9000
www.westmeadphysio.com.au

Norwest Orthopaedic &
Sports Physiotherapy
Suite 117 Sky City, 20B Lexington Drive
Bella Vista NSW 2153
Tel (02) 8814 5551
www.norwestphysio.com.au