



Ryan Fraser

B.Phty(Hons) Physiotherapist
Sports Physiotherapy & Work Rehabilitation Centre, Penrith

Areas of Clinical Interest

- Sports & Musculoskeletal Physiotherapy & Injuries
- Men's Health
- Vestibular Rehabilitation
- Clinical Research

Academic Qualifications

2015: Bachelor of Physiotherapy (Honours) First Class
Australian Catholic University, North Sydney
Honours Title 'Balance & gait in young adults with insidious onset 'Text Neck' pain: A two group comparative study'

Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

Presentations

- 2016 'The effects of texting on balance & gait in young adults with & without insidious onset neck pain: An observational study' IFOMPT Conference, Glasgow, Scotland
- 2015 'Balance & gait in young adults with insidious onset 'Text Neck' pain: A comparative study' APA National Conference, Gold Coast, Australia
- 2014 'Are there deficits in balance & gait in subjects with insidious onset 'Text Neck' pain compared to healthy controls: A research proposal' ACT APA Research Symposium, Canberra, Australia

Professional Memberships

- Endorsed KNEE Program Provider
- Australian Vestibular Rehabilitation Association (AVESTA)
- Australian Physiotherapy Association
- Musculoskeletal Interest Group
- Sports Interest Group
- Sports Medicine Australia
- Australian Hand Therapy Association
- Australian Vestibular Rehabilitation Association (AVESTA)

Teams Worked With

- 2017 ANL Warratahs Assistant Physiotherapist
2016 UTSSU Shield Volleyball Men's & Ladies Physiotherapist

NSW State Volleyball Junior Nationals Physiotherapist
Netball NSW U21's Physiotherapist
Netball NSW Sydney Netball Academy Physiotherapist
Penrith District Netball (2013 to current)

- 2015 Netball NSW U19's Physiotherapist
NNSW Premier League Penrith Panthers Pre-Season Screening
- 2014 Netball NSW U19's Physiotherapist
Nepean FC Men's & U20's Assistant Physiotherapist
NEAFL Hills Sydney Eagles Assistant Physiotherapist
AFL North Melbourne Kangaroos
Penrith Netball State Age Teams, Wollongong
Junior Rugby Union Competition, Dural

Continuing Professional Development

- 2016 International Federation of Manual Therapist Conference, Glasgow
The Essential Foot & Ankle Course by Matthew Stewart
Sports Physiotherapy Level 1
- 2015 Foundations of Hand Therapy
Dry Needling Level 1
Rock Tape Level 1
APA National Conference
- 2014 ACT APA Research Symposium
Application of Plaster Casts
Sports Trainer Level 2
Advanced Resuscitation & Spinal Care
Advanced Sports Taping
- 2013 Sports Trainer Level 1

International Volunteers Experience

- 2017 Volunteer paediatric physiotherapist, Kandi Hospital, Sri Lanka
2015 Volunteers paediatric physiotherapist, HCMC Hospital, Vietnam

Personal Interests

- Friends
- Food
- Travel

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Our physiotherapy services are available at:

Sports Physiotherapy &
Work Rehabilitation Centre
Suite 8 Broadwalk Arcade
458-470 High St
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