



John Breckenridge

Principal Physiotherapist, B.Sc., Grad.Dip.Phty, M.Hlth.Sc. (Sports Physio),
APA Sports Physiotherapist, Hand Therapist CHT, MAHTA, ASHT
Shoulder & Elbow Therapist SEPA, ASSET

Areas of Clinical Interest

Clinical Research of the Shoulder
Shoulder, Elbow and Hand
Orthopaedic and Sports Physiotherapy
Golf Injuries

Academic Qualifications

- 2009 Certified Hand Therapist (USA)
- 2002 Master Health Science (Sports Physiotherapy)
The University of Sydney
- 1995 Graduate Diploma Applied Science
Sports Physiotherapy, The University of Sydney
- 1987 Graduate Diploma Physiotherapy
The University of Sydney
- 1985 Bachelor Science (Anatomy)
The University of New South Wales

Presentations & Publications

- 2012 Perceptual Changes in People With & Without
Shoulder Pain - The University of Sydney
- 2011 Sports Injuries of the Hand & Wrist
APA Sports Level 2
- 2011 Shoulder Pain Disability Index (SPADI)
Journal of Physiotherapy, 57(3):197
- 2009 Hand Therapy in Australia - American Society of
Hand Therapists - Invited Speaker - San Francisco
- 2008 The Shoulder in Golf
Shoulder & Elbow Physiotherapists Australia,
Biannual Meeting - Perth
- 2004- Organising committee for IFSHT International
2007 Federation of Societies for Hand Therapy
Sydney
- 2003 Physiotherapy Conservative Management
of Rotator Cuff Tears - Invited speaker
St George Orthopaedic Research Institute

In-House Presentations

- Laterality & Frozen Shoulder - May 2011
- Shoulder Research Update - June 2010
- Evaluation of the Shoulder - June 2010
- The American CHT Exam - February 2010
- Brachial Plexus Anatomy - November 2009
- Examination of the Wrist - February 2009

Professional Memberships

- Shoulder & Elbow Physiotherapists Australia
- American Society of Shoulder & Elbow Therapists
- Australian Hand Therapy Association
- American Society of Hand Therapists
- Titled Member of Sports Physiotherapy Australia
- Australian Physiotherapy Association
- Musculoskeletal Physiotherapy Australia
- Private Practitioners Group of the Australian Physiotherapy
Association

Areas of Interest

Spanish Language, Golf

Other Highlights

- 2012 Currently enrolled in PhD research degree
Investigating perceptual changes in the painful
shoulder
- 2011 Physiotherapy Student Supervisor
University of Kentucky (USA)
Education Abroad Program
Ecuador
- 2000 Sports Physiotherapist at Olympic Village
Sydney Olympics

moving through life

StaffBio007, Ver 1, Mar12

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
Tel (02) 9672 3511
www.centralwestphysio.com.au

Westmead Private
Physiotherapy Services
Westmead Specialist Centre
Suite 6, 16-18 Mons Rd
Westmead NSW 2145
Tel (02) 9633 1035
www.westmeadphysio.com.au

Norwest Orthopaedic &
Sports Physiotherapy
Suite 117 Sky City, 20B Lexington Dr
Bella Vista NSW 2153
Tel (02) 8814 5551
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