



Heather Minnich

Associate Physiotherapist, Westmead Private Physiotherapy Services
Sports Physiotherapy & Work Rehabilitation Centre, Penrith
B.App.Sc. (Phty)

Areas of Clinical Interest

- Management of pregnant and post-natal women
- Helping postnatal women safely return to exercise and sport
- Pelvic floor muscle training in the management of prolapse, bladder and bowel disorders
- Continence management
- Sports and musculoskeletal physiotherapy
- Netball sporting injuries

Teams Worked With

- Penrith District Netball Association State Age Teams 12-15 years

Personal Interests

- Spending time with my husband and two young children
- Playing State League Netball
- Baking

Academic Qualifications

2011: **Bachelor of Applied Science (Physiotherapy)**
Faculty of Health Sciences
The University of Sydney

Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

Professional Memberships

- Australian Physiotherapy Association: Women's Men's and Pelvic Health Professional Development Group
- Womens Health Training Associates

Courses Completed

- Level 1 Sports Course
- Introduction to Women's Health
- Pelvic Nerves: Manual Therapy and Neurodynamics Master Class
- Pregnant pelvis - an integrated approach

moving
through life

StaffBio014, Ver 4, Nov 17

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 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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