



Julie Nguyen

B. Physiotherapy, CMP, Certified Mulligan Practitioner

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
- Work injuries
- Postural pain
- Running and gait re-training
- Landing techniques
- Vestibular rehabilitation (BPPV)

Academic Qualifications

2005 Bachelor of Physiotherapy
University of South Australia

Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

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

Courses Completed

- APPI Ante/Post Natal Pilates
- Lyn Watson Shoulder Course
- Sports Level 1
- LJ Lee The Sports Thorax

- LJ Lee The Sports Pelvis
- Strapit Advanced Sports Taping Course
- The Kinetic Link Strength and Conditioning Program
- 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

Outside Interests

- Travel
- Fine dining
- Baking
- Afternoon tea
- Gym
- Kickboxing
- Dance
- Comedy festivals

moving
through life

StaffBio018, Ver 3, Feb 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 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
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