



Nathaniel Harnett

B. Ex. Sc. M. Pty, Physiotherapist & Exercise Physiologist
Sports Physiotherapy & Work Rehabilitation Centre - Penrith

Areas of Clinical Interest

- Sports and Musculoskeletal Physiotherapy and Injuries
- Ankle and Knee Pathologies
- Rehabilitation and Prevention of Shoulder dislocations
- Sporting Hip and Groin injuries
- Acute Post-Operative care and Inpatient physiotherapy
- Men's Health Physiotherapy
- Functional Strength training and Conditioning
- Exercise Physiology

Academic Qualifications

2012: Masters of Physiotherapy
University of Sydney

2009: Bachelor of Exercise Science
Australian Catholic University

Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

Professional Memberships

- Australian Physiotherapy Association
- Endorsed KNEE Program Provider
- Mastering the Martians (Mens Health Physiotherapy)

Professional Development Courses Completed

- Sports Dry Needling by Andrew Hutton
- Foundations of Hand Therapy
- Fabrication of Immobilisation Splints
- Integrated Dry Needling by Andrew Hutton
- Level 2 Sports Physiotherapy
- The Essential Foot and Ankle by Matthew Stewart
- Assessment and Treatment of the Lumbar Spine and Pelvis by Barbara Hungerford
- The Sporting Hip by Kevin Sims
- Level 1 Sports Physiotherapy
- Level 1 Sports Trainer

- Level 1 Strength and Conditioning Coach
- Level 2 Advanced Sports Taping
- Level 1 Smart Strapping

Teams Worked With

- Aussie Spirit Softball Team Physiotherapist 2016 - current
- Netball World Cup - Venue Sports Physiotherapist 2015
- Panthers Premier League Netball - Team Physiotherapist 2015-Current
- Softball NSW U/17's Physiotherapist 2016/2017
- Softball NSW - U/19's Physiotherapist 2015/2016
- Nepean FC – Men's and Women's Head Physiotherapist 2014-2016
- Netball NSW – U/19's Physiotherapist 2014
- Penrith Netball – State Age Teams
- Penrith District Netball Association

Personal Interests

- Football and most sports
- Gym

moving
through life

StaffBio028, Ver 4, 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
Tel (02) 8814 5551
www.norwestphysio.com.au