



Lindy McDonald

**B.Sc.(Hons), B.App.Sc (Physiotherapy),
Certified Hand Therapist CHT, MAHTA, MAPA
Norwest Orthopaedic & Sports Physiotherapy - Bella Vista &
Westmead Private Physiotherapy Services**

Areas of Clinical Interest

- Rehabilitation after surgery or trauma of the hand
- Shoulder, elbow and wrist assessment and rehabilitation
- Customised upper limb splinting and bracing
- Osteoarthritis of the hand

Academic Qualifications

1995: Bachelor of Applied Science (Physiotherapy)
Sydney University

1990: Bachelor of Science (Honours)

Registration

- Australian Health Professionals Regulation Agency

Professional Memberships

- Australian Physiotherapy Association
- Full Member of Australian Hand Therapy Association
- Certified Hand Therapist (USA)
- Associate Member NSW Hand Surgery Association

Professional Development

- Fracture Management of the UE: Achieving Favorable Functional Outcomes
- Physiotherapy Coaching Academy Australia: Neck and Shoulder (Francine St.George)
- The Everyday Shoulder (Craig Allingham)
- Level 2 AHTA Certificate Course in Mobilisation Splinting
- Serial Casting Workshop
- Synthetic Casting Workshop
- Tennis Elbow (Bill Vincenzo)

- Minimal Splint Design
- Dynamic Splinting Workshop
- Australian Hand Therapy Association National Conferences (2002, 2004, 2005, 2009, 2011, 2013)
- International Federation of Societies of Hand Therapy Congress Sydney (2007)
- Quarterly attendance at Australian Hand Therapy Association (NSW Division) presentations

Personal Interests

- Keeping up with two teenage sons
- Anything DIY around the home – I love fixing and making things.
- Interior design and architecture
- Travel

moving
through life

StaffBio048, Ver 2, Feb 17

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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