



Paula Peralta

B. App. Sc. (Phy), M.Hth.Sc (Sports Physio)
Principal Physiotherapist of Outpatient Services,
Sports Physiotherapy & Work Rehabilitation - Penrith

Areas of Clinical Interest

- Sporting injuries and working with elite athletes; able bodied & those with a disability
- Social sport participants
- Adolescent injuries
- Injury prevention and screenings
- Landing techniques in jumping sports
- Hand therapy

Academic Qualifications

B. Applied Science (Physiotherapy)

Further Qualifications

Masters of Applied Science (Sports Physio)
APA Sports Physiotherapist title

Professional Memberships

- Associate AHTA
- Australian Physiotherapy Association
- Sports Physiotherapy Australia
- Endorsed KNEE Program Provider

Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

Australian Teams Worked With

- Australian Commonwealth Games Team – Headquarters Medical Team, Gold Coast 2018
- Australian Emerging Opals World University Games 2017
- Head Physiotherapist Australian Commonwealth Youth Games 2017
- Australian Paralympic Team, Rio 2016
- Australian Diamonds World Cup Champions 2015
- Australian Commonwealth Youth Games Team - Headquarters Medical Team, 2015
- Australian Commonwealth Games Team - Headquarters Medical Team, Glasgow 2014
- Sport Physiotherapist Co-ordinator for Australian EAD (Elite Athlete with Disability) Shooting Team
- Australian Youth Olympic Festival 2013
- Australian Paralympic Preparation for London 2012 with Track & Field, Shooting

- Assisted with Australian Wheelchair Basketball Gliders & Rollers Squad
- Australian Women's Goalball Team
- Australian Under 25's Women's Wheelchair Basketball Team
- Australian Gems (Women's 19's Basketball Team)
- Australian Under 19's Netball Team

National Level Teams Worked With

- NSW Swifts in Suncorp Netball League 2017
- NSW Swifts in ANZ Championship 2009-2016
- NSW Waratahs & Blues Australian netball league
- Netball NSW under 17's & 19's Team
- Penrith District Netball Association for State Age/State Championships

Professional Development Courses Completed

- Tendinopathy
- Rowing Injury Master Classes
- Level 1,2,3 APA Sports Physiotherapy Courses
- Muscle Energy Course
- Pilates DMA Level1 & 2
- Lyn Watson Shoulder Course
- Allingham's Everyday Shoulder & Sporting Shoulder Courses
- Dry Needling
- SPA titled Physiotherapist Courses 2010-current
- Sarah Mee Wrist Workshop 2015
- Fundamentals of Hand Therapy
- Splinting Courses

Conferences Attended

- APA/SPA Conferences 2007,2009,2011,2013, 2015 & 2017
- SMA Conference 2014

Personal Interests

- Catching up with family & friends
- Travel & exploring new cities/countries
- Sport
- Running/Social Triathlete
- Reading
- Shopping
- Gym

*moving
through life*

StaffBio020, Ver6, Nov17

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