



Lara Pogorelsky

Associate Physiotherapist
Westmead Private Physiotherapy Services
B. App.Sc. (Phy)

Areas of Clinical Interest

- Women's health physiotherapy
- Pregnancy and post-natal musculoskeletal conditions
- Management of female pelvic floor dysfunction
- Management of female continence (bladder and bowel) disorders
- Pilates

Academic Qualifications

- 2006: Bachelor of Applied Science (Physiotherapy)
2006: Australian Pilates Method Association accredited
Pilates Instructor Certificate

Registration

- Australian Health Professionals Regulation Agency

Professional Membership

- Australian Physiotherapy Association (APA)
- APA Women's, Men's and Pelvic Health Professional Development Group
- Women's Health Training Associates (WHTA)

Continuing Education Courses

- 2015: Introduction to Women's Health Physiotherapy (WHTA)
2017: The Pregnant Pelvis (APA)
2017: Advanced Pelvic Floor Course - Prolapse and Stress Urinary Incontinence (WHTA)

Personal Interests

- Travel
- Pilates
- Dance
- Reading
- Spending time with my family and friends

moving
through life

StaffBio061 Ver 1, July 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
www.norwestphysio.com.au