



Nic Toose

Senior Associate Physiotherapist
Norwest Orthopaedic & Sports Physiotherapy - Bella Vista
B. App.Sc. (Physiotherapy), Hand Therapy, Men's Health, Pilates Instructor

Areas of Clinical Interest

- Rehabilitation after surgery or trauma
- Hand therapy and management of complex upper limb injuries
- Men's health and continence
- Management of neurological conditions and persistent pain
- Functional strength and conditioning

Academic Qualifications

2004: Bachelor of Applied Science (Physiotherapy),
Sydney University

Registration

Australian Health Professionals Regulation Agency

Professional Memberships

Australian Physiotherapy Association
Sports Physiotherapy Australia
Associate Member of Australian Hand Therapy Association

Courses Completed

- Mobilisation of The Neuroimmune System
- Kinetic Link Training Strength & Conditioning
- AHTA Certificate Course in Fundamentals of Hand Therapy
- AHTA Certificate Course in Immobilisation Splinting
- Aquatic Physiotherapy / Hydrotherapy
- Integrated Dry Needling
- APA Spinal Physiotherapy
- APPI Pilates Matwork
- Synthetic Casting

- The Shoulder Steps to Success – Jo Gibson
- Provide First Aid Certificate
- Tai Chi for Health Instructor Training
- SEPA Shoulder and Elbow Course

Team Worked With

- Norwest Bulls Junior Rugby Union
- Penrith District Netball Association

Personal Interests

- Spending time with my wife and three kids
- Active involvement in my church
- Obstacle course racing
- Parkrun
- Photography and videography

moving
through life

StaffBio019, Ver 6, May 19

Our physiotherapy services are available at:

Sports Physiotherapy & WorkRehabilitationCentre
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