



Prarthana Kakkar

Masters in Sports Physiotherapy (M.SPT), Women's Health Physiotherapist,
Lymphoedema Practitioner

Areas of Clinical Interest

- Women's Health physiotherapy
- Sports and musculoskeletal physiotherapy and injuries
- Pre and post operative rehabilitation programs
- Complete decongestive therapy for lymphoedema management
- Pilates
- Casting/splinting

Personal Interests

- Spending time with family and friends
- Travel
- Meditation and yoga
- Painting

Academic Qualifications

- 2003 Masters in Sports Physiotherapy
- 2001 Bachelor in Physiotherapy

Registration

- Australian Health Practitioners Regulation Agency (AHPRA)

Professional Memberships

- Member of Australian Physiotherapy Association
- Women's Health Training Associates Life Member
- Australasian Lymphology Association Member

Professional Development

- Advanced SUI/POP Course, 2020, WHTA
- Pilates, Level 1 MATWORK, APPI, 2019
- Advanced Clinical Diploma in Women's Health PT, 2012
- Lymphoedema Therapy, Foeldi Clinic, Germany, 2013
- Certified Spinal Manual Therapy, 2010
- Upper and Lower Quadrant Mulligan Course, 2010

moving
through life

StaffBio086, Ver 1, Dec 20

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
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