



# Julian Comis

BAppSc (Phy)(Honours) Physiotherapy

Central West Orthopaedics & Sports Physiotherapy, Westmead Private Physiotherapy

## Areas of Clinical Interest

- Sports and musculoskeletal injuries
- Pre and post operative rehabilitation
- Hand traumatic and overuse injuries
- Strength and conditioning
- Low back pain and sleep
- Work injuries and rehabilitation

## Academic Qualifications

2020 Bachelor of Physiotherapy - University of Sydney

## Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

## Professional Memberships

- Australian Physiotherapy Association (APA)
- Australian Hand Therapy Association (AHTA)
- The University of Sydney Research Associate

## Courses Completed

- APA Sports Level 1 (2022)
- Fundamentals of Hand Therapy Level 1 (2022)
- Introduction to Hand Therapy Level 1 (2022)
- The Essential Foot and Ankle - Matt Steward (2023)
- Explain Pain - NOI Group (2023)

## Conference Presentations

- Expert Opinions to Develop an Electronic Sleep Intervention Tailored for Individuals with Low Back Pain: A Nominal Group Study – J.J Comis, P.W Hodges, C.J Gordon, K.K Ho, P.H Ferreira - Back and Neck Forum 2021
- Expert Opinions to Develop an Electronic Sleep Intervention Tailored for Individuals with Low Back Pain: A Nominal Group Study – J.J Comis, P.W Hodges, C.J Gordon, K.K Ho, P.H Ferreira - Sleep DownUnder

## Personal Interests

- MMA
- Jiu Jitsu
- Video games
- Foodie (recommend me places to eat)
- Cooking
- Reading

moving  
through life

StaffBio097, Ver 1, June 23

## 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](http://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](http://www.centralwestphysio.com.au)

Westmead Private  
Physiotherapy Services  
Westmead Specialist Centre  
Suite 6, 16-18 Mons Rd  
Westmead NSW 2145  
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