



Jarred Cignarella

B.H.Sc. (Sp. & Ex. Sc.), M.Phty, Associate Physiotherapist
Sports Physiotherapy & Work Rehabilitation Centre

Areas of Clinical Interest

- Acute sporting injuries
- Shoulder pathologies
- Return to sport
- Functional strength and conditioning
- Post-operative rehabilitation

Academic Qualifications

- 2022: Master of Physiotherapy – University of Sydney
2020: Bachelor of Health Science (Sport and Exercise Science) - Western Sydney University

Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

Professional Memberships

- Australian Physiotherapy Association

Professional Development Courses

- PEDro Scale Training Program
- APA Sports Physiotherapy Level 1 - 2023

Personal Interests

- Playing and coaching soccer
- Gym/strength training
- Rugby league
- Spending time with friends and family

moving
through life

StaffBio095, Ver 2, Feb 24

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