



Gail Harris

B.H.Sc (Human Movement), DPT (Dr of Phty)

Westmead Private Physiotherapy and Central West Orthopaedics & Sports Physiotherapy

Areas of Clinical Interest

- Musculoskeletal and Orthopaedic Physiotherapy
- ACLR Rehabilitation
- Sports Injury Management
- Knee Pathologies
- Strength and Conditioning

Academic Qualifications

2019 Bachelor of Human Science, Human Movement

2022 Doctor of Physiotherapy

Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

Professional Memberships

- Australian Physiotherapy Association (APA)

Professional Development

- The Pregnant Pelvis: a Biopsychosocial Approach
- The Shoulder: Theory and Practice - Dr Jeremy Lewis
- Essential Foot and Ankle - Matthew Stewart
- Late Stage ACLR Rehab: Court, Field, and Winter Athlete Masterclass
- Sports Physiotherapy Level 1

Publications

- 2020 Epidemiology of injuries in Olympic-style karate competitions: systematic review and Meta-analysis. Lystad RP, Augustovičová D, Harris G, et al. British Journal of Sports Medicine 2020;54:976-983.

Teams Worked With

- Gordon Rugby U10 and U11 Junior State Championship Physiotherapist, 2022
- Gordon Rugby U12 Junior State Championship Physiotherapist, 2022
- Penrith Senior State Netball Championship Physiotherapist, 2023

Personal Interests

- Aerial silks
- Running
- Gym/strength training
- Spending time with family and friends
- Reading

moving
through life

StaffBio100, Ver 1, Oct 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

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