



Bridget

**Physiotherapist
QLD**

Bridget is a physiotherapist with a passion for neurological rehabilitation, helping clients build confidence and independence through exercise-based therapy that targets the goals which matter most to them.

Bridget was inspired to become a physiotherapist by an amazing physio who treated her as a teenager. That physio helped her massively, and Bridget knew she wanted to do the same for other people. She continues to be motivated by seeing her clients get positive results and achieve their goals.

Her clinical interests are in neurological rehabilitation, and she has training in vestibular conditions and brain injury management. Her preferred therapy approach is exercise-based rehabilitation.

Bridget builds trust by gaining an understanding of her clients as a whole, instead of just their condition or injury. She listens to what matters most to them and targets therapy to goals that are meaningful, empowering clients by helping them build confidence in themselves and encouraging independence.

She loves delivering physiotherapy in the community, where she sees clients achieve goals that relate to their everyday life. People often feel more comfortable in their own environment, and it makes therapy accessible for people who may not have the ability to seek clinic-based physiotherapy.

Clinical special interests

- Neurological rehabilitation
- Vestibular conditions
- Brain injury management
- Exercise-based rehabilitation
- Community-based physiotherapy

Developing next

- More complex neurological conditions
- Paediatric physiotherapy

Personal interests

- Running and fitness classes
- Strength training
- Sunrise and sunset walks
- The beach
- Reading
- Adventures in nature
- Going out to eat

