



Chris

**Physiotherapist | Team Manager
VIC**

Chris is a physiotherapist who delivers goal-directed, evidence-based care to improve mobility, balance, and independence in everyday life.

Chris is a Physiotherapist who is committed to supporting individuals to optimise their functional capacity and maintain participation in meaningful daily activities. He is motivated by helping clients preserve and progress their level of function, enabling them to remain living safely and independently within their preferred environments.

Chris has a clinical interest in gerontological physiotherapy, with a focus on falls prevention and balance training. He provides goal-directed, evidence-based interventions aimed at improving mobility, reducing falls risk, and enhancing overall functional independence.

He places a strong emphasis on building therapeutic rapport, taking the time to understand each client's individual circumstances and incorporating their lived experiences into care planning. Chris adopts a collaborative approach to ensure therapy is aligned with client goals, while maintaining an engaging and supportive environment to encourage participation and adherence.

Clinical Interests

- Gerontological physiotherapy
- Falls prevention
- Balance training
- Functional mobility and independence
- Community-based physiotherapy
- Goal-directed, evidence-based rehabilitation

Personal Interests

- Walking his dog
- Exploring coffee and pastry spots around Melbourne
- DIY home projects

