



Cianne

**Physiotherapist
QLD**

Cianne is a physiotherapist who delivers individualised, evidence-based care to support recovery, manage pain, and help clients return to meaningful activities with confidence.

Cianne is a Physiotherapist who has a strong interest in musculoskeletal physiotherapy and enjoys supporting individuals to return to meaningful activities through a combination of hands-on treatment, exercise-based rehabilitation, and education. She takes an individualised, evidence-based approach to care, ensuring clients not only make physical progress but also develop the knowledge and confidence to manage their condition long term.

She places a strong emphasis on building therapeutic relationships, taking the time to understand each client's goals, concerns, and experiences. Cianne works collaboratively with her clients, involving them in decision-making and creating a supportive environment where they feel heard, empowered, and confident in their therapy. She also values celebrating progress and milestones along the way.

She is committed to ongoing professional development, with a focus on falls prevention, functional rehabilitation, strength and conditioning, neurological physiotherapy, and chronic pain management.

Clinical Interests

- Musculoskeletal physiotherapy
- Functional rehabilitation
- Exercise-based rehabilitation
- Falls prevention
- Strength and conditioning
- Neurological physiotherapy
- Chronic pain management
- Community-based physiotherapy
- Client education and self-management strategies

Personal Interests

- Brazilian Jiu Jitsu
- Indoor rock climbing
- Spending time with family
- Board games
- Reading

