



Natasha

Physiotherapist
QLD

Natasha is a physiotherapist who delivers evidence-based, exercise-focused therapy to improve mobility, function, and independence in everyday life.

Natasha is passionate about supporting individuals to improve movement, function, and participation in everyday activities through evidence-based, client-centred care.

Natasha has clinical interests in mobility, falls prevention, and neurological rehabilitation. She has experience delivering exercise-based interventions including Pilates, gym-based programs, and balance training, with a focus on functional outcomes that translate to daily life. She enjoys working with clients presenting with complex movement needs and supporting progression toward meaningful, goal-directed outcomes.

Natasha enjoys community-based practice, where therapy can be delivered within real-life environments to optimise functional carryover and long-term outcomes.

She is committed to ongoing professional development, with a focus on neurological and functional rehabilitation, long-term condition management, and advancing her exercise-based therapy skills.

Clinical Interests

- Neurological rehabilitation
- Falls prevention
- Mobility and functional rehabilitation
- Exercise-based therapy (Pilates, gym-based programs, balance training)
- Community-based physiotherapy
- Long-term condition management
- Goal-directed, functional outcomes

Personal Interests

- Boulderling
- Staying active
- Playing piano
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