



Annastasia

**Physiotherapist
QLD**

Annastasia is a Physiotherapist passionate about Aquatic, paediatric, and gerontology care, providing client-centred, evidence-based therapy in homes, schools, and community settings.

Annastasia is a Physiotherapist with a passion for helping clients regain function, mobility, and confidence, inspired by her own rehabilitation experiences after multiple knee surgeries. She specialises in Aquatic Physiotherapy, paediatrics, and gerontology, providing engaging, evidence-based therapy that supports clients in their homes, schools, community spaces, and pools.

Annastasia takes a client-centred approach, building rapport through empathy, active listening, and collaborative goal-setting to ensure therapy is meaningful and functional. She is committed to ongoing professional development, including Level 1 Aquatic Physiotherapy, Paediatric Level 1, and Gerontology Level 1 courses, and is excited to continue expanding her expertise while mentoring future physiotherapists.

Clinical Special Interests

- Aquatic Physiotherapy (Level 1 trained, Level 2 planned)
- Paediatric physiotherapy (Level 1)
- Gerontology (Level 1 in progress)
- Community-based therapy (home, school, pool, playground)
- Mobility retraining, balance, exercise therapy, pain management

Personal Interests

- Reading
- Gym and fitness
- Video games
- Drumming / Gold Coast Drumline (volunteer marching-style percussion group)
- Community events and performances