



Freya

**Team Manager | Physiotherapist
QLD**

Freya is a physiotherapist who brings warmth, community experience and a passion for helping people move with confidence

Freya is a Physiotherapist who graduated from Monash University and has since built extensive experience across community allied health and aged care settings. With a strong focus on mobility, balance, strength training, hydrotherapy and Parkinson's Disease, Freya is passionate about helping clients stay active, independent and confident in their daily lives.

She leads with a "practice what you preach" philosophy, staying active through soccer, camping and regular gym training, and brings a warm, practical, and client-centred approach to every interaction.

Special Interests

- Mobility, balance and strength training
- Hydrotherapy
- Parkinson's Disease