



Matt

**Exercise Physiologist
QLD**

Matt works with clients across musculoskeletal and neurological rehabilitation. He combines evidence-based exercise programs with personalised support to help clients improve function, strength, and overall quality of life,

Matt is an Exercise Physiologist who has experience across both private practice and aged care settings, supporting a diverse range of clients. His work includes musculoskeletal rehabilitation, neurological rehabilitation, post-operative recovery, falls prevention, and promoting healthy ageing.

Matt has a particular interest in musculoskeletal conditions such as back and shoulder pain, as well as neurological conditions including stroke, spinal cord injury, multiple sclerosis, and Parkinson's disease. He is skilled in musculoskeletal screening and assessments and is dedicated to developing personalised exercise programs that help clients improve function, independence, and quality of life.

Special Interest Areas

- Musculoskeletal rehabilitation (e.g., back pain, shoulder pain)
- Neurological rehabilitation (stroke, spinal cord injury, MS, Parkinson's disease)
- Post-operative recovery
- Falls prevention and healthy ageing
- Personalised exercise programs for functional improvement