



Renee

**Exercise Physiologist
QLD**

Renee is an Exercise Physiologist who enjoys working alongside clients to enhance mobility and independence, bringing therapy into their own environment where it matters most.

Renee is passionate about improving quality of life through personalised, evidence-based care. Her interest in Exercise Physiology began while working with the Queensland Fire and Rescue wellness team, where she supported both firefighters recovering from injury and office staff managing their health.

Renee has strong clinical expertise in falls prevention, balance retraining, and hydrotherapy, helping clients build confidence, mobility, and independence. She specialises in delivering therapy in clients' own environments, tailoring strategies to real-world challenges and empowering individuals to achieve meaningful, lasting goals. Renee is also expanding her expertise in interventions for muscular spasticity and other complex physical conditions.

Clinical Special Interests:

- Falls prevention
- Balance retraining
- Hydrotherapy
- Supporting independence and confidence
- Muscular spasticity and complex physical conditions
- Person-centred, goal-focused care in home environments

Personal/Professional Approach Interests:

- Empowering clients through active listening and collaboration
- Delivering therapy in real-world, client-centered environments