

Melanie Platt

Contact Details

27/44-50 Landers Road, Lane Cove, NSW 2066
Phone: Mob:0411 436 653
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Date of Birth

2nd December 1982

Education

2005-2006

Sydney University

- Master of Physiotherapy.

2001-2003

University of Western Sydney

- Bachelor of Applied Science (Sports Studies).
- Exchange program at Wilfrid Laurier University, Canada.
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Employment

February 2011 -
Present

Physio-Life/The Fix Program Owner – St Leonards

- Physiotherapy treatment for all musculoskeletal injuries
- Instructing specialized clinical pilates classes based on the principles of The Fix Program

January 2009 –
December 2010

Physiotherapist for The Fix Program (CBD)

- Rehabilitation exercise classes based on the principles of Pilates and Yoga. Pain physiology education with a cognitive behavior therapy approach.
- Aimed at chronic low back and neck pain clients to help with return to work and activities.

January 2007 –
December 2010

Physiotherapist – Gordon Physiotherapy & Sports Injury Centre

- Spinal, Sports, Cardiopulmonary and Musculoskeletal injuries.
- Wide range of client ages and conditions.

March 2006 –
October 2010

Physiotherapy/First Aid - Barker Old Boys Rugby Union Football Club

- Strapping prior to games.
- On field first aid and injury rehabilitation.
- Toured to the Gold Coast (Oct 2007)

March 2005 – June
2005

Biomechanics Tutor – University of Western Sydney

- Taught Biomechanics to 2nd Year Podiatry students.
- Tutorials and Laboratory components.

June 2004 – January
2005

Children's Performer - Rocfish

- Acting, Singing, Dancing and Make-up artist with a Christian children's group.
- Touring Australia and New Zealand.

May – July 2002

Australian Institute of Sport, Physiology Department, University Placement

- Involved in two research projects, collecting and collating data.
- Sport maintenance in a variety of sports in the Physiology department.
- Experience in the Physiotherapy, Nutrition, and Strength and Conditioning departments

Certificates

- TAFE Statement in Service excellence in Venues and Events (2005)
- First Aid/CPR February 2010

Courses

- Level 1 Sports Course (2007)
 - 3D Assessment & Treatment Lumbar Spine, Pelvis & Hip Course (2008)
 - Level 1 Shoulder Course by Lyn Watson (2008)
 - Level 2 Sports Course (2009)
 - Dry Needling Plus (2010)
 - Explain Pain (2010)

Interests

- Sports, travelling, fashion and cooking.

Characteristics

- Organised, quick learner, efficient and great time management skills.

Referee's

- Katrina Tarrant
Director of The Fix Program
Suite 502
Level 5, 185 Elizabeth Street
Sydney NSW 2000
Phone: (02) 9264 0077
- Ben Anson
President of the Old Barker Association
Phone: 0414 602 225