

At St Leonards Physio by the Bay whenever possible, we will encourage a patient's involvement in developing their self-management techniques

"Tell Me and I Will Forget; Show Me & I May Remember; Involve Me & I Will Understand."

Confucius 450BC

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# NEIL WISE PHYSIOTHERAPIST

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#### **Neil Wise**

Neil Wise is a highly experienced physiotherapist with over 30 years of experience in Private Practice, treating clients across a broad range of acute & chronic musculoskeletal conditions. Recently he moved to St Leonards establishing St Leonards Physio by the Bay to continue sharing his expertise with the community of the Bellarine Peninsula.

#### More about Neil

Over time the physiotherapy profession has evolved significantly and Neil has continuously updated his education through additional training, the McKenzie Method (MDT), Clinical Pilates, Dry-needling, Explain Pain & Health Change Methodology to name but a few.



A member of the Australian Physiotherapy Association for his entire career, he actively seeks to keep abreast of the latest information to provide his clients with the best possible outcomes



### McKenzie Method

The McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) is an internationally acclaimed method of assessment and treatment for spinal and extremity pain developed by NZ Physiotherapist Robin McKenzie. Neil became credentialed in MDT in 2001 & remains an active member of the McKenzie Institute of Australia.

It involves 4 stages which are

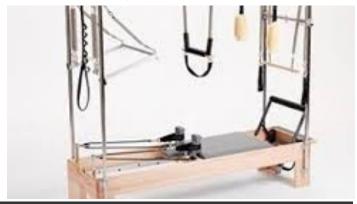
- Assessment
- Classification
- Treatment
- Prevention

MDT utilises a philosophy of active patient involvement and education & is one of the most researched physical therapy based methods available. The initial assessment – is a safe and reliable way to reach an accurate diagnosis and only then make the appropriate treatment plan.

MRI's & other investigations are often unnecessary as **Certified MDT** clinicians are able to rapidly determine whether the method will be effective for each patient.

### **Clinical Pilates**

Utilises the principles of Josef Pilates in applying a range of exercises to the person's clinical presentation. This enables development of a more functional & lasting benefit when movement & control are incorporated into daily activities. Using the Pilates equipment facilitates the process over a wide range of ages, conditions & abilities & movements,



Reformer / Trapeze table used at St Leonards Physio by the Bay

# **Explain Pain**

Based on teachings of Butler and Moseley, it provides an evidence-based understanding of pain in a format that's approachable & practical for therapists & patients alike. Describing the complexities of the central nervous system for chronic pain patients in everyday language.

Studies now show understanding more about why things hurt can empower pain sufferers to challenge pain, helping clinicians & in turn their patients go about their daily lives, revising their view of pain & following a scientific road to recovery