



St Leonards Physio by the Bay  
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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