



PHILLIP WINDRIDGE

EXERCISE PHYSIOLOGIST

Specialises in

- Treatment of Acute to Chronic Musculoskeletal Injury
- Return to sport/work rehabilitation and conditioning
- Management of Persistent Pain around the body and Chronic Back Pain
- Management of chronic conditions such as diabetes, obesity, cardiac rehabilitation and osteoporosis.

Qualifications and Experience

- Master of Clinical Exercise Physiology
- Bachelor of Exercise and Sports Science
- Development Swim Coach Licence
- ISAK Level 1 Anthropometrist

Bio

I have extensive experience and knowledge in competitive sport and movement analysis. Specialising in the use of education, lifestyle intervention and exercise to empower you to become a stronger healthier version of yourself. Current assistant Head Coach of Ringwood Swim Club, training state and national level swimmers. Past Exercise Scientist at Racing Victoria Limited and have trained athletes that have competed in the Melbourne Cup.