When I was younger I played a lot of sports. After some injuries I saw a physio who helped me get back to competing and performing well. That’s what inspired my passion for the human body and being able to help others with their injuries.

I grew up in Ballarat. I love the lifestyle and culture of a smaller town. Now I’m a physio in regional Victoria I’m able to give back. I wanted to stay in regional Victoria, so I knew physio at La Trobe Bendigo, it was going to be the right fit. The smaller class sizes gave me a real connection to the staff and students, networking opportunities and industry placements they really prepared me to be a physiotherapist.

I’m currently a physiotherapist with the Ballarat Health Services. The human body can be really complex but I love the challenge of working with a variety of patients, and the opportunity to help rehabilitate and educate them.

The common first year at La Trobe gave me an understanding of the different disciplines in the health industry. I’m now working with a great group of physios and I’m well connected to a network of allied health professionals.

I really get a thrill out of treating patients and giving them knowledge. If I’ve had a good day it’s because I’ve been able to help somebody.