

## **Curriculum Vitae - Paul Monaro, Sports & Musculoskeletal Physiotherapist**

### **Education:**

High School - St Patrick's College Strathfield, graduated 1981

### University:

- Cumberland College of Health Sciences, Bachelor Degree in Physiotherapy, graduated 1986
- University of Sydney, Postgraduate Diploma Musculoskeletal Physiotherapy, graduated 1990.
- University of Sydney, Postgraduate Diploma Sports Physiotherapy, graduated 1995.

### **Employment:**

- Royal Prince Alfred Hospital, Physiotherapist 1986-1987
- Concord Hospital, Physiotherapist 1987-1990.
- Gordon Physiotherapy Centre, 1991-1996.
- Middleton Physiotherapy, Liverpool, 1996, Locum
- Penguin Navy Base, Physiotherapy Department, 1996, Locum
- Annandale Manipulative Physiotherapy, 1996, Locum
- Senior Tutor, University of Sydney, 1996.
- Gavin Williams MacArthur Physiotherapy, 1996
- Principal Physiotherapist, Concord Sport & Spine Physiotherapy, 1992 to present
- Consultant to Productivity Bootcamp, Back Pain Prevention In Construction, 2015 - present

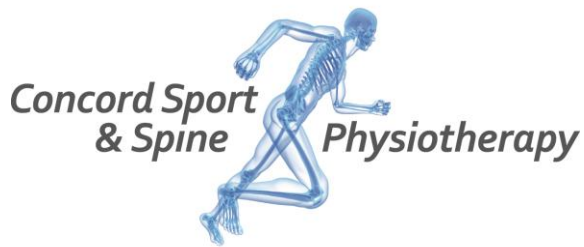
### **Sports Coverage:**

- West Harbour Rugby Union, 1989-1991 & 1994-1995.
- Concord United Rugby League Club, 1994-1995
- Briars Hockey Club, 2012-2015
- Concord-Burwood Rugby League, 2014 to 2018
- NSW U19 Rugby Union
- MSW Country U21 Rugby Union

### **Courses:** (additional courses undertaken since graduating in 1986 - list not exhaustive).

- Spinal 1 & 2
- Vertebral 1 & 2
- McKenzie Part A Lumbar Spine
- McKenzie Part B Cervical & Thoracic Spine
- Clinical Pilates, Level 1, 2, 3.

- Assessment of the Knee, Foot & Ankle, Ken Crichton
- NAGs, SNAGs & MWMs - Mulligan Techniques.
- Postural Analysis, Exercise Prescription & Soft Tissue, Francine St George
- Combined Perspectives in Orthopaedics
- Soft Tissue Techniques, Judy Furey, Ursula Ludecke`
- Low Back Pain - Principles & Practice, Gaetano Milazzo
- Challenge of the Sporting Shoulder, Craig Allingham
- Get Fit to Ski
- Sports Trainers, Level 1
- Movement Impairments of Lumbar Spine & Hip, Shirley Sahrman
- Dance Network, TheHip, Ken Crichton, Sue Mayes, Paula Baird-Colt
- Musculoskeletal Screening for Dancers, Anita Bruce
- Patellofemoral Pain, Chris Powers.
- Optimal Running Biomechanics, Jason McLaren
- Dynamic Stabilisation of the Hip & Pelvis, Alison Grimaldi
- Exercise Therapy & Ultrasound Imaging for the Shoulder, Alison Grimaldi
- Cervical Dysfunction in Primary Headache, Dean Watson
- Muscle Energy, Barbara Hungerford.
- Discover the Sports Pelvis, Linda Joy Lee
- The Sporting Shoulder, Andrea Mosler
- Assessing & Training Lumbo-pelvic Control, Steve Saunders
- The Sporting Hip, Kevin Sims
- Optimising 3D Biomechanics of Pelvis & Lumbar Spine, Trish Wisby-Roth
- Designing a Dysfunction Specific Core Stability Programme, Trish Wisby-Roth
- Optimising Cycling Biomechanics, Trish Wisby-Roth
- The Irritable Hip, Michael O'Sullivan & Nichole Hamilton
- Tendinopathy Symposium, Jill Cook & Craig Purdam
- Lower Limb Tendinopathy, David Bick
- Physiocise, Level 1, 2
- Fascial Fitness, Tom Myers
- Anatomy Trains & Body Reading, Tom Myers
- Thoracic Spine in Sport, Henry Wajswelner
- Muscle Injury Management, Andrew Wallis
- Hamstring Assessment, Prevention & Rehabilitation, Price Warren
- Essential Foot & Ankle, Matthew Stewart
- Cognitive Functional Approach to Low Back Pain, Peter O'Sullivan
- Functional Movement Systems Level1, Level 2



202 Concord Road  
Concord West NSW 2138  
phone: 9736 1092  
fax: 9736 1031  
ABN: 64 263 136 124  
[www.cssphysio.com.au](http://www.cssphysio.com.au)

Paul Monaro  
Sports & Musculoskeletal Physiotherapist

- Low Back Assessment, Stuart McGill
- Building the Ultimate Back, Stuart McGill
- Level 1 Shoulder, Lyn Watson
- Power-taping - Rocktape
- CPR & First Aid Certificate
- Assessment & Management of the Rotator Cuff, Evidence-based Approach, Chris Littlewood
- Sports Medicine Australia Annual Conference, Melbourne, October 2016
- Sporting Lower Limb, March 2019
- Mulligan Manual Concepts - NAGs, SNAGs, MWM, PRP Upper Quarter, June 2019