**WELCOME TO inner north physiotherapy**

Inner North Physiotherapy is an innovative physiotherapy practice offering comprehensive services by experienced and highly-qualified physiotherapists.

We achieve outstanding clinical results for a broad range of common conditions including: back pain, neck pain, headache, migraine, shoulder pain, sports injuries, vertigo, knee pain, incontinence, persistent pelvic pain and women’s health and men’s health issues.

Our team of physiotherapists have extensive experience from working in private practice, private and public hospitals, and research and teaching over a range of physiotherapy disciplines including sports, manipulative, musculoskeletal, neurological, pain management, continence, women’s / men’s health and paediatric services.

We are confident our practice will offer a service that stands apart, as we value excellence in quality care delivered by highly-educated and experienced physiotherapists.

[BOOK ONLINE HERE\*](https://clifton-hill-physiotherapy.cliniko.com/bookings)

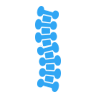
\*Please note not all practitioners are available online – please call xx xxx xx to speak with our reception team.

[](https://www.cliftonhillphysiotherapy.com.au/services-2/physiotherapy/)

**Physiotherapy**

Our team of experienced physiotherapists have a wide range of specialities and are well placed to diagnose and manage your problem.

[](https://www.cliftonhillphysiotherapy.com.au/services-2/massage/)

[](https://www.cliftonhillphysiotherapy.com.au/services-2/chronic-pain-management/)

**Chronic Pain Management**

We all understand the complex nature of chronic pain and the need for a multidisciplinary, Biopsychcosocial approach.

[](https://www.cliftonhillphysiotherapy.com.au/conditions/knee-pain/)

**Knee Clinic**

The knee pain clinic provides a complete approach for those suffering from knee pain, recovering from knee surgery or knee injury.

[](https://www.cliftonhillphysiotherapy.com.au/services-2/real-time-ultrasound/)

**Real Time Ultrasound**

Physiotherapists use real-time ultrasound to examine how the small stabilising muscles of the spine are functioning.

[](https://www.cliftonhillphysiotherapy.com.au/womensandmenshealthclinic/)

**Women’s & Men’s Health**

Our specialised Women’s and Men’s Health clinic is dedicated to addressing the often-distressing symptoms of incontinence, pelvic pain, and bladder and bowel dysfunction.

[](https://www.cliftonhillphysiotherapy.com.au/services-2/)

**Other Services**

We have a range of other services available at Inner North Physiotherapy. Click here for more information

ABOUT US

# OUR PRACTITIONERS

All practitioners at our clinic have completed or are completing postgraduate university training and most are involved in teaching, university lecturing and research.  This means that you are being treated by highly qualified people at the forefront of new developments in the management of musculoskeletal disorders.

**ALISON HARDING Director**

**B Physio Post Grad Cert Physio (Continence & Women’s Health)**

[](https://www.cliftonhillphysiotherapy.com.au/wp-content/uploads/2012/02/image022.jpg)

Alison completed her Bachelor of physiotherapy at the University of Melbourne in 2009 and more recently her Grade Cert in Pelvic Floor and Womens Health..  Since graduating she has traveled and worked extensively through the UK and Australia in both private and public hospitals and private practice.

Alison has experience working with football/netball teams and dancers in both injury prevention and management and has a keen interest in helping people of all levels to achieve their maximum function.

She uses a combined musculoskeletal, exercise prescription and clinical pilates approach in her treatment.  She has a special interest in chronic pelvic pain, neurological and vestibular rehabilitation.

**Professional Memberships**

Australian Physiotherapy Association

BOOKINGS

ONLINE  Not available for online bookings

CALL   [Contact us for an appointment with Alison Harding](https://www.cliftonhillphysiotherapy.com.au/contact/)

**DR SALLIE COWAN Director**

**B App Sc (Physio) Grad Dip (Manip Physio) PhD (Director)**



Sallie is a highly experienced Musculoskeletal Physiotherapist and Associate Professor at The University of Melbourne. She is a founding director of Clifton Hill Physiotherapy and [Clifton Hill Pilates and Rehab](http://www.cliftonhillpilatesandrehab.com.au/). She is internationally recognised as a leading clinician, researcher and educator in the diagnosis and management of anterior knee pain. Sallie also has a particular interest in spinal pain and has post graduate qualifications in Manipulative Physiotherapy. In addition she has many years experience working with sporting teams and athletes.

Sallie is a regular lecturer and supervisor to post-graduate physiotherapy students at the University of Melbourne. She has over 50 publications in international peer reviewed journals and has co-authored four book chapters on anterior knee pain and one on core stability including in the most popular sports medicine text of all time (Brukner and Khan Sports Medicine). Sallie has been invited to speak both Nationally and Internationally on the topic of knee pain, and has received numerous awards for her research.

**Professional Memberships**

The Australian Physiotherapy Association Titled member of Musculoskeletal Physiotherapy Sports Medicine Australia

Dr Sallie Cowan Publications – [SCowan Publications](https://www.cliftonhillphysiotherapy.com.au/wp-content/uploads/2017/02/SCowan-Publications.pdf)

BOOKINGS

ONLINE  Not available for online bookings

CALL   [Contact us for an appointment with  Sallie Cowan](https://www.cliftonhillphysiotherapy.com.au/contact/)

**JENNIFER LANGFORD – DIRECTOR**

**B App Sci (Physio) Post Grad Cert Physio (Continence & Women’s Health)**

[](https://www.cliftonhillphysiotherapy.com.au/wp-content/uploads/2012/02/image004.jpg)

Jennifer is an experienced physiotherapist with post graduate qualifications in Continence and Pelvic Floor Rehabilitation from the University of Melbourne and Post Graduate studies in Pain Management from the University of Sydney, School of Medicine. Jennifer is a founding Director of Clifton Hill Physiotherapy and [Clifton Hill Pilates & Rehab](http://www.cliftonhillpilatesandrehab.com.au/). Jennifer is a regular clinical supervisor and lecturer to postgraduate students, Jennifer has a special interest in women’s and men’s pelvic health, particularly persistent pelvic pain, vulvodynia and continence.

Jennifer has extensive experience working in hospitals and private practice in Melbourne and the UK. She has worked for many years managing sporting, spinal and musculoskeletal conditions. Having worked 15 years as senior clinician in a continence clinic, Jennifer understands the impact of bladder and bowel dysfunction on men, women and children. Jen has also worked in a multi-disciplinary pain clinic and has a  specific interest in   Neuroscience Education in Chronic pain and a passion for the management of persistent pelvic pain.

**Professional memberships:**

Australian Physiotherapy Association

Australian Pain Society

National Vulvodynia Association

Continence Foundation of Australia

Continence & Women’s Health Group APA

BOOKINGS

ONLINE  Not available for online bookings

CALL   [Contact us for an appointment with Jennifer Langford](https://www.cliftonhillphysiotherapy.com.au/contact/)

**Josh NEFT**

B Pod M Physio

Josh is a Physiotherapist with over 12 years experience in private practice. Josh graduated from the University of South Australia with a Master Of Physiotherapy (Graduate Entry) in 2005 after previously completing a Bachelor of Podiatry in 2001.

Josh incorporates a distinct focus on manual and exercise therapy and holistic care, placing great emphasis on having his clients be an active participant in their therapy to optimise their treatment outcomes.

Josh has undertaken further training in the fields of CranioSacral Therapy and Visceral Manipulation which looks to address correction of connective tissue restrictions throughout the body and the implications they have on dysfunction of the musculo-skeletal, nervous, vascular, cardio-respiratory, digestive and endocrine systems.

Josh's special interest areas include pelvic and spinal disorders, lower-limb problems due to his background in Podiatry, headaches and migraines, jaw problems and chronic pain syndromes.

In his spare time Josh is an avid music collector, movie watcher and Adelaide Crows supporter.

**Professional Memberships**

Australian Physiotherapy Association

BOOKINGS

ONLINE

CALL to make an appointment with Josh

**SERVICES**

Our practice offers the following core services throughout Thornbury, Preston, Northcote, Reservoir, Coburg,

They include :

* [Physiotherapy](https://www.cliftonhillphysiotherapy.com.au/services-2/physiotherapy/)
* Womens and Mens Health
* Sports
* Musculoskeletal
* [Real Time Ultrasound](https://www.cliftonhillphysiotherapy.com.au/services-2/real-time-ultrasound/)
* [Massage](https://www.cliftonhillphysiotherapy.com.au/services-2/massage/)
* [Chronic Pain Management](https://www.cliftonhillphysiotherapy.com.au/services-2/chronic-pain-management/)
* [Vertigo Management](https://www.cliftonhillphysiotherapy.com.au/services-2/vertigo-management/)

Our experienced qualified physiotherapists provide a comprehensive range of physiotherapy services including:

sports physiotherapy • manipulative, musculoskeletal • neurological • pain management • continence • prostate • pelvic pain • knee pain • back pain • neck pain • women’s / men’s health • vulvodynia • bed wetting  • paediatric services • haemophilia • children with persistent pain • juvenile arthritis • advising families on developmental issues (for example flat feet, knock knees and torticollis/wry neck) • scoliosis • paediatric burns management • stroke • TAC injuries • head injury and workplace injuries •real time ultrasound • vertigo • persistant pelvic pain • osteoporosis management • diabetes • childrens sporting injuries • orthotic prescription • ergonomic advice • pillow and mattress prescription • prolapse • post orthopaedic surgery rehabilitation (hip and knee replacement, shoulder reconstruction, rotator cuff repair, arthroscopy, ACL reconstruction)

Please replicate the headings on our Clifton Hill Physiotherapy Home page

IE

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BLOG  
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