**Lachlan Crowther**

Lismore NSW

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**Career Profile**

A self-motivated Exercise Physiologist that goes above and beyond to ensure best practice with a flexible approach driven by results. Strong background in Initial Consults, Assessing and Individualised exercise delivery with proven track record to meet rehabilitation outcomes and build strong client relations. Attention to detail in individualised Exercise Prescription for specific musculoskeletal rehabilitation and highly experienced working in mental health settings.

**Education/ Other Qualifications:**

* AEP (ESSA)
* Master’s Clinical Exercise Physiology (SCU), B Ex Sc (SCU) GPA 6.37- 7point scale.
* Bachelor Ex Sp Sci GPA 6.20
* Current first aid certificate with CPR
* NSW open driver’s license
* NSW WWC
* Completed PART training (Predict & Respond to Challenging behaviour) course

**Work Experience:**

* AEP Private Practice; NJF Wellness Centre Sale VIC June 2019- May 2020 (12 months)
* Queensland Health (placement 5 weeks) Cardiac Rehab Rockhampton Nov 2018-Dec 2020
* Exercise Physiologist (placement) Southern Cross University Health Clinic Mar 2018- Nov 2018 (8 months)
* Casual Community Support Worker October 2013 to June 2016. Employer- House with No Steps.
* Casual Disability Support Worker for Magenta Community Services, September 2014 to present.
* Exercise Physiologist (placement) Southern Cross University Health Clinic Mar 2018- Nov 2018 (8 months)
* Exercise Physiologist (placement) Neuromoves Lismore Mar 2018- Nov 2018

**Summary of Key Skills and Achievements:**

Accredited Exercise Physiologist: June 2019- May 2020 NJF Wellness Centre Sale Victoria (Private Practice)

Worked at NJF Wellness Centres Sale VIC servicing a full time varied case load of >60 appointments per week; DVA, NDIS, TAC, Workcover, Medicare and private clientele. Successfully completed this role and increased number of weekly appointments attended significantly through excellent service, patient care and word of mouth amongst local clientele in the community. Exceptional inter-personal skills of being able to listen to each client's needs, history and viewing the scope of service delivery and being adaptable with a positive attitude facilitated practitioner-client trust relationships and high levels of rapport.

Successful track record of working with patients with complex musculoskeletal pathologies meeting rehabilitation outcomes and making a full recovery from their injuries. Experienced in acute post-surgery rehabilitation, rehabilitating Traffic Accident clients with multiple injuries to weight bear and walk again as well as treating the patient; considering their mental and emotional needs from a bio-psychosocial perspective. A drive to provide evidence based exercises that focus on detail to ensure clients improve their mobility and function as best as possible.

Highly experienced in working with DVA and NDIS clients; with the skills to handle a full-time caseload with quality and complete administration duties. Background working with NDIS clients, of various disabilities, goals and needs. Highly experienced in supporting clients with mental health, having worked in mental health field for over 5 years. Also, worked with people with Cerebral Palsy, stroke and rare neurological conditions affecting motor control that require attention to detail for safety and optimal exercise prescription.