

## Thuy Bridges - Profile

As a qualified and registered physiotherapist, Thuy (Twee) Bridges is the director of PhysioWISE with three Sydney based physiotherapy and pilates clinics.

Thuy's philosophy has always been "There's more to fixing people than a university degree", so it was only natural that she mastered numerous additional skills to provide immediate and long term relief for her clientele (which include professionals in her own field).

She has studied and now teaches a whole range of advanced techniques including:

- Anatomy Trains / Fascial Fitness
- Craniosacral techniques
- Detailed muscle function testing and assessment
- Diagnostic Ultrasound retraining
- Dry Needling
- Kinesio Taping
- Muscle Energy Technique
- Pilates
- Tai Chi
- Trigenics
- Yoga

Thuy has presented short or full-length courses on all of the above topics over the years and it is her ability to relate the theoretical model of her presentations into practical, real-world situations has made her sought after as a presenter for both courses and conferences alike.

As well as being a certified Kinesio Taping instructor, Thuy is a certified Trigenist and Pilates and Yoga Instructor and has trained in Osteopathic techniques and acupuncture. She also provides consulting services to a number of businesses and community groups in Australia and is a clinical educator for Sydney University.

Thuy is the most experienced Kinesio Taping clinician and instructor in Australasia and has written her own Advanced Kinesio Taping manual which is used as the basis for the KT3 Kinesio Taping courses that are taught in Australia and New Zealand by herself and other instructors.

Whilst she enjoys the recognition from her colleagues in her presentations, it is the satisfaction and challenge of providing instant pain relief, movement and function, as well as assisting in the long term management of optimal performance in her clientele, that provides the motivation for her ongoing work.



## Curriculum Vitae

### Qualifications

- Anatomy Trains / Fascial Fitness Associate Instructor – training being finalised in July 2011.
- Certified Kinesio Taping Instructor (2004, re-accredited 2008, 2011)
- Certified Mulligan Practitioner (2010)
- Certified Trigenist – Registered Trigenics Practitioner (2008)
- Certified Sarah Key Method practitioner (2007)
- Certified Tai Chi Instructor (2005)
- Real Time Ultrasound Imaging in Physiotherapy (2004)
- Certified Instructor Trainer of the No Falls Exercise Programme for the Monash University Accident Research Centre (2004)
- Certified Pilates Instructor Trainer and Presenter for The Pilates Room (2003)
- Certified Pilates Instructor with UK Pilates Institute (2002)
- Bachelor of Applied Science in Physiotherapy (1998)

### Courses and Lectures Presented

#### Upcoming Presentations (2011 - confirmed)

- Tom Myers' Anatomy Trains workshops (Assistant) – Sydney (Dec)
- Robert Schleip Fascial Fitness workshops (Assistant) – Perth (Dec)
- Association of Massage Therapists. National Conference, Sydney (Oct)
  - Kinesio Taping workshop.
  - Ergonomics workshops.
  - Research Panel.
- Podiatric Surgeons. National Conference, Perth (Aug)
  - Kinesio Taping workshops.

#### 2011

- International Kinesio Symposium. Pre and post natal workshop – Orlando USA (Jun)
- Kinesio Taping Level 3 – Hamilton, NZ (Jun)
- Australian Physiotherapy Association new graduate lecture. Kinesio Taping – Brisbane (Jun)
- Bond University. Kinesio Taping student lecture – Gold Coast (Jun)
- Kinesio Taping Level 1 and 2 – Sydney (Jun)
- Kinesio Taping Level 1 and 2 – St John of God Hospital, Warrnambool, VIC (May)
- Kinesio Taping Level 1 and 2 – Berri, SA (May)
- Kinesio Taping Level 1 and 2 – Perth (May)

## Testimonials from clients and participants at Thuy's courses

### Melbourne 2009

Fantastic presentation and opened my eyes to the amazing possibilities.

Very clear plus rational in her approach.

Thanks. Great work!!!

Fantastic presentation skills and knowledge.

Thanks. Is wonderful to attend a course with a quality presenter. Thank you Thuy for all your ideas, insights and patience.

### Perth 2009

Excellent presenter, enthusiastic, clear, eloquent.

Loved Thuy – presentation very clear.

Thuy was great at answering any question and being very comprehensive.

One of the best hands-on instructors I've been taught by! Very engaging and informative.

Very easy to follow – great explanations.

Amazing – also her knowledge of different methods and how they work together.

The instructor was fluent, knowledgeable with excellent capacity to move across a wide variety of questioning.

Great knowledge base and adaptations/info.

FANTASTIC!!! Very knowledgeable instructor and good at relaying that knowledge.

- Kinesio Taping Method lecture – Busselton, WA (May)
- FILEX 2011. Muscle Function Testing and Kinesio Taping Method workshop – Sydney (Apr)
- Kinesio Taping Level 1 and 2 – Gold Coast (Mar)
- Griffith University. Kinesio Taping student lecture – Gold Coast (Mar)
- Tom Myers' Anatomy Trains. Master class Hip and Pelvis (Assistant) – Melbourne (Mar)
- Kinesio Taping Level 1 and 2 – Newcastle Knights (Mar)
- Kinesio Taping Level 1 and 2 – Canberra (Feb)
- Kinesio Taping Level 1 and 2 – Melbourne (Jan)
- Kinesio Taping Level 1 and 2 – Sydney (Jan)
- PhysioWISE Mums and Bubs classes – Sydney
- PhysioWISE Pilates classes – Sydney

## 2010

- Kinesio Taping Level 3 – Perth (Nov)
- New Zealand Society of Physiotherapists Annual AGM. Kinesio Taping Level 1 and 2 – Hamilton (Nov)
- Association of Massage Therapists. National Conference – Muscle Function Testing and Kinesio Taping workshops (Oct)
- Kinesio Taping Level 3 – Melbourne (Oct)
- Kinesio Taping Level 3 – Sydney (Oct)
- Kinesio Taping Level 1 and 2 – Perth (Oct)
- Kinesio Taping Level 1 and 2 – Sydney (Aug)
- Kinesio Taping Level 1 and 2 – Adelaide (Aug)
- Kinesio Taping Level 1 and 2 – Melbourne (Jul)
- Kinesio Taping Level 1 and 2 – Brisbane (Jul)
- Kinesio Taping Level 1 and 2 – Perth (Jun)
- Kinesio Taping Level 1 and 2 – Sydney (Jun)
- Kinesio Taping Level 1 and 2 – Melbourne (May)
- Australian Lymphology Association. Biennial conference workshop – Melbourne (May)
- Kinesio Taping Level 1 and 2 – Sydney (May)
- PhysioWISE Mums and Bubs classes – Sydney
- PhysioWISE BackWISE classes – Sydney

## 2009

- Kinesio Taping Level 1 and 2 – Canberra (Dec)
- Kinesio Taping Level 3 – Sydney (Nov)
- Kinesio Taping Level 1 and 2 – Adelaide (Nov)
- Kinesio Taping Level 1 and 2 – Christchurch (Nov)
- Kinesio Taping Level 1 and 2 – Auckland (Oct)
- Kinesio Taping Level 3 – Sydney (Oct)
- Kinesio Taping Level 1 and 2 – Sydney (Sep)
- Kinesio Taping Level 1 and 2 – Adelaide (Aug)
- Trigenics Institute; Introduction to Trigenics – Perth (Aug)
- Kinesio Taping Level 1 and 2 – Perth (Aug)
- Kinesio Taping Level 1 and 2 – Townsville (Aug)
- Kinesio Taping Level 1 and 2 – Melbourne (Jul)
- Kinesio Taping Level 1 and 2 – Gold Coast (Jun)

## Testimonials cont'd

### Adelaide 2009

Thuy was great, knowledgeable + good presenter.

In a bright, light and happy way I was well educated this weekend.

Well done! Even though there's a lot of information she's able to deliver the fundamentals of Kinesio Tape effectively and effortlessly.

Very enthusiastic.

Very well presented.

Very clear and good examples when demonstrating.

### Auckland 2009

Great enthusiastic presenter. Knowledgeable dynamic with presentation. Ensured we all understood principles of Kinesio Tape. Very clear and motivated.

Fantastic.

Able to adapt tape and course content depending on model and through experience of personal use.

Thanks for a great course.

### Christchurch 2009

Really good and easy to follow.

Great knowledge and so very easy to discuss anything with her. Couldn't be better!!

Excellent presenter and facilitator.

- Kinesio Taping Level 1 and 2 – Sydney (May)
- Murdoch University. Kinesio Taping Level 1 and 2 – Perth (Feb)
- PhysioWISE Mums and Bubs classes – Sydney

### 2008

- Trigenics Institute; Introduction to Trigenics (Assistant) - Sydney
- PhysioWISE Introductory Course; Trigenics - Shoulder Diagnosis and Treatment - Sydney
- PhysioWISE Introductory Course; Kinesio Taping Introduction - Sydney
- PhysioWISE Introductory Course; Pilates Matwork - Sydney
- PhysioWISE Introductory Course; Clinical Applications of Muscle Energy Technique for the Pelvis – Sydney
- PhysioWISE Introductory Course; Clinical Applications of the Mulligan Concept – Sydney
- PhysioWISE Mums and Bubs classes – Sydney
- PhysioWISE Pilates classes – Sydney
- PhysioWISE BackWISE classes – Sydney

### 2007

- Kinesio Taping Level 1, 2, 3 and 4 – Auckland, New Zealand
- Corporate Health Class (twice) – APP Corporation, North Sydney
- Kinesio Taping Level 1 and Level 2 - Perth
- PhysioWISE Mums and Bubs classes – Sydney
- PhysioWISE Pilates classes – Sydney
- PhysioWISE BackWISE classes – Sydney

### 2006

- Kinesio Taping Introductory Course for Fitness Trainers - Bondi
- Kinesio Taping Level 1 and Level 2 (Assistant) - Sydney
- Corporate Health Class (twice) – APP Corporation, North Sydney
- Pilates Matwork Level 2; Power Pilates – Oxygen Fitness, Penrith
- PhysioWISE Pilates classes – Sydney
- PhysioWISE BackWISE classes – Sydney

### 2005

- Manual Handling and BackCare for childcare workers - Computer Associates, Artarmon
- YMCA, Diagnostic Ultrasound Imaging for core stability retraining – Melbourne
- National Hand conference; Kinesio Taping for hand injuries - Coogee
- Pilates Matwork Level 2; Power Pilates (twice) - Fitness First Bond St Sydney
- Pilates Matwork Level 2; Power Pilates - YMCA Melbourne

## Testimonials cont'd

### Gold Coast 2009

Excellent.

Excellent instructor – great knowledge and great teaching skills!!

Good integration with her clinical experience and physio and broader knowledge.

### Sydney 2009

Thuy is an excellent instructor, she really ensures that we leave the course with 'practical' knowledge to use the Kinesio Tape.

Fantastic. Thanks Thuy.

Thuy was very effective in explaining all techniques.

Sound knowledge and well presented.

Thuy was excellent.

Thuy was very friendly and effective with her guidance.

Very pleasant personality and full of knowledge/experience.

Excellent presenter.

Very good instructor – Thank you.

Thuy – you are amazing!

Excellent!

Excellent communicator, easily understood, eager and enthusiastic with questioning.

Thuy did a great job explaining all details and demonstration.

Thorough, especially anatomical knowledge.

- PhysioWISE Pilates classes – Sydney
- PhysioWISE BackWISE classes – Sydney

#### 2004

- Corporate Pilates Classes - Trane Consulting, North Ryde
- Pilates Matwork Level 2; Power Pilates - Fitness First Bond St Sydney
- Pilates Matwork Level 2; Power Pilates - YMCA Melbourne
- Pilates Reformer Level 1 - Fitness First Bondi
- Pilates and Pregnancy - Fitness First Bond St Sydney
- Pilates and Props - Fitness First Parramatta
- PhysioWISE Pilates classes – Sydney
- PhysioWISE BackWISE classes – Sydney

#### 2003

- Pilates Reformer Level 1 - Train Station Melbourne
- Pilates Reformer Level 1 - YMCA Melbourne
- Pilates Reformer Level 1 - Fitness First Bondi
- Pilates Matwork Level 2; Power Pilates - YMCA Melbourne
- Pilates Matwork Level 2; Power Pilates - Fitness First Mosman
- Pilates Introduction - Fitness First Mosman
- PhysioWISE Pilates classes – Sydney
- PhysioWISE BackWISE classes – Sydney

#### Courses and Lectures Attended

#### 2011

- International Kinesio Taping Association Research Symposium
- Tom Myers' Anatomy Trains manual therapy
- Tom Myers' Anatomy Trains fascial fitness

#### 2010

- Dr Donald Epstein – Network Spinal Analysis lecture
- Sarah Key Method – International Course Development programme
- Andre Vleeming Pelvic Girdle Assessment and Low Back Pain workshop
- University of Sydney – Back Pain research review lecture
- The Mulligan Concept – Advanced course and Certified Practitioner Exam

#### 2008

- Kinesio Taping - Instructor re-accreditation for new 2009 course material
- Trigenics - Advanced Applications
- Trigenics - Adjustments
- Dean Watson - Treatment of Headaches
- Trigenics - Myoneural Medicine

## Testimonials cont'd

#### Canberra 2009

Excellent knowledge and teaching methods. Enthusiasm!

Excellent demonstrations, answered all our questions, observed us individually and gave advice.

#### Sydney 2010

Thuy was excellent as an instructor. Very knowledgeable and transfers this knowledge well.

Thuy made sure that we understood the fundamentals and repeated if necessary.

Very effective communicator.

Excellent delivery.

Very well presented. Very knowledgeable. Was good at relaying information.

Excellent.

Very good instructor made it very simple to learn. Thanks Thuy.

Great knowledge of tape and uses and anatomy and able to teach it effectively.

#### Melbourne 2010

Thuy is EXCELLENT.

Great instructor.

Kept us interested – could see passion come through.

Very good lecturer – patient and knowledgeable.

Thuy was a fantastic presenter and her knowledge was fantastic.

One of the best presenters I have ever seen.

## 2007

- Orthopaedic Updates Course
- Introduction to Trigenics
- Workcover – Manual Handling for Soft Tissue Injuries
- Sarah Key Level 2
- Polestar Studio Update Course

## 2006

- Sarah Key Level 1 – Five Stages of Spinal Breakdown
- Tai Chi Workshop – The Combined 42 Forms

## 2005

- Pain Disorders of the Lumbo-Pelvic Region
- Tai Chi for Arthritis
- Polestar Pilates Studio Course Level 3
- Polestar Pilates Studio Course Level 2

## 2004

- Polestar Pilates Studio Course Level 1
- Polestar Pilates Fitness Principals
- Advanced Research and Clinical Practise on the Pelvis
- Spinal Stabilisation
- World Congress on Low Back and Pelvic Pain
- Kinesio Taping Level 5 and Level 6 and Exam
- Medical Acupuncture
- Real Time Ultrasound Imaging
- Clinical Pilates and Core Stabilisation Level 2
- Occupational Health Physiotherapy Level 1
- Healthmarque orthotic prescription
- Kinesio Taping Level 3 and Level 4
- Real Time Ultrasound in Trunk Muscle Rehabilitation
- Clinical Pilates and Core Stabilisation Level 1
- Mind Your Body Conference
- Kinesio Taping Level 1 and Level 2
- No Falls Training – Active Aging SA and Monash University Research Centre

## 2003

- FILEX 2003 Convention
- Pelvic Floor Workshop
- Pilates Reformer

## 2002

- Cranio Sacral Therapy Techniques
- Lower Limb Biomechanics Level 1
- Yogafit Training
- Fit and Painfree in the Childbearing Year 3 – Low Back and Pelvic Pain
- Fit and Painfree in the Childbearing Year 2 – Hydrotherapy Approach
- Pilates Matwork Certification
- FILEX 2002 Convention

## Testimonials cont'd

### Perth 2010

Fantastic! Thuy really knew her stuff!  
Really enjoyed Thuy's teaching method.  
Excellent.  
Excellent.  
Fantastic. Very knowledgeable and excellent understanding clinically.

### Brisbane 2010

Great teacher.  
Wonderful, skilled clinician with great teaching ability.

### FILEX Sydney 2010

Good visual demonstrations and practical opportunities.  
Very interesting and exciting.  
Excellent.  
Great.  
Brilliant.  
Awesome.  
I only did FILEX for the CEC points, however I found this subject great!  
Very knowledgeable and outstanding presentation skills. I was a guinea pig for a muscle group and now my ass has never felt better!!! Ta.  
Great dynamic presentation.  
Excellent – very informative.  
Excellent – brilliant and gorgess (sic).  
Excellent.  
Very educational and hands on.  
Fantastic!

- Advanced Sports Medicine Seminar
- WorkCover NSW – Using Evidence Based Practice and Treatment Outcomes
- Mulligan Concept of Manual Therapy, Level 2 – Advanced Techniques
- Joints, Muscles and Motor Control: Interactions and management in Musculoskeletal Pain Syndromes

### **2001**

- Aquatic Physiotherapy Skills Course
- Thoraco-lumbar fascia and its role in Pelvic Stability
- Physiocise Method Level 2 – Asses, Analyse, Educate, Motivate, Progress
- Muscle Energy Techniques for the Cervical and Thoracic Cage
- Theraband Clinical Workshop, Functional exercise progression in orthopaedic and sports rehabilitation
- First Aid Certificate

### **2000**

- Posture, Soft Tissue and Exercise
- Physiocise – A theoretical and practical basis for an exercise based approach to rehabilitation of back pain
- Muscle Energy Techniques: Treatment of the Pelvis and Lumbar Spine

### **1999**

- Hydrotherapy Principals and Practice
- NAGs, SNAGs and MWMs - The Mulligan Concept
- Broaden Your Scope into Workplace Consultancies

### **1998**

- Level 1 Sports Trainer Certificate
- Prophylactic and Injury Taping
- Sports First Aid certificate including CPR

## **Testimonials cont'd**

### **Hamilton 2010**

Excellent presenter.

Very thorough and knowledgeable instructor.

Top quality. Very experienced.

Awesome – want Thuy in NZ for KT3.

Two very good. Good clinical knowledge and clinical reasoning and Differential Diagnosis.

Fantastic teacher/tutor.

Easily understood. Clear explanations.

Excellent. Very easy to understand.

Excellent. Good balance of knowledge and clinical application.

Superb and related really well to clinical settings.

Great knowledge and ability to relay this.

There wasn't a single question she couldn't answer.

### **AMT Conference 2010**

Thuy had so much info to share and was an excellent presenter.

Fantastic.

Thuy's enthusiasm was infectious, love her.

The teaching was great, very patient and informative.

Very hands on, she knew very extensive information about the topic.

Very hands on, she knew very extensive information about the topic.

She was excellent in presenting – helpful and educational.

Presenter very very enthusiastic about topic and her work. Very inspirational.

Best course I have attended in a long time.