

Spotlight on Adam Dascal – Physiotherapist at Elsternwick Physiotherapy Centre

As part of our Spotlight On Series, we sat down with Physiotherapist, [Adam Dascal](#), from our [Elsternwick Clinic](#) to find out a bit more about what motivates him...

WHAT INSPIRED YOU TO BECOME A PHYSIOTHERAPIST?

As a child I remember going to the football and being devastated when my favourite player was injured. I remember thinking if I was involved with their rehabilitation, I could get them better faster!

What does being part of community sport mean to you?

I've always respected amateur athletes that make time for their health and fitness despite their busy lives. Being a part of helping them reach their goals and dreams is extremely rewarding.

What is your philosophy around injury management?

Empowerment. Everyone should have an understanding of what their injury is, how long it will take to get better and what they can do to optimise their recovery. Every patient can be directly responsible for how they go during rehab by their actions and attitude. As a patient, when you take ownership of your treatment plan the feelings of helplessness and despair make way for confidence and desire.

What is your proudest sporting moment as a player?

My proudest sporting moment was completing a 1/2 marathon a couple of years ago. It was a culmination of a lot of hard work and training.

What is your worst injury and how did you overcome it?

I've been lucky in that I haven't had any serious injuries. I'm too busy to be injured!

Who is your sporting hero and what do you admire most about them?

My sporting hero's are the mum's and dad's out there that make time for sport and exercises despite being so flat out with kids. As a dad of two young children I know how hard this is. I envy those of you who can go for a run whenever you feel like it!

If you could have a superpower, what would it be?

Definitely the ability to fly. No more being squashed on airplanes!