

SPOTLIGHT ON: Amy Decker – Physiotherapist

In our latest 'SPOTLIGHT ON' series, we sat down with [Amy Decker](#), Physiotherapist at our [Langwarrin](#) clinic and current Physiotherapist for the [Southern Saints](#) AFLW Team. In our chat, Amy reveals her proudest sporting moment and what community sport means to her.

WHAT INSPIRED YOU TO BECOME A PHYSIOTHERAPIST?

When I was younger I played numerous different sports and sustained multiple ankle injuries spending majority of my spare time at a physiotherapist. In doing so I learnt a lot about the human body, anatomy and rehabilitation and began to enjoy similar subjects at school. Unfortunately I had some mis-treatments, which further inspired me to become a physiotherapist and to make a difference and positive impact to individuals along their road to recovery.

What does being part of community sport mean to you?

Not only do I love being involved in any sporting team, I love giving back to the grassroots where we all start playing and being able to make an impact on athletes careers long term. Liaising with coaches, parents to gain the best outcome for the individual is very rewarding.

What is your philosophy around injury management?

My main philosophy is around injury prevention, why treat it if we can potentially avoid it. A great strength based program, nutrition, stretching and recovery are all important factors. The earlier we can intervene the better the outcome. Injury management should be individually created and criteria driven and not just a recipe approach following a general

timeline as everyone is different.

What is your proudest sporting moment as a player?

Proudest sporting moment would either be representing Victoria in women's AFL or winning the leagues Best and Fairest in the U18 AFL competition.

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

Worst injury would be Gr II ankle injury with a separation of my syndesmosis (ligament between your tibia and fibia). Two days later, I flew to Perth to play football for Victoria as advised by the medical team – as a result, I have needed three surgeries since with long term effects. I received multiple opinions and all that I could do was continue with what I could control and that was my rehabilitation and recovery, keeping a positive mind set. The power of the mind is incredible and if you claim defeat then you are already beaten before you start, I have now returned back to playing basketball and continue to strengthen.

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

My sporting hero would be Stephen Curry, his work rate, habits, attitude and commitment to be better than he was yesterday is above and beyond. He is evidence 'success is not an accident, its a choice.'

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

If I could have a super power it would be to fly, soaring through the wind above everyone else, and being able to travel to anywhere in the world without getting travel sickness!

To make an appointment with [Amy](#) you can [BOOK ONLINE](#) or call Langwarrin Sports Medicine Centre on 9789 1233.