

# SPOTLIGHT ON: Ellie Russo – Physiotherapist

*In our latest 'SPOTLIGHT ON' series, we sat down with [Ellis Russo](#), Physiotherapist at our [Langwarrin](#) clinic. In our chat, Ellie shared why her mum is her greatest sporting hero!*

## **WHAT INSPIRED YOU TO BECOME A PHYSIOTHERAPIST?**

I loved my families physiotherapist as a kid and would always tag along to appointments with mum so that I could see her. I also was heavily involved in sport growing up and found the human body and health really interesting so I guess I just combined them all together.

## **What does being part of community sport mean to you?**

I'm fortunate enough to still be involved in community sport as a player with Mt Eliza Football Netball Club. Its a great way to stay active and keep fit but more importantly I've made some great friendships throughout my time there. My sister and mum are also playing so we get to spend some family time there as well.

## **What is your philosophy around injury management?**

Empowering my patients through education surrounding their injury to help them feel more confident in their rehabilitation plan is very important. Once this has been achieved I believe looking at why the injury occurred in the first place and addressing these factors is important to ensure future injuries can be avoided. This means patients can spend more time doing what they love instead of spending it on injury recovery time.

## **What is your proudest sporting moment as a player?**

Being a part of the Victorian Netball teams in my teenage years.

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

Luckily I haven't had any major injuries, just lots of jarred fingers from the netball court.

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

My mum! She is in her 50's and still playing netball and loving it, hopefully I'll be doing the same when I'm her age.

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

The ability to fly for sure!

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