

Spotlight on Joanna Daves – Physiotherapist

This week in our “Spotlight On” series we caught up with Physiotherapist and Pilates Instructor from our [Mornington clinic](#), [Joanna Daves](#). She provided a great description of the role of her “Physio voice” and her “Patient voice” in overcoming injury.

WHAT INSPIRED YOU TO BECOME A PHYSIOTHERAPIST?

Well, I had a real interest anatomy and science. I love sports and I knew that health care would be a great fit for me. Physiotherapy seems to tick all those boxes. It was the best decision I made.

What does being part of community sport mean to you?

For the last seven years I have been part of the Victorian Referee community as a physiotherapist in both the A-league and W-League, soccer. It has been a great way to actively be part of the sport I love and especially as people do not realise the amount of work that goes into being a referee at an international level. It has been an eye opener for me and has made me appreciate the referees/umpires in all codes.

What is your philosophy around injury management?

It is all about managing load and also looking beyond the location of pain. Getting a bigger picture of everything that has contributed to their injury. I try and look past the injury that someone presents with in order to get them better and also prevent them from coming back with the same thing down the track. Prevention is better than a cure, always!

What is your proudest sporting moment as a player?

I did my first ever sprint sized triathlon a few years ago. I was never so inclined but working alongside triathletes in Mornington helped motivate me to get fit enough to at least give it a go. I started running, cycling and I even had to learn how to swim. Basically starting out with no fitness to doing all those distances and swimming in the bay was a big achievement for me. I showed myself that hard work goes a long way.

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

Hip pain that was not originating from the hip. I realised how frustrating injuries are! It stopped me from training as much as I would have liked, which had a big impact on my mindset. It is hard having injuries as a physiotherapist – you feel crazy. You have a physio voice saying ‘do this and you will get better’ and the patient voice saying ‘you will never get better’. I just had to think logically and rationally, listen to my own advice and listen to my colleagues.

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

I have two. The first is Rafael Nadal with his “never say die” attitude. He also treats every point as if it means everything. My second is Daniel Ricciardo. Daniel puts everything on the line at every race. In such a dangerous sport, he shows amazing courage and bravery and really pushes the limits.

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

Teleportation. Europe would only be a single step away. On my lunch break, I’d go to Greece for a swim then eat my favorite souvlaki, then step back to Mornington and see my next patient. Life would be good!

To make an appointment with Joanna, contact Mornington Central Physiotherapy on 5973 5511 or [Make an online booking](#)