

# SPOTLIGHT ON: Zoe Farrant – Physiotherapist

*In our latest 'SPOTLIGHT ON' series, we sat down with [Zoe Farrant](#), Physiotherapist at our [Rosebud](#) clinic. In our chat, Zoe talked to us about her passion for equestrian sports and why she believes prevention is always better than a cure.*

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

My fascination with the human body, and this will sound super corny, but I wanted a career where I could help people. I also wanted to be able to combine my love for equestrian sports with my occupation which works beautifully as a Physiotherapist. A chunk of my caseload are fellow equestrian enthusiasts. It is extremely rewarding helping these individuals to achieve their goals in the saddle and/or ride pain free.

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

I believe being involved in community sport (including Pony Club) as a youngster helps shape one into a well rounded adult. Learning to be a team player, carry responsibilities, and having an active lifestyle from a young age certainly sets one in good stead for many of life's challenges. Continued involvement in community sport as an adult and parent gives the opportunity to give back to the sporting organisation as a volunteer and continue to enjoy a healthy and active lifestyle.

More recently I've gained a greater appreciation and respect for motor sports such as Super Cross. It is exhilarating being part of a medical team helping these gutsy athletes.

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

Prevention is always better than a cure. Get on top of those weaknesses and 'deficits' before they let you down. Physiotherapists are equipped to assess and prescribe management plans to hopefully reduce the risk of injury and optimise performance. Unfortunately, even with all the best intentions, injuries will still occur from time to time. Don't wait weeks/months before being assessed as it is certainly more challenging to resolve a chronic problem than an acute one.

## **What is your proudest sporting moment as a dressage rider?**

Hmmm, don't really have a proudest moment as such. Being able to train under and learn from some of the worlds best dressage riders and trainers on my young horses over the years has been such a thrill.

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

Nasty knee injury involving a ruptured [ACL](#), MCL and LCL, post lateral [meniscal tear](#) and so on in 2016 during a ski trip to Niseko, Japan. Amazingly, touch wood++, I have fallen off horses hundreds of times (who's counting?) and never had a serious injury. I feel I shouldn't be saying this, hope I haven't jinxed myself!

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

Charlotte Dujardan, broken every world record there is to break in the dressage world. She has nerves of steel. Her mindset is inspiring as is everything else about her!

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

To fly. Not sure why, but flying features in my dreams ever

since I remember.

To make an appointment with [Zoe](#) you can [BOOK ONLINE](#) or call [Rosebud Physiotherapy Clinic](#) on (03) 5986 3655.