

Spotlight on Simon Johnson – Physiotherapist for Frankston YCW

Physiotherapist, [Simon Johnson](#), from our Langwarrin Clinic, is currently the Physiotherapist for local Football Netball Club, [Frankston YCW](#). We recently sat down with Simon to find out a bit more about what makes him tick...



What inspired you to become a Physiotherapist?

I have always been a massive sport fan, whether that's playing, spectating or being part of the medical team. At school, I was most interested in science subjects, especially human anatomy. So I guess I paired my passion for sport with a genuine interest in the human body and chose to peruse physiotherapy as a career!

What does being part of community sport and specifically, [Frankston YCW](#) mean to you?

One of the best things about being involved in community sport is making new friends, whether that is with players, coaches or supporters. It's a great feeling belonging to a network of people who enjoy footy but also interact in the community in which I enjoy being a part of.

What is your philosophy around injury management?

Hard work equals goals. As a physio we may spend 40 minutes total with a patient per week. In that small amount of time I do as much as I can with my hands to help but it is the tools I give that patient to self manage through stretches, exercises, activity modification and behavioural changes that is really valuable. The patient has to put in some hard work to successfully rehabilitate and injury, being proactive and following the advice provided usually leads to great outcomes and speedy return to sport.

What is your proudest sporting moment as a player?

Winner of the 2014 Gentlemen's Cup. An annual competition held amongst friends in which we compete in four events; table tennis, darts, lawn bowls and golf. The winners name is engraved into the trophy each year so I'm pretty proud of that.

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

I've been pretty lucky with sporting injuries in the past. Worst injury was probably when I fractured my leg in footy. I was playing in the centre and was carrying the ball out of the stoppage and was chased down and tackled. Heard the crack and knew it was fractured. Worst part about it I was due to fly out that afternoon with friends on a surf trip to Gold coast, so I had to sit on the beach for two weeks watching the boys surf. A trick I learnt from that day was when you apply ice to an injury and the pain worsens, its often a telling sign that there is a fracture and an X-ray is a good idea!

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

Mick Fanning.

I thought it was pretty inspiring when he returned to

Jeffrey's Bay in South Africa one year after being attacked by a great white and not only entered the water where he was attacked, but won the event against the world's best. That takes some serious bravery, courage and also skill! I don't throw around the term hero much, but that to me was heroic!

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

It would be nice to have a magic wand with healing powers, save my hands from the pain of a long day of treatment!