

Wayne Rodgers Biography

Wayne Rodgers is an APA sports and exercise physiotherapist, functional strength coach and highly experienced course presenter with over 30 years of clinical experience. He has been a sports physiotherapist for several national and international sports teams including the Australian Netball team and the Australian Commonwealth Games team. Wayne has a special interest in both the management of shoulder dysfunctions and in the effective utilisation of functional strength training within clinical practice.

When designing and delivering professional development courses he has a strong focus on providing evidence-based, highly systematic approaches to management - with a significant component of all his courses dedicated to the acquisition and mastery of practical skills. With an ability to convert complex health and high performance concepts into vitalised messages and simple strategies, Wayne has become a very popular presenter on sports physiotherapy and fitness industry seminars and courses.

Wayne has presented over 3500 hours of training and education to receptive audiences throughout Australia and around the world over the past 20 years. His current professional roles include: running a successful sports physiotherapy clinic and functional strength coaching facility in Noosa QLD, contributing to the Masters in Sports Medicine program at Melbourne University, developing online education and training programs and delivering up to 30 physiotherapy and exercise professional courses per year