

## About Josie Germano

Josie is a registered physiotherapist with 30 years of experience in a variety of clinical settings, both as a consultant and as a treating practitioner. For the past 21 years she has specialized in community-based rehabilitation providing assessment and treatment services in the home, at the gym, school, and workplace. She has clinical expertise in orthopaedics, brain injury, spinal cord injury, sports injuries, women's health, seniors' health, and chronic pain. She has received professional training in pilates for rehabilitation, including certification in the latest evidence-based pilates method applied to physiotherapy.

When she is not treating patients, she enjoys an active lifestyle playing tennis, downhill and cross-country skiing, cycling, kayaking and canoeing, hiking, wilderness camping, gardening, travelling, and practicing Iyengar yoga.