## A Bit About My Journey

Hi! I’m **Namita Mehta**, originally from **New Delhi, India**, and a proud graduate of **Manipal University, Karnataka**, where I completed my **Bachelor’s in Physiotherapy**. Like many others passionate about health and sport, my journey started back home in India—with a deep interest in helping people recover, move better, and return to doing what they love.

After completing my studies in India, I moved to Australia to pursue further education and opportunities. I went on to complete my Double **Master’s in Sports and Musculoskeletal Physiotherapy** at the **University of South Australia , Adelaide** —and that opened up incredible pathways to work in both the **public healthcare system** and in **elite sports physiotherapy**.

Today, I’m based in **Melbourne**, where I work as a **Senior Physiotherapist in the public health sector**, while also offering **online sports and musculoskeletal physiotherapy consults** for people in **India and beyond**.

Over the years, I’ve had the chance to work with athletes of all levels—from juniors to national teams, across sports like **gymnastics, hockey, cricket, and basketball (including para and intellectually disabled teams)**. I bring that same level of care, experience, and attention to every online session—no matter where you are.

**Fun Facts about Me**

When I’m not helping you with your rehab or performance goals, I love spending time doing the things that make life enjoyable . Here are a few fun facts about me:

* **Family & Friends**: I’m incredibly close to my family and friends—no matter how busy life gets, they always come first.
* **Wine Lover**: I’m a big fan of good wine
* **Pottery Enthusiast**: I absolutely love getting my hands messy and creating something beautiful with pottery. It’s my little creative escape!
* **Racquet Sports Fan**: When I’m not working, you’ll often find me on the court playing racquet sports—whether it’s tennis, badminton, or just having fun with friends.

These passions keep me balanced, and I believe they’re all part of what makes me a better physiotherapist—because taking care of yourself is just as important as taking care of your body!

## ****My Experience & About Me****

* **16+ years of experience** in Sports and Musculoskeletal Physiotherapy in Australia
* **APA Titled Sports and Musculoskeletal Physiotherapist ( APA = Australian Physiotherapy Association)**
* Worked across **public health**, **private practice**, and **elite sports settings**
* Extensive experience working with **athletes of all abilities**, including **para-athletes**, in sports such as **hockey**, **basketball (wheelchair and intellectual disability teams)**, **gymnastics**, Vision Impaired Australian **cricket** and many more.
* **Advanced Practice Physiotherapist** in **emergency , Neurosugery , Virtual fracture clinic settings** (managing acute injuries, soft tissue injuries, and complex musculoskeletal conditions)
* **Clinical Educator** at **University of South Australia**, mentoring final-year students and **tutoring on APA courses**
* Contributed to Data collection for a **research publication** on **telehealth physiotherapy** during the COVID-19 pandemic, advocating for the effectiveness of **online consultations**
* Currently based in **Melbourne**, working in the **public health sector** as a Senior Physiotherapist

## ****My Specialisation****

* **Sports Injury Rehabilitation & Prevention**
  + Acute injury management – Muscle , ligament , bone stress , running injuries.
  + Adolescent athlete rehab and development
  + Female athlete health and performance
  + Strength and conditioning-based rehab
  + Return-to-sport programming
  + Injury prevention and screening
* **Musculoskeletal Conditions**
  + Spinal pain (neck, mid-back, lower back)
  + Hip and groin pain
  + Shoulder, Elbow , knee, and ankle injuries
  + Postural and biomechanical assessments
  + Complex or persistent pain
* **Online Physiotherapy & Telehealth**
  + Virtual consultations via **Zoom** or **FaceTime**
  + In-depth injury assessments and diagnosis
  + Tailored rehab programs (home or gym-based)
  + Real-time movement correction and support
  + Ongoing progress tracking and guidance
  + Pilates and osteoarthritis online classes
  + Education to empower patients to manage their own recovery

**Why Choose Online Sports Physiotherapy?**

Sports injuries and musculoskeletal issues don’t wait for convenience—and neither should your recovery.

In today’s fast-paced, connected world, **online physiotherapy** offers a smarter, more flexible way to access expert care when and where you need it. Whether you're a weekend warrior, a professional athlete, or simply someone trying to stay active and pain-free, virtual physiotherapy makes it possible to stay on track without the hassle of travel or waiting rooms.

It allows you to:

* **Get seen faster** – no waiting lists, no traffic.
* **Train in your environment** – exercises can be adapted to what you actually have at home or at your gym.
* **Stay consistent** – your rehab fits into your schedule, not the other way around.
* **Stay connected** – check-ins, follow-ups, and updates are just a click away.

**But… Isn’t Physiotherapy All About Hands-On Treatment?**

This is a common myth. While manual therapy can be one part of physiotherapy, it's **not the only** or even always the most important part of effective treatment—especially for sports and musculoskeletal injuries.

Here’s the truth: **movement is medicine**, and the most critical parts of your rehab are often things **you do**, the strengthening exercises you do correctly and how you progress them and it’s about load management and understanding that aspect and your recover.

It’s not about things done *to* you or the passive modalities

Online consults with Namita Mehta will help you to Understand and fix the CAUSE of the problem not just fix the symptoms

Online physiotherapy with Hammr Sports Physiotherapy will focuses on:

* ✅ **Accurate assessment** through detailed video consultations
* ✅ **Tailored exercise programs** specific to your injury, sport, and goals
* ✅ **Movement analysis** and real-time corrections
* ✅ **Education and self-management strategies** to reduce pain and prevent recurrence
* ✅ **Progress tracking** and ongoing support—all from the comfort of your home or training environment

You’ll be surprised at how much can be achieved through virtual sessions—with long-lasting results.

## ****How Does Online Physiotherapy Work?****

Getting expert physiotherapy care online is simple, effective, and designed to fit into your lifestyle. Here’s how it works from start to finish:

### ****1. Book Your Session****

You can easily book your appointment through our website. Choose a time that works best for you—no commuting, no waiting rooms.

### ****2. Secure Your Booking with Payment****

To confirm your appointment, payment is required at the time of booking. This ensures your session is reserved and allows us to prepare a high-quality, personalized experience just for you.

**Payments are made securely through our online booking system.**  
You’ll receive a confirmation email once your payment and booking are complete.

### ****3. Complete a Short Intake Form****

Before your session, we’ll ask you to fill out a quick form about your injury, pain, medical history, and goals. This helps us tailor the session to your specific needs.

### ****4. Join Your Virtual Consultation****

At your scheduled time, you’ll meet your physiotherapist via secure video call which can be via Zoom or Face time. All you need is a smartphone, tablet, or computer with a camera—and a little space to move.

### ****5. Thorough Assessment****

We’ll talk through your symptoms, health history, and goals. Then, we’ll guide you through specific movements to assess your mobility, strength, posture, and functional patterns—just like we would in-person.

### ****6. Personalized Treatment Plan****

Based on your assessment, we’ll create a customized rehab or performance plan. This may include:

* Specific exercises tailored to your condition
* Mobility and strength training
* Pain management techniques
* Movement corrections and injury prevention strategies

You’ll receive video demos and clear instructions so you can follow your plan confidently at home or in the gym.

### ****7. Ongoing Support & Follow-Ups****

We’ll track your progress, make adjustments as you improve, and be available for follow-ups and questions. You’ll have support at every stage of your recovery—right from your phone or laptop.

### ****What You’ll Need for Your Online Session:****

* A stable internet connection
* A device with a camera (phone, tablet, or laptop)
* Comfortable clothing you can move in
* Some space to perform simple movements
* Any equipment you normally train with (if available)

### ****Online Physio, Real Results****

We’re here to guide you every step of the way—so you can recover faster from your injury , move better, and get back to doing what you love.

Terms and Conditions :

* 50 percent charges for cancellation in less than 24 hours