



PAYAL SHARMA

PRINCIPAL PHYSIOTHERAPIST



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Sydney Metropolitan

ABOUT ALLIED ALLIANCE

Allied Alliance offers specialised mobile physiotherapy services for aged care clients and NDIS participants. Our dedicated team is committed to enhancing quality of life and independence by improving mobility, strength, and overall physical function. For aged care participants, physiotherapy helps manage chronic conditions, reduce pain, and prevent falls. For NDIS participants, we provide tailored exercises and rehabilitation programs that enhance motor skills, coordination, and daily living activities, empowering clients to achieve their personal goals and maintain an active, fulfilling lifestyle.

EDUCATION

- **Bachelors of Nursing** | University of Sydney
- **Masters of Physiotherapy** | University of Sydney

EMPLOYMENT HISTORY

• **Westmead Hospital - Peri operative Nurse**

Payal assisted as a scrub nurse in surgical procedures such as orthopaedics, head & neck, colorectal, breast, gynaecological and much more.

• **Nepean Hospital - Acute L/2 Physiotherapist**

Payal has rotated through a number of specialities such as ICU/CCU, cardiology, respiratory, neurology, inpatient rehabilitation and aged care.

HOW PAYAL CAN ASSIST YOU OR THOSE YOU SUPPORT

- Mobility and Gait assessments
- Gait aid prescription
- Chronic pain management
- Hydrotherapy
- General strengthening & conditioning
- Enhancing functional independence
- Falls prevention strategies & exercises
- Balance & coordination exercises
- Rehabilitation post orthopaedic surgery - example: hip or knee replacements
- Cardiopulmonary rehabilitation- e.g. post CABG procedures or after a heart attack
- Cardiorespiratory Physiotherapy- ventilated clients, tracheostomy management or those with limiting lung conditions such as COPD
- Neurological rehabilitation- stroke, ABI, MS, Parkinson's
- Carer & staff manual handling training
- Physiotherapy Reports
- Developing home exercise programs and much more ...

Do you have specific goals in mind for yourself or someone you support? let's chat to see how we can help!