



northside
physical
medicine

A comprehensive
approach to
musculoskeletal
dysfunction

www.northsidephysicalmedicine.com.au t 9438 5088

Welcome to Northside Physical Medicine

At Northside Physical Medicine we take a comprehensive approach to restoration of function and pain management for biomechanical musculoskeletal problems, incorporating the expertise of Fellowship-trained Physical Medicine Doctors proficient in diagnosing complex musculoskeletal pain and dysfunction.



Physical Medicine Doctors specialise in the non-surgical relief of back and neck and peripheral joint dysfunctions involving hips, knees, ankles, shoulders, elbows and wrists as well as postural problems, utilising manual medicine techniques with emphasis on a hands-on approach.



Core muscle activation and retraining, utilising real-time ultrasound imaging under the supervision of our Physiotherapist who has a special interest in this field and a proven track record of success in improving and stabilising chronic lower back pain.



Our Exercise Therapists use customised exercises, in particular the FBS system, to restore function and balance to the body. Re-mapping of muscle activation patterns plays an important role in our prescriptive exercise rehabilitation.



Dr. Philip Lim

MBBS (London), MMPM (Sydney),
FACPM, Fellowship-Trained Physical
Medicine Physician

Dr. Lim is a Fellow of the Australian
College of Physical Medicine. He
completed his medical training at the

Middlesex Hospital Medical School, University of London in the UK in 1985. Dr Lim practised on the NSW Central Coast until 2002. Upon completion of the Graduate Diploma and Master of Medicine in Physical Medicine from the University of Sydney in 2003, he relocated to St Leonard's and started Northside Physical Medicine. He is the current serving Federal Secretary for the Australian College of Physical Medicine and is associated with the Hong Kong Institute of Musculoskeletal Medicine and the American Association of Orthopedic Medicine. Apart from general back and neck problems, Dr. Lim has a special interest in lower and upper limb dysfunctions attracting continued referrals for shoulder and foot pain. Dr. Lim is the founder and Managing Associate of Northside Physical Medicine.



Dr. Rod Ayscough

MBBS (Sydney), MMPM (Sydney),
FACPM, Certified Independent Medical
Examiner, Fellowship-trained Physical
Medicine Physician

Dr. Rod Ayscough has been practising as
a Musculoskeletal Physician since 2000,

with an extensive background in Physical Medicine, beginning in 1980, whilst a Medical Officer in the Australian Army. Northside Physical Medicine benefits from his wealth of experience and skills in the treatment of severe lower back and neck dysfunction. When not consulting, Dr. Ayscough is involved in operative assisting with Spinal Neurosurgeons, enabling him to keep up with the latest techniques in spinal surgery. His areas of interest are lumbar and cervical disorders and realtime ultrasound assessment and retraining of the core abdominal musculature. Dr Ayscough holds both the Graduate Diploma and Master of Medicine in Physical Medicine, is the current Vice President of the Australian College of Physical Medicine, and is an accredited Assessor for the Motor Accidents Authority of NSW. He is also available at the Sydney Neurospine Clinic at Chatswood on Thursdays.



Dr. Shane Moloney

MBBS (Sydney), MMPM (Sydney),
FACPM, Fellowship-Trained Physical
Medicine Physician

Dr. Moloney joined Northside Physical
Medicine in 2006 following 25 years of
medical experience in his practice in

Maroubra. His interest in musculoskeletal medicine has led him to utilise acupuncture as well as physical medicine techniques in his treatment. He graduated from the University of Sydney in 1974, has been a Fellow of the Australian Medical Acupuncture College since 1988 and has recently gained his fellowship with the Australian College of Physical Medicine in 2005. He is also a life member of the Australian Surfing Doctors Association serving as a Club Doctor for the South Maroubra Surf Club. He is a Fellow of the Australian College of General Practitioners, an accredited Motor Accidents Authority Assessor and is trained in Workcover assessment. His special interest is in the management of Workcover related injuries along with the treatment of spinal and peripheral joint dysfunctions.



Dr. Michael Mock

MBBS (Sydney), MMPM (Sydney),
FACPM, Certified Independent Medical
Examiner, Fellowship-Trained Physical
Medicine Physician

Dr. Mock joined Northside Physical
Medicine in 2004 bringing with him a

special interest in the use of prolotherapy for management of chronic pain of ligamentous origin. He completed his medical training from the University of Sydney in 1978 and has completed his Fellowship with both the Australian College of General Practitioners and Australian College of Physical Medicine. He also holds a Graduate Diploma and Master of Medicine in Physical Medicine from the University of Sydney. Dr. Mock is also a Certified Independent Medical Examiner. Michael trained with the American Association of Orthopedic Medicine and The American College of Osteopathic Sclerotherapeutic Pain Management in prolotherapy involving the injection of proliferants to tendon and ligament insertions to promote healing and pain management. He is currently pursuing further training and interest in ultrasound guided injection procedures for musculoskeletal problems. Dr. Mock also has training and expertise in applying the Blomberg injection treatment for lower back pain.



David Donkin

Physiotherapist

B. App Sc. (physiotherapy)

Mr. David Donkin is a physiotherapist with 15 years experience in dealing with the conservative approach to spinal and musculoskeletal disorders, and has now incorporated realtime ultrasound assisted assessment and training of core abdominal and back musculature into this conservative approach. Realtime ultrasound allows the therapist to accurately determine the existing contraction sequence of the CORE muscles, then alter that sequence appropriately to achieve normal function. Realtime ultrasound is also used as a biofeedback tool to assure the patient that their home exercise program is specific for their needs, thus reducing the recovery time. He has recently joined Northside Physical Medicine and brings a wealth of experience to the rehabilitation arm of the practice, both from a treatment and prevention point of view.



Beata Rajkowska

Exercise and Massage Therapist

Diploma Sports Injury

Diploma Remedial Massage

Diploma Aromatherapy

Beata Rajkowska works alongside Physical Medicine doctors joining Northside Physical Medicine in 2004, coming from a full time outpatient gymnasium and hydrotherapy based rehabilitation practice. Beata is a qualified exercise therapist as well as masseuse. She also holds an overseas degree in physiotherapy from the Warsaw University in Poland, graduating in 1986. She teaches and oversees the exercise programs prescribed by the Musculoskeletal Physicians in the practice. Beata has extensive experience in the European approach to the treatment of musculoskeletal disorders which enhances her ability to apply tailored exercise treatments for Northside Physical Medicine patients.

For more information about
physical medicine, please visit
www.northsidephysicalmedicine.com.au
www.physicalmedicineaustralia.com.au

Northside Physical Medicine

linea suite 105
2 atchison street
st leonards nsw 2065
t 9438 5088



Restoration of function and prevention
of injury recurrence



Assessment and treatment of
biomechanical musculoskeletal
dysfunction

