



DR MELISSA MCCONAGHY, FACP

Candidate Statement

As a current APA Board Director, I'm seeking support for re-appointment to continue championing our profession and the APA at a national and international level. I believe I am a strong candidate and have the support of the Board. A second term will bring continuity and stability as the new APA strategic plan is rolled out.

My recent appointment as President of the International Neurological Physiotherapy Association (INPA) for World Physio further strengthens my global connections and ability to advocate for Australian leadership on the international stage.

What I stand for:

- Advancing the value, scope, and influence of the physiotherapy profession
- Driving consumer campaigns that elevate physiotherapy's public profile
- Advocating for appropriate remuneration and market integrity within the profession

As a Specialist Physio and award-winning clinician recognised for service, clinical excellence, and impact, I bring a wealth of expertise to the Board. I offer strong and authentic representation of both the profession and the APA across key areas including the NDIS, digital education, private practice, and international licensing.

I am deeply passionate about our profession and have taken a leadership position in the recent NDIS Pricing Review media campaign and NDIS Taskforce, and in chairing both the Insurance and Safety Committee and the Pitch Fest judging panel.

I remain committed to shaping a future where physios are empowered to thrive.

AWARDS

- Most Outstanding Neurological Physiotherapist, Australia 2025 (Enablement Awards)
- President's Award 2024 (INPA)
- IMPACT award 2022 (HESTA)
- Australian Entrepreneur of the Year 2020 (Small Business Champions)
- Australian Physiotherapist of the Year 2019 (Allied Health Awards)
- Contribution to the Profession Award 2019 (NSW Branch Council)

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QUALIFICATIONS

- Graduate of the AICD Company Director's Course (GAICD) 2023
- Fellow of the Australian College of Physiotherapists, (Specialist Neurological Physiotherapist) 2010
- Titled Neurological Physiotherapist, 2009
- Master of Health Science (Neurological Physiotherapy), 2009
- Graduate Certificate of Public Health, 2005
- Bachelor of Applied Science (Physiotherapy), 2000

CONTRIBUTIONS

- INPA President - Current
- Chair of Pitch Fest Judging Panel 2023 and 2025
- UNSW Neurological Physiotherapy Curriculum working group member - Current
- APA NSW Branch Councilor 2019 - 2022
- Australian College of Physiotherapists Examiner 2022
- Australian College of Physiotherapists Facilitator 2022
- Clinical Advisory Board, Polio Australia 2010 - 2022
- APA National Neuro. Committee Rep & Chair 2005 - 2013

Professional Background

Management and leadership

I am the founder and CEO of two companies and lead a team of 120 staff here in Australia and internationally across seven businesses, including:

- three large multi-disciplinary clinics
- a home and telerehab service
- annual online conference catering up to 10,000 consumers and health professional delegates
- neurological MDT education and training business
- international licensing and training business

Australian College of Physiotherapists

As a Fellow of the College, I have a working knowledge of the Titling and Specialisation Career Pathway and how this relates to recognition, remuneration and opportunities for growth of the profession. Within the college I have experience as a Fellow, Registrar Facilitator and Examiner.

NDIS

Having been involved in the roll out of the NDIS in Sydney since 2017, serviced thousands of participants within my teams and been involved in the recent NDIS cuts campaign, I am acutely aware of the huge role that advocacy plays in securing a strong future for both our profession and our participants in this space, especially given recent pricing cuts.

Governance

I bring varied governance experience from three boards, including the APA:

- Australian Institute of NeuroRehab
- International Neurological Physiotherapy Association (INPA)



CONFERENCE & COURSE DELIVERY

- Founder's Address, APASC2025 Invited Speaker
- RMSANZ Parkinson's Workshop Invited Speaker 2025
- Parkinson's ACT Conference Invited Speaker 2025
- Parkinson's Australia Invited Speaker 2025
- Parkinson's NSW Invited Speaker 2025
- APA Gerontology Course – Parkinson's and other Movement Disorders 2018 - 2025
- PD Warrior Master Trainer: Australia, Canada, UK, Spain 2015 - 2025
- INSIGHT into PD Conference Convenor 2018 - 2025
- Introduction to Parkinson's disease – various HETI Grant awardees 2016 - 2022
- British Geriatric Society Autumn Conference invited speaker, UK 2017
- Regional Movement Disorders Review - Invited speaker, VIC 2017
- ACPIN Conference invited speaker – UK 2017
- STADA PD Nurses Networking Seminar: Melbourne 2017
- International Polio Conference: Sydney 2018, 2016
- Northern Rivers Rural Seminar: MoveIT for Parkinson's - Invited Speaker 2016
- Polio Australia Clinical Education Workshops 2016
- Integrated Orthotic Management of the Stroke Client: Sydney 2015

Professional Background

Education Experience

- Regular invited speaker at national and international conferences and workshops
- Published author of a best-selling book and two peer reviewed papers.
- Educated more than 3000 physiotherapists across a range of neurological topics internationally
- Launched several courses for allied health professionals in the neurological space through our ARCADEMY and PD Warrior training brands.
- UNSW Neurological Physiotherapy Curriculum working group - current
- Associate/clinical lecturer positions - University of Sydney, Macquarie University and TAFE NSW
- Involved in five student honours research projects

Innovation

- Established and rolled out a novel Member Engagement Platform for INPA Members
- End to end app development and iterative builds for PD Warrior since 2014.
- Commissioned and built a bespoke software program to address a gap in our Practice Management Software
- Founded and built an online conference platform that has been running since 2018 and supporting up to 10,000 delegates (including 30% physiotherapy and other health professionals) each year, raising nearly \$250,000 for global charity partners
- Extensive delivery of telerehab and online exercise and education programs since 2014 servicing more than 5000 people through these programs internationally.
- Pioneered a six-month internship model in 2019 with two universities in their respective DPT program respectively which has been adopted in several other clinics and through other universities nationally
- Purchased the first End-effector Robotic Assisted Gait training device in Australia and am a strong advocate for advancing the use of technology in rehabilitation

PUBLICATIONS

- Bonnevie et al, 2025. People with spinal cord injury or stroke are able to reach moderate-to-vigorous intensity while exercising on an end-effector robot assisted gait trainer: A pilot study.
- Liebert et al, 2024. Photobiomodulation as part of a multi-disciplinary approach for the treatment of Parkinson's disease symptoms.
- The New Parkinson's Treatment: Exercise is Medicine, 2014, 2018 (revised edition) Simon and Schuster

MEDIA APPEARANCES

- Skynews
- Channel 9
- The Australian
- Studio 10, Channel 10
- Today Extra, Channel 9
- 2GB Radio
- Channel 10 National News
- Channel 9 National News
- A Current Affair
- When Life Gives you Parkinson's Podcast
- APA Inmotion
- Health Times
- Health Industry Hub
- Parkinson's Life
- North Shore Times
- Manly Daily
- Wentworth Courier
- A Neuro Physio Podcast
- Human Tech Podcast
- The Physio Business Growth Podcast

Current Employment & Volunteering

PD Warrior Director & Founder (2015 - Current)



PD Warrior is an education and training company dedicated to helping people with Parkinson's Live Brave. PD Warrior offers a consumer program online and face-to-face through licensed facilities as well as Health Professional Training internationally across 10 countries and delivered in four languages. PD Warrior is also the host of the globally recognised INSIGHT into PD annual conference.

Advance Rehab Centre Director & Founder (2006 - Current)



Advance Rehab Centre (ARC) is a neurological, multidisciplinary service known for its clinical excellence and pioneering rehab programs. Located in Sydney, ARC operates across three purpose-built rehab centres and a home and telerehab service.

- 2021 Telstra Best of Business National Finalists
- 2020 Australian Allied Health Awards Private Practice Team Culture Award
- 2019 Australian Allied Health Awards Private Practice Excellence Award

International Neurological Physiotherapy Association (INPA) President (Current)



INPA is a sub-specialty group of World Physio dedicated to advancing neurological physiotherapy globally.



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