

SARTHAK KOHLI

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Summary

I am a motivated new graduate physiotherapist with diverse clinical experience across musculoskeletal, sports, private practice, and acute cardiorespiratory settings. Skilled in evidence-based assessment, rehabilitation planning, and patient-centred communication. Passionate about sports injury management, performance optimisation, and contributing to innovative, modern physiotherapy practice.

Education

 **Doctor of Physiotherapy** **2026**
Bond University – Gold Coast, Australia

 **M.Sc. in Health and Rehabilitation Science** **2023**
Western University – London, Canada

 **B.Sc. in Kinesiology** **2021**
Dalhousie University – Halifax, Canada

Experience

 **Orthopaedics – Student Physiotherapist** **April – May 2026**
Logan Hospital – QLD, Australia

- Managed a new-graduate physiotherapy caseload in orthopaedics, assessing and treating acute and post-operative patients including joint replacements and fracture presentations.
- Planned and delivered evidence-based interventions such as early mobilisation, exercise progression, and functional retraining to support recovery and timely discharge.
- Educated patients on precautions, rehabilitation goals, and self-management strategies to promote independence, safety, and continuity of care after discharge.

 **Neurorehabilitation – Student Physiotherapist** **March – April 2026**
John Flynn Private Hospital – QLD, Australia

- Assessed and treated inpatients with complex neurological conditions including stroke and traumatic brain injury, focusing on restoring movement and function.
- Applied task-specific training such as gait re-education, postural control, and balance rehabilitation to improve mobility and reduce falls risk.
- Facilitated discharge planning through functional goal setting, patient and family education, and coordination for safe transition back to community living.

 **Private Practice – Student Physiotherapist** **January – February 2026**
Lifemark Health Group – Ontario, Canada

- Supported assessment and development of treatment plans across a varied MSK caseload under supervision.
- Managed presentations including TKR rehabilitation, Achilles tendinopathy, MVA injuries, and concussion-related symptoms.
- Performed manual therapy techniques and delivered evidence-based exercise prescription aligned with individual functional goals.
- Assisted with patient education, load management strategies, and return-to-activity guidance.

MSK Outpatients – Student Physiotherapist
*Tugun Satellite Health Centre – QLD, Australia***November – December 2025**

- Managed a broad musculoskeletal caseload including ACL rehabilitation, post-operative TKR, Lisfranc ORIF, and motor vehicle accident-related injuries across varying stages of recovery
- Conducted comprehensive assessments and delivered evidence-based treatment using manual therapy, progressive exercise prescription, and functional rehabilitation tailored to patient goals
- Applied motivational interviewing and education strategies to enhance patient engagement, promote behaviour change, and optimise adherence to rehabilitation programs

**Athletics/Sports – Student Physiotherapist**
*Stanford University – California, United States***September – October 2025**

- Assessed and assisted in managing acute and chronic sports injuries within a high-performance, interdisciplinary environment.
- Supported rehabilitation programming, on-field assessments, treatment progression, and performance-focused interventions for Division I athletes.
- Worked across the Athletic Training Room and Sports Medicine Clinic, contributing to athlete monitoring, return-to-play progression, and preventative conditioning programs.

Intensive Care Unit – Student Physiotherapist
*Royal Brisbane Women's Hospital – QLD, Australia***June – July 2025**

- Provided physiotherapy management for critically ill patients, including respiratory assessment, suctioning, and manual hyperinflation.
- Conducted cardiorespiratory reviews, supported early mobilisation, and monitored patients' response to treatment.
- Independently managed a supervised caseload of 5–6 ICU patients by the end of placement, prioritising care based on acuity and clinical indicators.

Cardiorespiratory – Student Physiotherapist
*Mater Hospital – QLD, Australia***May – June 2025**

- Performed cardiovascular and respiratory assessments, provided airway clearance techniques (ACBT, PEP, OPEP), and delivered mobilisation-based interventions.
- Supported exercise rehabilitation and functional retraining for patients with complex medical conditions.
- Participated in discharge planning, multidisciplinary team meetings, and daily patient prioritisation to support effective inpatient flow.

**Graduate Student Researcher**
*Western University – QLD, Australia***2021 - 2023**

- Contributed to a research project investigating neural activation changes during inpatient stroke rehabilitation and the relationship between therapy intensity and walking outcomes using FES cycling.
- Prepared ethics submission materials, collected participant data, and performed statistical analysis.

Publications

Peters, S., Fitzgibbon-Collins, L. K., Luan, S., **Kohli, S.**, Durand, N., Teasell, R., Viana, R., MacDonald, S. L., Bhangu, J., & Fleet, J. L. (2026). Functional and brain activation changes in females with subcortical subacute stroke captured through functional near infrared spectroscopy: a case series. *Physiotherapy theory and practice*, 42(2), 300–310.

<https://doi.org/10.1080/09593985.2025.2568708>

Luan, S., Fitzgibbin-Collins, L. K., **Kohli, S.**, Durand, N., Hunter, S., Fleet, J. L., Viana, R., Teasell, R., & Peters, S. (2025). Bilateral Prefrontal Cortex Activation During Sensorimotor Tasks in People with Subacute Stroke - An Exploratory Functional Near-Infrared Spectroscopy Study. *NeuroRehabilitation*, 57(3), 339–351. <https://doi.org/10.1177/10538135251370599>

Kohli, S., Fitzgibbon-Collins, L. K., Luan, S., Durand, N., Brunton, L., Fleet, J., Christie, A., Viana, R., Teasell, R., & Peters, S. (2025). Exploring the relationship between prefrontal cortex activation, standing balance, and fatigue in people post-stroke: A fNIRS study. *NeuroRehabilitation*, 57(3), 352–362. <https://doi.org/10.1177/10538135251341124>

Ghatamaneni, D., **Kohli, S.**, Peters, S., MacDermid, J., & Brunton, L. (2023). Prevalence of fatigue in adolescents and adults with cerebral palsy: a systematic review and meta-analysis. *Fatigue: Biomedicine, Health & Behavior*, 11(2–4), 157–175. <https://doi.org/10.1080/21641846.2023.2245585>

Certifications

Working with Children – Blue Card

Current clearance for working with children and adolescents.

NDIS Worker Screening – Yellow Card

Clearance for working with NDIS participants.

First Aid & CPR

Accredited training in emergency response