



LEXMEDICUS

# Mr Nicholas Lavery

## Exercise Physiology

B. Ex. Phys. & Rehab, B. App. Coach & Ex. Sci, ESSAM AEP & AES Dip. RM



Melbourne - South Yarra

## Special interests

Trigger Point Therapy | Dry-Needling | Deep Tissue Massage Sports Massage | Strength & Conditioning

## Qualifications

- Bachelor of Exercise Physiology and Rehabilitation, University of Canberra, ACT
- Bachelor of Applied Coaching and Exercise Science, University of Canberra, ACT
- Diploma of Remedial Massage Therapy, TAFE, NSW

## Experience

- Accredited Exercise Physiologist and Remedial Massage Therapist, Nicholson Health and Wellness, VIC
- Accredited Exercise Physiologist and Remedial Massage Therapist, South Yarra Spine and Sports Medicine, VIC

- Remedial Massage Therapist, Pivotal Therapies, ACT
- Remedial Massage Therapist, ACT Boxing, ACT
- Remedial Massage Therapist, University of Canberra Brumbies, ACT
- Remedial Massage Therapist, Massage for Health
- Remedial Massage Therapist, Woden Professional Massage, Canberra, ACT

## **Professional associations**

- Exercise and Sport Science Australia, Accredited Exercise Physiologist
- Australian Association of Massage Therapist, Remedial Massage Therapist
- Australian Strength and Conditioning Association



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