

## **Professional Profile: Declan Coburn**

**B.Sc. Physiotherapy (Hons), M.Man.Ther, Grad. Dip. Sports Nutrition**



Declan has been working in the area of real time ultrasound imaging for 17 years both as a clinician and educator. He has worked with elite athletes, special forces servicemen, and patients with chronic and complex pain syndromes alongside his regular general practice patients.

Not long after graduating with honours from the University of Northumbria, he moved to Australia and after a short stint in the public system began work in private practice in 1999. In 2000, he joined the first clinic in WA to utilise real time ultrasound as a biofeedback tool for physiotherapy rehabilitation. As the sole practitioner at this clinic, he worked closely with pain management specialists in the assessment and management of chronic low back pain addressing the rehabilitation of transversus abdominis and multifidus as well as acting as a consultant for other clinics and specialists.

He completed his Masters of Manual Therapy at the University of Western Australia (UWA) in 2003 and in 2004 along with his wife, Karen, an experienced musculoskeletal and continence physiotherapist, launched his first 2 day CPD course on real time ultrasound imaging of transversus abdominis, multifidus and pelvic floor for musculoskeletal physiotherapists. Later that year, he was invited back to UWA as a clinical educator/supervisor on the Masters programme and the following year became a Teaching Fellow at UWA lecturing on Biomechanics and Motor Control and the practical and theoretical applications of real time ultrasound imaging in physiotherapy rehabilitation.

From there, Declan continued to explore the use of real time ultrasound imaging in the diagnosis and management of such musculoskeletal conditions as bursitis/tears/fractures and DVTs as well as expanding the original course to include pelvic floor/ diaphragm and diastasis rectus abdominis within the frame of Women's and Men's Health.

He completed a formal qualification in diagnostic and rehabilitative imaging of musculoskeletal structures in 2014 and is currently one of the few physiotherapists in Western Australia to use ultrasound for diagnostic imaging in daily practice. He lectures both locally and internationally.

In addition to his musculoskeletal and ultrasound imaging skills, Declan has completed further training in the area of Men's Health and colorectal health and has completed a post graduate qualification in nutrition.



## **Professional Profile: Karen Coburn**

**B.Sc. Physiotherapy**

**M.Musc.Stud**

**Post. Grad. Cert Continence Promotion and Mgt**

Karen has worked in the area of musculoskeletal and women's health physiotherapy for the past 20+ years. She graduated from Curtin

University in 1994 with a Bachelor of Science (Physiotherapy) and completed her Masters of Musculoskeletal Science at UWA in 2003. She has tutored students and lectured on the Master of Manual Therapy programme at UWA. Her skill in the area was recognised in 2007 when she became a Teaching Fellow at UWA. She has worked in women's health both in the private and public sectors.

Karen runs courses for other physiotherapists on the use of Real Time Ultrasound Imaging for treatment of low back pain and pelvic floor dysfunction, has acted as a consultant for independent physiotherapy practices in the use of ultrasound imaging and has been invited on a number of occasions to present lectures for physiotherapists on the topics of Motor Control and Real-Time Ultrasound Imaging. She has featured as a guest speaker on several podcasts on topics relating to Women's Health and has been invited as a guest speaker to present on the topic of prolapse and other pelvic floor dysfunction to women in sport, sports trainers and the general public.

Karen divides her times between a busy clinical caseload in the Perth Hills, teaching Pilates matwork classes and individual studio sessions and (along with her husband, Declan), managing Active Health Fitness Studio, an independent gym .