

Brad Beer: Physiotherapist (APAM), Author, Founder POGO Physio, Runner

It never ceases to amaze me how quickly I'm on the road to recovery or just generally tuned up every time I see Brad. I often say 'he is a genius'!

Mat Rogers, Dual Australian Rugby Representative.



Experience:

9 years

Areas of Expertise:

Brad is a Physiotherapist, Author, and Founder of POGO Physio. Brad specialises in helping active people perform at their physical best. Brad has worked with Olympians, adventurers, rock-stars and many of Australia's iconic athletes including swimmers, surf lifesavers, runners, and triathletes.

Media Experience:

Gold Coast Bulletin; Run 4 Your Life Magazine; Juice FM 107.3; 4CRB 89.3; SUN Newspaper; Gold Coast Business Magazine.

Topics of Discussion:

Injured Sports Stars; Major Sporting Events; Commonwealth Games; Olympic Games; Running Injuries; Injury Prevention; Marathon Preparation; Debut Marathon Participation; Impact of injury on society; Running Boom; Associated Injuries; The impact of a sedentary population on the physical health of the nation; The impact and burden of osteoarthritis on society; The impact of social trends on health and fitness; The current worldwide running boom and the problems and benefits that it brings to society; Baby Boomer Health Trends.

About Brad Beer:

Brad has delivered in excess of 25,000 physiotherapy consultations over the last 9 years from my award winning Gold Coast physiotherapy practice. Brad is the author of 'You Can Run Pain Free! A Physio's 5 Steps to Enjoying Injury Free and Faster Running'. Brad graduated from Griffith University on the Gold Coast, and wasted no time throwing himself into business ownership inside his first six months of graduation. Brad's clients include Olympic medallists, world champions, many iconic Australian sporting figures, and even rock stars such as Roger Waters of Pink Floyd fame. Brad has helped his clients achieve some remarkable physical accomplishments; everything from Australian swim team representation to competing in the Tour de France. Brad founded POGO Physio to deliver complete and remarkable results to clients and he has a reputation for helping his clients unlock their true physical potential.

Contact Details:

- Email: b.beer@pogophysio.com.au
- Phone: 0411 491 080
- Twitter: @Brad_Beer
- LinkedIn: au.linkedin.com/in/bbeer

