

Halley Shah

Physiotherapist



Profile

Hi, I'm Halley, a physiotherapist here at Conscious Healthcare SA. I've always been passionate about helping people move better, feel stronger, and get back to doing the things they love. Whether it's supporting recovery from injury or improving long-term mobility, I believe real progress happens when clients feel heard, understood, and empowered.

My clinical focus is on musculoskeletal and sports rehabilitation. I work collaboratively with each person to create tailored treatment plans that align with their individual goals and lifestyles. I completed my Physiotherapy degree overseas and am registered with AHPRA. To ensure my practice is current and evidence-based, I've completed further training in manual therapy, dry needling, and exercise-based rehabilitation.

I'm also a big believer in practicing what I preach - when I'm not in the clinic, you'll usually find me staying active at the gym or cycling outdoors. I aim to bring that same balance and motivation into my work with clients.

At the heart of my approach is connection: I strive to create a warm, supportive environment where we can celebrate the small wins and work together - step by step - toward long-lasting results.

I look forward to working with you on your journey to better movement and wellbeing.

