

QUINN PASSLOW

EXERCISE PHYSIOLOGIST



About Me

Quinn has been an EP since mid - 2023.

Quinn has been in the health & wellbeing field since early 2020 and has been in and around sporting teams all his life. Quinn has in-depth knowledge of strength & conditioning, weight loss, functional assessments and musculoskeletal rehab.

Quinn's fitness and sporting background extends to 3 years as a personal trainer in both a gym and mobile setting. He also works as a sports trainer for a local AFL club and is the head of strength & condition for a NSW premier cricket club. Quinn has extensive experience within the Cricket (15 years) and AFL (15 years) sporting arenas.

Specialties

- Cricket and AFL Rehab
- Sports Performance and Rehab
- Biomechanical Analysis
- WorkCover

Mission Statement

Quinn has a strong interest in sports performance and rehabilitation. Quinn is always looking to have a positive impact in client's lives and help clients become the best they can through exercise & lifestyle change.



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