

## Greg Dea



Greg Dea is a titled Australian Sports Physiotherapist and consultant Performance Physical Therapist. Greg currently consults out of Virtus Human Performance in Mornington, Victoria and is a Functional Movement Systems lead instructor teaching Functional Movement Systems courses in Australia, New Zealand, Taiwan, and China.

Greg has successfully rehabilitated and trained elite athletes across the globe including assisting the Chinese Women's National Volleyball Team to the Gold medal position at the Rio 2016 Olympic Games. Greg's work in physiotherapy has significantly contributed to the success of multiple high performance environments including the Northern Territory Institute of Sport, Shanghai Research Institute of Sports Science, and the Tianjin Swimming Sports Management Centre.

You can find out more information on Greg Dea [here](#).

## Workshop

### **Bridging the Gap from Injury to Performance Using the Functional Movement Systems Approach (1 hour)**

This webinar aims to give competitive coaches an insight into the world of physiotherapy. This webinar explores physiotherapy concepts related to bridging the gap from injury to performance. Gymnasts share attributes to many other athletes – the requirement for mobility and context-specific stability and motor control, with strength, strength endurance, power and power endurance. The following video is an example of such a systematic approach, in a non-gymnastic athlete, but an athlete requiring of high competence and capacity.

Access this webinar using the [LMS](#).

