

Dan the physio detective

By AnneMarie White

Setting up a brand new business gives owners the chance to create their dream both in what they do and how they work.

Physiotherapist Dan Johnson has grabbed this opportunity, setting up Motion Mechanics Physio at Gasworks Plaza in Newstead.

"I call myself a body mechanic aiming to keep my clients moving freely, achieving physical excellence and living pain free; but my approach to achieving that in the body also sees me as a bit of a physio detective," he said.

Dan is a sole practitioner and explains, "at University studying physiotherapy I was taught to listen to the patient about their pain - where it was and how it was affecting them, then look at the injured area and extend that examination to the adjacent body part".

"However after researching a variety of physiotherapy problem

solving methods, I have found a far more holistic and effective approach of finding the underlying source and therefore cause of pain, by systemically testing the whole body.

"My challenge is, through an objective series of nerve then physical tests on the whole body, to identify the various areas of pain, stiffness hot spots and physical limitations.

"These may at first seem completely unrelated to where the patient is experiencing pain.

"Then by elimination I can detect the main source of physical irritation, that one single problem, and work on that joint or muscle which provides positive results in the original injury site.

"I admit that some people could be a little sceptical, dismissing this method as 'physio that fixes a knee or foot problem by releasing strained muscles in the neck', because I understand that people may be cautious about new and slightly different approaches.

"But the reality is that the body is smart and 80 per cent of the time their problem is in a different area to where the pain is.

"After many years successfully working as a physio mechanic using this method, I am absolutely convinced that this approach works."

Dan does have a file list of grateful



Daughter Xanthe and Dan Johnson

“ An international swimmer was plagued with a shoulder injury but after some detective work in testing, I found it was her calf that was producing the pain. ”

and then is able to get that person pain free and moving.

"That is my daily satisfaction."

He talks of a recent local client presenting with niggling injuries in the feet and knee.

"Although the pain was frustrating but not life inhibiting, I was, through a full body scan, able to see that the main limitation was in a lack of hip flexibility and by elimination saw that some of the spinal disc muscles were aggravating the foot and knee problems.

"After two intensive sessions the hip flexibility improved dramatically giving increasing easy movement in the feet and legs."

Setting up his practice was also a life-changing catalyst for lifestyle balance.

"Whilst I really love what I do professionally, I also want the flexibility to work family friendly hours.

"My wife Zoe works as an emergency physician flying in and out of Brisbane.

"So by setting up my own local practice I can finish mid-afternoon some days to give my 2-year-old daughter Xanthe daily routine stability and enjoy these special years of childhood.

"It also gives me the recharge for my physio detecting!"

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customer examples of being cured after just a few sessions of focussed treatment.

"An international swimmer was plagued with a shoulder injury but after some detective work in testing, I found it was her calf that was producing the pain.

"I worked on that and she was successfully back in the pool within days. "Recently Tommy Oar, former Soccerroo and now Mariner's A League footballer, had a severe knee injury and then in his comeback game he injured his hamstring.

"He flew from interstate to see me for a one-day intensive session and was back on the field the next day."

As well as the international sportspeople, Dan has a broad clientele ranging from young children to older patients, many of whom report back that they no longer need the knee or hip replacement they thought was needed.

"I love being the detective who finds the cause of injury or soreness

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