



## Rehabilitation Physicians Profile

# Dr Paul du Toit

MBBS, BSc(Physio), Dip MT, PG Dip MSM, FAFRM

### Areas of interest

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- Cardiac
- General Rehabilitation
- Musculo-Skeletal
- Neurological
- Orthopaedic
- Pain Management
- Parkinson's Disease
- Respiratory

### Client groups

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- Adult

### Languages

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- English

### Referral and appointments

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### Clinic locations

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Dr du Toit is available for appointments at Eden Private Hospital.

### Professional background

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Dr Paul du Toit MBBS, BSc(Physio), Dip MT, PG Dip MSM, FAFRM is a Rehabilitation Physician. He specialises in general rehabilitation, pain management and musculoskeletal medicine including orthopaedics, neurological, cardiac, respiratory and rehabilitation of the deconditioned patient.

Dr du Toit completed a post graduate diploma in Musculoskeletal Medicine at Otago University in New Zealand and became a Fellow of the Australasian Faculty of Rehabilitation Medicine (FAFRM) in 2018.

He has a particular interest in the management of non-surgical back and neck pain and the management of the dysfunctional sacro-iliac joint, and believes a thorough assessment is paramount and early management is the key to success.

Dr du Toit also believes that opioids do not have a significant role in the management of chronic pain. He prefers an evidence based approach to pain management, which incorporates non-pharmacological modalities including a graded exercise program and cognitive behavioural therapy.

Closely liaising with Eden Private Hospital's day rehabilitation team, Dr du Toit uses a combination of manual therapy including manipulation, prolotherapy, trigger point and perineural injections to provide a holistic approach to treatment.

Dr du Toit oversees the rehabilitation program specifically for Parkinson's Disease patients at Eden Private Hospital.