

# Jess McGuinness

Exercise Physiologist | PhysioHealth & Sports Injury Clinic Corrimal

2025 IWIB Outstanding Employee of the Year

Jess has been part of PhysioHealth for the past 10 years, starting as an admin rockstar while finishing her studies at the University of Wollongong.

After graduating as an Exercise Physiologist in 2017, she took on a full caseload before stepping into management, now leading both the clinical and operational sides of the business.



Her journey is unique in that the clinic has grown with her, PhysioHealth also celebrating its 10-year milestone. Jess has been in the thick of it through the highs and lows, evolving from employee to trusted leader and close friend of owner Kylie Moffitt. She has experienced the pressures, frustrations, and joy that come with running a business.

From her very first days as a clinician, Jess's practice was shaped within the culture and lens of PhysioHealth. It became part of her DNA, blending the clinic's values and philosophy with her own spark, and pixie dust. This foundation gave her a unique perspective: not only has she grown within PhysioHealth, but she has also helped guide it.

Jess is also the missing piece to owner Kylie's big visions, together they form a powerful dynamic where ideas are turned into action. This places Jess in an exceptional position to lead, inspire, and bring bold strategies to life.

Her greatest passion lies in helping people living with cancer, chronic pain, and diabetes. She is driven to share the evidence that exercise (before, during, and after treatment), can change outcomes and transform lives.



**PhysioHealth**  
& sports injury clinic  
Strength, Mobility, Function, Life