

PHYSIOTHERAPISTS

Rachel Chester



I have been a Chartered Physiotherapist for over 30 years, working in the NHS and privately. I am a member of the Musculoskeletal Association of Chartered Physiotherapists (MACP). This means that I achieved a recognised standard of excellence in manual therapy. I am also a Lecturer in Physiotherapy at the UEA. As well as teaching students, I do research on physiotherapy for injuries to the back, arms and legs and present the findings at national and international conferences. The results from my PhD on physiotherapy for shoulder pain are published in the British Journal of Sports Medicine and Journal of Sports and Physical Therapy.

Specialist areas:

- Client Management
- Recurrent and persistent injuries
- Sports injuries
- Musculoskeletal pain

For an appointment please contact me on 07970 645396 or rachelchester8@gmail.com

Helena Daniell



I am a senior musculoskeletal physiotherapist experienced in working with patients of all abilities. I can provide you with a thorough physiotherapy assessment and comprehensive treatment plan, including hands-on joint and soft tissue techniques, exercise programmes, and management advice. I have experience working with tennis and rugby clubs and a broad range of NHS patients including those with rheumatological conditions, long term conditions such as sports injuries, low back pain, and rehabilitation following surgery.

Specialist areas:

- Management of long term conditions
- Musculoskeletal pain management
- Rehabilitation
- Acute injury assessment and advice

For an appointment please contact me on 07792749757 or helenadaniell@gmail.com

MASSAGE THERAPISTS

Owen Thomas



I am currently studying BSc Physiotherapy at UEA and have been qualified in Sports Massage since October 2020. Since starting the Physiotherapy course in September 2019, I have developed a keen interest in sports and musculoskeletal therapy and have gained some experience in this area from the practice placements. Additionally, I have interests in injury management and exercise prescription. Linked to my strength and conditioning interests, I like to play a range of different sports, with powerlifting currently being my main passion.

Specialist areas:

- Sports Massage
- Injury and Exercise Advice
- Musculoskeletal Assessment
- Pre-event & post-event massage

To arrange an appointment, please contact me at o.thomas@uea.ac.uk.

Anush Rana



I am a first-year MSc Physiotherapy student at the University of East Anglia. Having graduated recently with first-class honours in Sports Therapy, I have treated a range of injuries whilst working in high-level sports and a variety of clinical settings. Coming from a sporting background, I think it is important to look after our bodies, not just for professionals or athletes but everyone because we often neglect our aches and pains.

Specialist areas:

- Sports Massage
- Soft Tissue & Myofascial Release
- Manual Therapy
- Injury Assessment & Rehabilitation
- Movement Analysis

For an appointment, contact me at anush.rana@uea.ac.uk or 07933307670.

All of our therapists can take bookings directly and advise you on how to pay for your session.
If you are not sure who you would like to help you, contact our general enquiries email physio.sportspark@uea.ac.uk