

# 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.

## Lilly Mason

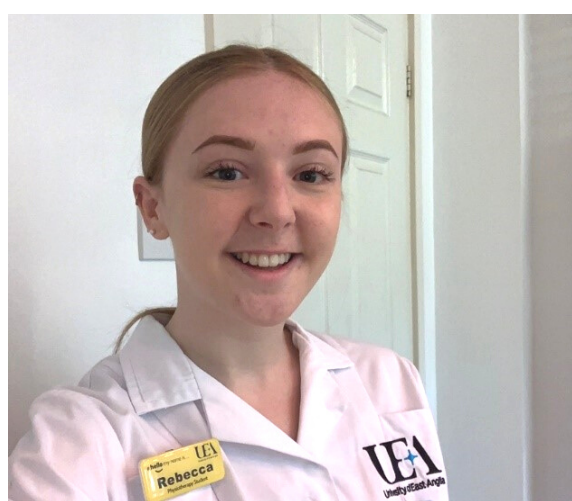
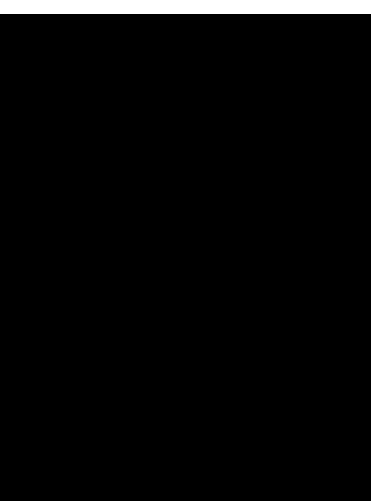


I am currently in my final year studying BSc Physiotherapy at the University of East Anglia. I have a keen interest in sport and through completing various practice placements on my course, I have worked within a diverse range of clinical settings including musculoskeletal therapy.

### Specialist areas:

- Pre-event and post event massage
- Neuromuscular techniques
- Deep tissue massage
- Muscle energy techniques

For an appointment, contact me at lilly.mason@uea.ac.uk.



## Rebecca Watkins

I am BSc physiotherapy student at UEA and have been a sports massage therapist since the November of 2020. A big interest of mine would be musculoskeletal injuries within sport and the functional rehabilitation alongside treatment all targeted personally to the individual.

My interest in sport began at a young age by competing in a range of sports, sprinting now being my main sport. Leading to a wide knowledge of sport specific exercise rehabilitation.

### Specialist areas:

- Sports Massage
- Post and Pre-Event Massage
- Musculoskeletal Injury Assessment
- Sport Specific Rehabilitation

For an appointment please contact me at Rebecca.Watkins@uea.ac.uk.

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](mailto:physio.sportspark@uea.ac.uk)