

Sports Doctors  
Physiotherapists  
Osteopaths  
Orthopaedic Consultants  
Performance Coaches  
Massage Therapists  
Nutritional Therapists  
Sports Podiatrists  
Pilates  
Yoga



## Beenish Kamal Specialist Musculoskeletal Physiotherapist

*'I feel incredibly lucky to be in a profession that drives me to problem solve and aid functional transformation. The overall goal is to have a positive impact on performance, whether it is through pain reduction or more efficient movement patterns.'*

Beenish qualified in 2004 with a first class honours degree from Oxford Brookes University and spent several years working in the NHS gaining a broad range of experience. Due to her interest in sport and as a keen hockey player herself she worked for a National League hockey club and regional athletics club. More recently she completed an MSc in Sport & Exercise Medicine from Queen Mary, University of/ London where she carried out research on the Patella tendon alongside Dr Peter Malliaras, which is due to get published.

Beenish currently works along side Chelsea Football Club Academy and Premier Division Reading Ladies Hockey Team. She is also a Consulting Physiotherapist to the Great Britain Ultimate Frisbee Squads and due to go to Japan for the 2012 World Championships.

Beenish is particularly interested in lower limb injuries and biomechanics, dynamic movement screening, return to sport rehabilitation, as well as tendinopathy management. She is also AACP Acupuncture trained.

For further information or to book an appointment, please call 08447 700 800.

[info@puresportsmed.com](mailto:info@puresportsmed.com)  
[www.puresportsmed.com](http://www.puresportsmed.com)