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Shreena Patel

Specialist Musculoskeletal Physiotherapist

Shreena graduated from Cardiff University in 2004 with a degree in Physiology; citing this as her inspiration to begin a career in Physiotherapy. She subsequently obtained an MSc in Physiotherapy from Kings College, London in 2007. Shreena has been able to combine an exceptionally high standard of clinical understanding with an array of practical applications through work in the NHS and privately. She worked for a private clinic in the French Alps specialising in ski-injury specific treatment and injury prevention education. She has worked within amateur rugby for the past three seasons, covering both XV's and 7's.

Shreena's experiences have provided her with an invaluable understanding of sports specific injuries and an appreciative knowledge of the sporting psyche that drives effective rehabilitation. Shreena is currently studying for an MSc in Sports and Exercise Medicine at Queen Mary's University, London; undertaking a research project investigating swing mechanics and common causes of Golf related back pain, another of her clinical interests.



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

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