

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



Alastair Nowell

Specialist Musculoskeletal Physiotherapist

'I love the challenge of rehabilitating people back to their peak performance from everyday injuries suffered during work and hobbies, alongside treating high level athletes from different sporting fields.'

Alastair graduated in 2003 from the University of East London, and since then has completed several years working in the NHS as a Physiotherapist. Additionally he has developed his knowledge by completing an MSc in Sports and Exercise Medicine at Queen Mary, University of London.

Over the last few years Alastair has gained valuable experience and skills, specialising in sports injuries while working at Fulham Football Club. Here, he treated numerous sports related conditions both in the acute setting and long term rehabilitation, enabling players to return to play. Client management involves a mix of manual based treatment which is complemented by individually tailored rehabilitation, considering the clients' diagnosis, the healing process and their goals.

Alastair's special interests include sports rehabilitation, lower limb related tendon problems and shoulder injuries.



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

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