

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



Dr Kay Brennan Specialist Sports Doctor

'I'm enthusiastic in assisting all sports and exercise enthusiasts achieve their personal sporting and fitness goals.'

Kay is a Sports Doctor currently working within elite sport, military rehabilitation and corporate wellness. She completed her GP training in Yorkshire and obtained her Masters in Sports and Exercise Medicine from The University of Nottingham.

Kay is currently a Medical Officer for British Swimming, having previously worked as British Diving's Chief Medical Officer (2007-10). She also has experience working with British Gymnastics, English Table Tennis (both able-bodied and disability), the British Olympic Association Youth Team and Wharfedale RUFC.

Kay will be poolside at both the Olympic and Paralympic Games in 2012 and has previously travelled with national teams to the Commonwealth Games in Melbourne and the Olympic Games in Beijing. Her primary interests are hip and knee injuries, exercise prescription and weight management.



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

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