

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



## Sinead Lynch

### Specialist Musculoskeletal Physiotherapist

*'My goal is to help each individual return to their desired functional level and beyond.'*

Sinead qualified as a Chartered Physiotherapist with first class honours from Trinity College Dublin in 2006. She has worked in the musculoskeletal field ever since, both in the public sector and in a busy sports private practice. Sinead undertook a Masters in Sports and Exercise Medicine at Trinity College in 2010 and was subsequently awarded the prize for best clinical results. She is currently completing her research on rehabilitation exercises for hamstring muscles.

Throughout her career Sinead has worked with a variety of athletes; from the recreational 'weekend warrior' to those involved in top level Gaelic games, including: rugby, football and athletics. Prior to joining Pure Sports Medicine, Sinead also provided physiotherapy to the underage teams at Munster Rugby.

Sinead enjoys working with people of all sporting and activity levels and has a particular interest in shoulder, ankle and hamstring injuries.



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

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