

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



Anna Holmes Specialist Musculoskeletal Physiotherapist

'I am passionate about not only providing the best care possible, but also empowering patients, to given them the confidence and support to achieve their goals.'

Anna qualified at the University of Birmingham with a first class honours in 2006, following a previous degree in Biology at the University of Bristol. Once graduated, she gained over four years experience at Guys & St Thomas' Hospital, London. She has experience with a diverse client group of all ages with a broad range of musculoskeletal problems, having spent time in various specialist settings, including acute injury management. She has experienced a high orthopaedic case load, including work with pre and post operative cases, GP and rheumatology referrals, and within a fracture clinic alongside Orthopaedic Surgeons. Anna has skills in obstetrics and gynaecology, including treating anti and post-natal pregnancy related problems.

She finds her patient goals can typically range from those wanting to being able to walk to the local shop, to those higher level athletes wanting to get back to their chosen sport, be that football, triathlons or the slopes. She has pitch side experience working for a rugby club and is also APPI trained in Pilates.



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

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