

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



Ben McChesney

Specialist Sports Osteopath

‘Successful rehabilitation of musculoskeletal conditions often requires a combined approach utilising myofascial release techniques, joint mobilisation, dry needling, exercise rehabilitation and other technique modalities depending on your individual presentation.’

Ben graduated from RMIT University in Melbourne in 2002 after completing a five year double Bachelor course in Osteopathy. Following this, Ben worked in Melbourne based Osteopathic clinics treating musculoskeletal disorders in members of the general public and athletes. Ben then moved to London and became involved with industry based manual handling training and risk assessment, whilst also working in a London practice, and lecturing at the British College of Osteopathic Medicine (BCOM). Ben recently completed a Masters in Sport and Exercise Rehabilitation at St Mary’s University College in Twickenham.

Ben was involved in the rehabilitation of one of America’s Cup Yachtsmen aboard the winning team ‘Allinghi’, and worked with the Academy team at Fulham FC, assisting with the rehabilitation and preventative training of players. He also works part time with Harrods Occupational Health Department. Ben enjoys helping patients improve function and work towards achieving their goals.



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

info@puresportsmed.com
www.puresportsmed.com