

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



Laura Penhaul

Specialist Musculoskeletal Physiotherapist

'To me it doesn't matter if you're an elite athlete or an ordinary person struggling to walk up the stairs, as long as you're motivated to get better, my motivation to return you to a full recovery will be 100%.'

Laura's Physiotherapy career started in Oxford where she worked for the NHS at The Trauma Centre of Excellence. While there, Laura gained experience working alongside Rugby Teams from local levels to Premiership Academy levels. She then spent time working in clinics in France, where she dealt with a wide variety of injuries. Athletes she treated included Skiers, Triathletes, Cyclists and Climbers.

Laura has worked closely British Ski Team in France, and this has since developed into her current role of supporting the British Disabled Ski Team, most recently being part of the medical team at the Vancouver 2010 Winter Paralympics. Laura is currently studying for her Masters in Sports Physiotherapy at the University of Bath. Laura enjoys educating patients and athletes to improve their own body awareness, creating a sense of empowerment, manual techniques, and rehabilitation.



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

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