

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



## Rebecca Christenson

### Specialist Musculoskeletal Physiotherapist

*'Physiotherapy is really about teamwork; working with someone to achieve their aims. This is true whether the goal is to improve on a personal best, compete at the highest level or simply to mow the lawn without pain.'*

Rebecca has both an Undergraduate Degree and post-graduate qualifications in Physiotherapy, which have gained her entry into the MACP (Manipulation Association of Chartered Physiotherapists), and the AACP (Acupuncture Association of Chartered Physiotherapists). Rebecca has treated elite athletes across a wide range of sports including Olympic Athletes. She has worked extensively with rowers and has a close relationship with Imperial College Boat Club. Since 2008 she has also been working for Tottenham Hotspurs Academy. Rebecca has published research on the Achilles tendon and has a special interest in lower limb overuse injuries.

Rebecca finds treating Athletes particularly gratifying because she has always enjoyed sports. At the same time, having worked in the NHS she has also enjoyed treating a diverse group of individuals, many of whom were afraid of exercise. She has a particular interest in long distance running, football, rowing, gymnastics, dance, lower limb over use injuries and Achilles Tendon injuries.



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

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