

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



Sam Wilde Specialist Musculoskeletal Physiotherapist

'Most patients are normal, average, everyday people like me. The problems they have may be sport, work or lifestyle related but the common factor is that they want it to change and get better.'

Sam has both an Undergraduate Degree and Post Graduate qualifications in Physiotherapy. He has worked extensively within the NHS and private practice, hence experiencing a broad range of patients and problems. For Sam, Physiotherapy is about communicating with patients to reduce fear or anxiety, giving them an understanding of why they have a problem or are in pain, and helping them to understand their body and learn how they can use it differently.

Sam has a special interest in shoulders, backs, and lower limb overuse injuries. He has worked closely with Triathletes, Runners, Rugby and Football players of all levels.



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

info@puresportsmed.com
www.puresportsmed.com