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Tamara Singer

Specialist Musculoskeletal Physiotherapist

'My aim is to treat each client individually, focus on optimising their function and performance, and work closely with them to achieve their goals.'

Tamara graduated from the University of Otago in 2002 and worked in a private Sports Medicine Clinic for the first three years of her career. During this time she had the opportunity to work with rugby both at a national and international level. She also gained experience working with New Zealand Rowing, NZ Athletics, NZ Rugby, Canterbury Rugby Union and Rugby League. Tamara was also a physiotherapist for the NZ Deaf Olympic team.

Tamara completed her Masters of Sports Physiotherapy at the University of Queensland in 2006, and then went on to work for the English Institute of Sport with a variety of Olympic sports including: GB Boxing, GB Diving, GB Basketball, the British Swimming team, GB table tennis, Bobskeleton and with England squash players (including the current world number one). For two years she specialised in working with the Great Britain sprint, canoe and kayak team, the most successful Britain has ever produced.



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

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