

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



## Tom Adams

### Specialist Musculoskeletal Physiotherapist

*'I love the challenge that my job brings and working towards goals not only keeps the treatment approach focused but also gives huge satisfaction when those goals are achieved. It's great to see my patients get back to doing what they love, whatever it may be.'*

A graduate of King's College London, Tom began his career at a London teaching hospital covering the main rotations before focusing on Musculoskeletal Physiotherapy. He then moved to New Zealand for a couple of years where he worked in private practice in a Sports Injury Clinic and Medical Centre. During this time, Tom worked closely with local sports clubs and also treated Elite Tri-athletes, Runners, Hockey players and Cricketers. He currently provides Physiotherapy cover for British Judo at international events and competitions.

Tom is now in the final year of a Masters in Sports & Exercise Medicine at Queen Mary's, University of London, and enjoys working with patients from all backgrounds, but particularly enjoys shoulder and upper limb, knee, foot and ankle injuries.



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

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