

UMANA NOORDEEN

PHYSIOTHERAPY & ACUPUNCTURE

A highly experienced musculoskeletal and sport physiotherapist with over 10 years of practice, Umana combines her experience consulting as a physiotherapist in London with additional specialisations in podiatry, movement analysis, injury prevention and acupuncture (trigger point needling).

Her interest in sports physiotherapy has led her to work with athletes ranging from Olympic medallists to amateur marathon runners, helping athletes to stay injury-free and achieve peak performance.



She is the lead physiotherapist for the Maldives Olympic

committee and looked after the team in various events such as the London 2012 and Rio 2016 Olympics.

Umana focuses on addressing the root causes of injury through biomechanical analysis and injury prevention methods. By assessing the way each patient moves, she works to identify and help treat the underlying musculoskeletal pathologies and predispositions that lead to injury or athletic inefficiencies.

Meet our specialist Umana for a 15 minutes complimentary consultation.

Musculoskeletal & Sports Physiotherapy

60mins | \$250++

Effective in treating back, neck and shoulder pain as well as sports injuries, the session will be customised using modalities such as trigger point acupuncture (dry needling), massage and therapeutic ultrasound amongst others.

Biomechanical Assessment & Injury Prevention Plan

60mins | \$220++

A non-invasive method to analyse the movement: a footage of your movements will be taken and used to measure the way you walk and identify conditions that could lead to injuries. The findings are analysed to provide an injury prevention plan.

Recovery Sports Massage

60mins | \$250++

Massage techniques are used in order to reduce muscle tension, soreness and recovery time. Great to maximise nutrients and oxygen supply to the tissues while increasing muscular flexibility and joint range of motion.

- Add Trigger Point Acupuncture (Dry Needling)

20mins | \$90++

The use of needles releases trigger points to help reduce pain and improve function. Dramatic changes can be noticed immediately after the treatment, in particular when paired with the Recovery Sports Massage.

Holistic Life Coaching

60mins | \$220++

Do you feel stuck in your life path? Whether it is health, relationship, career or day-to-day life, this coaching session will help you progress in your life and attain greater fulfillment.