



Meet the team

## Our Clinical Team



**Hello, I am Caroline Bennett, Managing Director of PhysioFlex**

I have been a Physiotherapist for 20 years, working across NHS, Sports and Occupational Health settings. I believe that a combination of hands on treatments with rehabilitation and lifestyle advice gives you the best outcome from treatment.

PhysioFlex started 14 years ago when I was looking to create some extra income after going part time in the NHS following the birth of my children. I am proud of how the company has developed since then and I have a brilliant team of Therapists to help me deliver a quality service.

Despite its growth, my core values have never changed and as a company our priority has always been to you, our customers. We strive to provide you the best care, both with our expert delivery of treatment and with our customer service. As a team, we care that you get better and stay better as that is what keeps you doing all the things you need or love to do.



**Hello, I am Morven Murray-Forsyth, Senior Physiotherapist**

I joined the PhysioFlex team in May 2019 and have extensive experience of working in a sporting rehabilitation setting.

After working initially in the NHS, I travelled to New Zealand and found my passion for working in a Musculoskeletal setting and a love of rugby.

My special interests are rehabilitation of sporting injuries, particularly the lower limb, post-operative rehabilitation and class-based exercises.

I also have experience of falls prevention and spinal rehabilitation.

Recently I have undertaken training to become an APPI clinical Pilates tutor.

In my spare time, I can be found in the gym or on the pitch at Broughton Rugby Club where I am an active member of the committee and captain of the Ladies team.



**Hello, I am Edel Roche, Physiotherapist**

I joined PhysioFlex in November 2019 and they were delighted to have a hardworking Irish lassie on board.

I have a MSc in Physiotherapy from Glasgow Caledonian University and a BSc in Sport and Exercise Science from University of Limerick, Ireland.

I am HCPC registered and a member of the Chartered Society of Physiotherapy.

I have a special interest in lower limb and upper limb injuries with a passion for sports injuries and injury prevention for active people.

Working for the NHS, I gained invaluable experience in orthopaedics, respiratory, neurology and general medicine.

I am also involved with Hearts of Midlothian Academy Physiotherapy team and am the Lead Physiotherapist for an Edinburgh Rugby team.

My sports injury experience alongside working in the NHS has enabled me to develop my skills in treating patients with a wide variety of conditions.

I have also worked with Gaelic Game teams in Ireland, at both senior and intercounty level as a Strength and Conditioning coach.

I also completed a 6-month semester in Chicago, USA where I worked alongside athletic trainers in Baseball, American football and Women's soccer.



**Hi I'm Majka Van Herp, Physiotherapist**

After completing my physiotherapy degree in Aberdeen in 2014, I worked in Grampian for the NHS for 3 years. I completed several rotations within this time in various specialities.

I love to travel and in 2017 I took a 9-month career break and travelled solo around South East Asia, Australia and Fiji. Amazing experience but quite stressful at times!

In 2019 I decided I wanted to work in the musculoskeletal area. I moved to West Lothian and I have been with PhysioFlex since January 2019. I enjoy working with spinal conditions.

In my spare time I enjoy being outdoors and like to hill walk in the summer and ski in the winter. I also keep active by going to the gym, doing yoga, running and swimming.

In my younger years I was a competitive artistic gymnast and I still enjoy going to adult classes now in an attempt to relive my youth!



**Hello, I am Daniel Scott, Physiotherapist**

I have just recently joined PhysioFlex as I am a motivated and ambitious Physiotherapist with experience within the NHS working with multi-disciplinary teams to provide holistic patient centred care.

I have been first team Physiotherapist at Howe of Fife Rugby Club for the past 2 seasons. As part of this role, I oversee the assessment and management of musculoskeletal conditions for players.

Being a key member of the coaching team, I liaise regularly with coaching staff providing information on player recovery, updates on player well-being and implementing injury prevention strategies. Within this role, I have gained good experience in team working in a sporting environment whilst also gaining experience in acute injury management.

Alongside rugby, I have provided first aid for several sports including football, volleyball and running/marathon events and have completed my National Sports first aid certificate and my world rugby level 1 first aid qualification.

During my 4<sup>th</sup> Year at University, I completed a strength and conditioning (S&C) internship which allowed me to work alongside talented athletes, university sports scholars and

nationally qualified S&C coaches. These interactions gave me valuable insight into athlete management, exercise prescription and programming which I apply directly to my Physiotherapy practices.

I am excited to be part of this fantastic team!



**Hi, I am George Trenev, Physiotherapist**

I graduated from the National Sports Academy “Vassil Levski” Sofia, Bulgaria with a Bachelor’s Degree in Physiotherapy in 2016. Upon obtaining my degree I began working in the area of Paediatric Neurology in a private medical centre in the capital of Bulgaria.

At the end of 2016 I was appointed as a physiotherapist for the Bulgarian National Cross-country ski team where I was supported the elite athletes of the 1st team during their competitions period in Norway, Finland, Italy and Switzerland.

Shortly after, I moved to the United Kingdom where I have been dealing with musculoskeletal injuries and I became part of the PhysioFlex family in June 2019.

My athletic background in volleyball helped me discover the areas of interest in physiotherapy and I enjoy dealing with sports injuries with an interest in the shoulder and neck.

Outside of work I love unplanned trips and any outdoor activities (hiking, camping, beach volleyball and many others)



**Hello, I am Sean McDonald, Senior Massage Therapist**

I am a Senior Sports Massage Therapist having been trained as a Sport and Remedial Massage Therapist. This means that I can help you with your muscular pain and injuries, as my massages are Therapeutic. I work closely with the Physiotherapy team to make sure you get the best treatments for you.

I have British Weightlifting Level 1 and 2 qualification, and I have competed in Muay Thai for over 10 years and have also coached other boxers before transitioning into Olympic lifting, which I still currently do. “When I’m not dropping barbells on myself, I’m working or training or I’m with my wife Emma, whom I’ve been married to for a year now”

I have worked extensively in CrossFit, Olympic Lifting and Powerlifting gyms before joining the PhysioFlex team.

I provide a range of Sports Massage therapies and advice, including, manual therapy, massage, medical acupuncture (dry needling), joint articulation and mobilisation.



**Hi, I'm Kerry Morris, Physiotherapist**

I qualified from Queen Margaret University and have developed my Physiotherapy skills through my experience working solely within private practice.

I have participated in sport my whole life, and through my own experiences have developed a clinical interest in all sports injuries and how to rehabilitate people back to the activities they want to be involved in.

My love is for athletics and from 2007, I have been a member of Team East Lothian, where I coach and compete regularly in sprints and long jump.