



Sedisha Brink has been working as a physiotherapist for over 14 years, having qualified with a Bachelor of Physiotherapy, magna cum laude at the University of Durban Westville 2002. She moved to the United Kingdom in 2005 to further her clinical experience and studies, where she was a member of the Chartered Society of Physiotherapy (CSP) and Musculoskeletal Association of Chartered Physiotherapy (MACP).

Sedisha completed her Diploma in Orthopaedic Medicine in 2006. She then obtained her Masters degree in Advanced Neuromusculoskeletal physiotherapy in 2014, at the prestigious King's College London. At this time, she developed an interest in vestibular disorders and has since attended concussion workshops and training in physiotherapy assessment and treatment of post-concussion syndrome.

She has published research in South Africa and was involved in a UK based study to develop a tool to help physiotherapists disseminate research for the effective treatment of chronic lower back pain. Sedisha is a lecturer, mentor and external examiner on the Orthopaedic Manipulative Therapy (OMT) post graduate physiotherapy course.

Sedisha has worked in a corporate wellbeing centre on a clinical basis, as well as consulting with Human Resources on employee related injuries and conditions. She has a special interest in the Neurophysiology of acute and chronic pain and the implications of stress on the general well being of a person. She consults with major companies, running corporate resilience programs on how to achieve mental resilience & optimal brain performance.

Sedisha has worked in professional basketball and semi professional rugby where she was the team physiotherapist for the Thames Valley Tigers basketball team and pitch side physiotherapy for Bracknell Rugby Football team and Berkshire County Rugby.

Sedisha has extensive experience in private practice treating conditions ranging from post operative cases both elective and traumatic to acute sport injuries; with a focus on end stage rehabilitation in both elite and recreational sport. She runs her own practice at Waterfall Sport Orthopaedic Surgery in Midrand alongside Dr Jon Patricios and Dr Jarrad van Zuydam; and is involved in the physiotherapy assessment and rehabilitation of post concussion injuries.