



Elaine Carey

**MISCP, B.Sc. (Hons) Physiotherapy.
STOTTS and APPI (Australian Pilates
Institute) Certified Pilates Instructor**

Elaine is a Chartered Physiotherapist who started working in Private Practice in 2008. Since graduating from UCD in 2006, Elaine has spent the bulk of her career to date working in musculoskeletal and sports physiotherapy. After graduating from UCD, she spent her initial two years working in Limerick University Hospital and the Maternity Hospital before furthering her career in Australia. She worked extensively within Private Practice and Rugby Union while there, gaining valuable experience in a professional sports setting.

Since her return to Ireland, Elaine has worked with UCC RFC, Newcastle West RFC, UL Bohemians RFC, Young Munster RFC and Limerick Swimming Club. She has spent 5 years working in Newtown Medical Centre (GP based) before setting up her own practice “EL-PHYSIO Clinic & Pilates” here in The Urban Co-op Wellness Hub.

Elaine has a keen interest in musculoskeletal and sports injuries, with a particular emphasis on trigger point therapy and the use of dry needling within this. A fitness enthusiast herself, she has completed the Ring of Kerry cycle 3 times, takes part in the occasional triathlon and is seen regularly in her local gym lifting weights. When she is not working or exercising, she manages to fit in her role of being a mom to two adorable little girls.

Pilates concludes her list of passions where she continues to use her skills in rehabbing patients with general spinal stiffness and weakness to more specific spinal disorders. Her classes are very popular and are open to Beginners groups and Intermediate Groups.

Physiotherapy and Pilates are vital components to balance Movement with healing. Contact Elaine on 085-198-0862 to make an appointment.

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