

## Katy Chambers

MSc BSc (Hons) MCSP MHCP

Katy is a Senior Dance Specialist Physiotherapist based primarily at Trinity Laban Health, working with pre-vocational and vocational dance students as well as professional dance artists from a wide range of disciplines. With a background in Dance Education and Pilates also, Katy offers holistic approaches when working with dancers, prioritising long term self-management strategies. Katy also lectures in Dance Science at Trinity Laban and the Royal Academy of Dance and delivers education workshops for dancers and dance teachers, aiming to support the dance training and education sectors through provision of health based information in a practical, applied setting.