



Timoreta Gray; Physiotherapist

TOPIC: Medical conditions that can lead to falls, injuries and the diagnosis and treatment of osteoporosis

Timoreta graduated from the University of Stellenbosch in 2004 with BSc degree in Physiotherapy.

After completing her community service year in Port Elizabeth, she continued working in the public sector in Port Elizabeth and Uitenhage, where she gained valuable experience in orthopaedics, surgical and medical conditions.

Between 2008 and 2011 she worked in private orthopaedic practice in Balbriggan (Ireland), completed her Stott Pilates Instructor course and assisted in the treatment and rehabilitation of the Skerries Harpes Gaelic Football team.

In 2013, Timoreta completed her Master's degree with distinction, in Orthopaedic Manual Therapy at the University of Stellenbosch. Furthermore, she successfully completed the National Pain postgraduate course in 2015 and the Third Vestibular Assessment and Rehabilitation Course (UCT) in 2016.

Timoreta has a special interest in treating and rehabilitating patients with chronic pain, vestibular dysfunction, woman's health, musculoskeletal and sports-related conditions using manual therapy, exercise, education, and Pilates.

Timoreta is the current chairperson of the National Neuromusculoskeletal Physiotherapy Group (a Special interest group of the South African Society of Physiotherapy -SASP) and the South African representative on the International Federation of Manipulative Physiotherapy (IFOMPT).

She is a keen swimmer, hiker, and runner, having completed her first marathon in 2018 and a number of half marathons. Timoreta began working at Constantia Physiotherapy in 2011 and joined Marcelle Pienaar as a practice partner in 2015. When Marcelle retired in 2021, she solely took over the practice.