

Title: Growing pains or sports injuries in teenage athlete

By Dr Belinda Ting

**Clinical Director & Principal Physiotherapist
Performance Sports & Rehab Specialists)**



About the Speaker:

Belinda graduated from Columbia University's (New York) College of Physicians & Surgeons and earned a Masters and Doctorate in Physical Therapy specializing in Orthopaedics and Pediatrics in 2003.

In her 9 years of working in the USA, she worked alongside renowned Sports and Orthopaedic Surgeons in Stanford and at the Palo Alto Medical Foundation to help local high school, collegiate and professional athletes reach their goals. As an Orthopedic Certified Specialist since 2006, she became a clinical instructor to USC, Northwestern University, University of Miami and SUNY Buffalo physical therapy students. In 2008, she became a Fellow of the American Academy of Orthopedic Manual Physical Therapy.

Belinda is trained in Classical Pilates and teaches Pilates to patients with low back, neck pain, athletes, cancer patients and post op patients. She is also an **appointed member of the Sports Medicine and Science Subcommittee of Fencing Singapore.**