

Amanda Foster | Profile

I am a Sacred Heart old girl (1997 – 2001) (Go Barbier!!) and I am delighted to be back at Sacred Heart contributing to the health and wellbeing of the students and staff through providing quality physiotherapy care.

At school I played just about every sport that I could or was available back then, Netball was always my sport of choice, but I also played Cricket, Volleyball, summer Hockey and Squash. I had a few injuries here and there which in part led me towards my physiotherapy career.

After leaving Sacred Heart I went to the Auckland University of Technology to study Physiotherapy for four years. I love the Waikato and quickly came home after graduating at the end of 2005. I worked at Waikato Hospital for 18 months to find my feet and then moved on to private practice and got involved in sports physiotherapy and injury management. I really found a passion for helping people get back to their goals as quickly as possible. That interest led me to do my Masters in Clinical Practice (Musculoskeletal Physiotherapy, Sport and Exercise Science) between 2009 and 2011.

I continued to work in private practice alongside starting a family with my husband. We have two girls Casey (8) and Zara (5), who I hope will also go to Sacred Heart eventually!

Over the years I have worked with several sports teams and at numerous events – predominantly in Netball – but also Rugby, Badminton and Squash. I currently work with the Netball New Zealand Pathway to Podium Athletes and was the NZ Secondary School Netball Team Physio for 2017 and 2018. I have also just completed two years in an injury prevention role with NetballSmart.

This year I have been appointed to the WBOP Magic Netball Franchise as their physio for the 2020 season (which is very exciting for me!).

I really enjoy helping people get back to doing whatever it is that they are passionate about. Injuries aren't always due to sport and in private practice we see any type of injury that walks (or limps) in the door.

I am really looking forward to providing quality Physiotherapy services at Sacred Heart for 2020, making physio simpler for students to access with minimal disruption to the school day.