



Jack Sunde

Osteopath and Personal Trainer

Jack is a skilled Osteopath with a First-Class Master's Degree in Osteopathic Medicine and over ten years of experience in injury rehab.

As a primary care practitioner, he specialises in the diagnosis and treatment of acute and chronic musculoskeletal disorders in people of all ages and all walks of life such as athletes, city workers and retirees. He uses highly effective therapies such as osteopathic spinal manipulation, muscle energy technique, joint mobilisation, and deep tissue massage. Jack strives to give members a positive and effective treatment experience through patient partnership - tailoring treatments to one's individual preferences and keeping them informed.

Outside of his clinic, Jack is also a Club personal trainer at Pall Mall helping members reach their health and fitness goals. Jack's unique blend of services provides a holistic approach to physical well-being.