

## **Carina Q. Desquitado**

**Sports Massage Therapist**  
**Singapore Sports Medicine Centre**  
**BS Physical Therapy (Philippines)**

Carina Graduated from Southwestern University (Philippines) in 2002 with the degree of Bachelor of Science in Physical Therapy. She gained initial experience working in the Philippines as a physical therapist in hospitals and private set-up together with orthopaedic doctors and fellow physiotherapists.

Carina also holds qualifications in Holistic Therapist (ITEC) and in Manual Lymphatic Drainage (ITEC). She has been in the wellness environment for 7 years, providing various therapeutic massages, including but not limited to: Deep tissue massage, Soft tissue massage, Swedish and Manual Lymphatic Drainage.

She has interest in injury prevention and management of sports injuries in relation to sports massage. Outside of work, Carina sporting interests are in badminton and volleyball.