

Spotlight on Rosie Sofra – Massage Therapist

Experienced massage therapist, [Rosie Sofra](#) has been with Langwarrin Sports Medicine Centre since 2011, we caught up with her recently and discovered (among other things) her superpower wish!

WHAT INSPIRED YOU TO BECOME A MASSAGE THERAPIST?

The ability to help people! Having a job in which you can provide relief to patients is extremely rewarding thing to be able to do.

What does being part of community well being mean to you?

Being able to network locally and have a positive impact on the community with my treatments makes work so much more enjoyable.

What is your philosophy around Massage Therapy?

I believe in listening to the patient and getting feedback from them. Every patient is different, adapting to their needs and tailoring treatments specific for them is crucial.

What is your proudest sporting moment as a player?

I was fortunate enough to represent Victoria for tennis.

What is your worst injury and how did you overcome it?

An adolescent hip presentation, it required surgery and then went through a rehab program with a physio.

Who is your sporting hero and what do you admire most about them?

Serena Williams! She has changed female tennis. From where the Williams family came from, to what both her and Venus have achieved is incredible.

If you could have a superpower, what would it be?

Telepathy! If only therapists could read patients minds.

Rosie offers half hour and one hour massage bookings at Langwarrin Sports Medicine Centre. Click [here](#) to make an appointment or call 9789 1233.