

# Rene Naylor

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The Westin Cape Town – Heavenly Spa, 19<sup>th</sup> Floor – Convention Square, Lower Long Street – Cape Town, 8001

Cell: +27 82 7779177

Email: [rene@naylorandcroy.com](mailto:rene@naylorandcroy.com)

Rene Naylor is a highly skilled sport physiotherapist with 27 years' experience and is currently the Springbok physiotherapist. Her primary focus being injury prevention and rehabilitation, pain management and optimal body performance.

Rene was born and schooled in the Cape Town suburb of Belhar. She is the daughter of a teacher mother and engineer father. Within this nurturing family and community, her will and drive to help others, coupled with her passion for sport led her to a B.Sc. Physiotherapy degree at UWC. She graduated in 1992 and received the Deans Award of Student Excellence. This was followed by a post graduate degree in Sports Physiotherapy at UCT in 2004.

The lack of facilities and support for rugby clubs on the Cape Flats, meant she started her first physiotherapy work in a shipping container for a rugby club in Mitchells Plain in 1996. Rene got her first professional break with Western Province Rugby in 2001. She has worked almost exclusively with rugby players from club to international level and was appointed as physiotherapist to the rugby world champions, the springboks in 2008. She received her 100<sup>th</sup> test cap in June 2018. She remains in the position of Springbok physiotherapist till 2021.

Rene set up a private practice in Mitchells Plain in 1996, that still operates today. In 2009, she started Naylor and Croy Physiotherapy in the Cape Town CBD targeting corporate clients and sport people.

She has broadened her offer to include consulting to a number of overseas sports teams in both a governance and advisory capacity.

This combination of entrepreneur, professional international practitioner and devoted mother to her loving 6 year old son has served as an inspiration to many young women.

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