



Courtyard Clinic

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Clare Hornby

BSc Hons Physiotherapy,
Certified Pilates Instructor

Physiotherapist and
Pilates Instructor

I gained my BSc (Hons) in Physiotherapy at Oxford Brookes University in 2003. My first job was working in the NHS at Lincoln County Hospital, which gave me a good grounding in a number of clinical areas before I moved on to specialise in outpatients and orthopaedics. Following a move to Devon in 2008 I worked in private practice in Exeter for three years before taking a post with The Fire Fighters Charity, a residential rehab centre for members of the fire and rescue service. Here I was able to gain further extensive experience in exercise therapy, kinesio taping and hydrotherapy as well as continuing to develop my manual therapy skills.

I have a special interest in the use of Adapted Reflex Therapy to treat spinal conditions. This is similar in background to reflexology but the techniques are different, and more specific to spinal pain. I am a member of the Association of Chartered Physiotherapists in Reflex Therapy (ACPIRT) and was a tutor on the first Reflex Therapy Foundation course in this little known subject in 2012/13.

exceed your expectations

Clare Hornby

I am currently training in Pilates with the Australian Institute of Physiotherapy and Pilates (APPI) and I teach Pilates classes at the Courtyard Clinic and in the Forest of Dean. I find that Pilates is a fantastic form of exercise and is especially good for those recovering from injury or with ongoing musculoskeletal conditions who have lost confidence in their bodies and want to get back to activity but are scared of making things worse or doing the wrong thing.

When not working as a physiotherapist I work as a retained fire fighter for Gloucestershire Fire and Rescue Service, something that is completely different to Physiotherapy but I love the challenge. It also allows me to indulge in my main hobbies which are sport and exercise, as it's a job that you certainly need to be fit for!

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