



# Courtyard Clinic

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## Helen Cann

BSc Hons Physiotherapy,  
MSc Veterinary  
Physiotherapy, Certified  
Pilates Instructor

Physiotherapist and  
Pilates Instructor

As a keen horse rider as a child my initial exposure to physiotherapy was for a horse, which required equine physiotherapy to help her sore back; this inspired me to become a physiotherapist.

After my human training in Bristol in the 1990's, I went on to study at the Royal Veterinary College and gained an MSc in Veterinary Physiotherapy. For 10 years I combined my human practice, with physiotherapy for horses, dogs and occasionally cats! Currently I am dedicating my work, part time to the human field, alongside looking after my 3 children who also keep me busy.

I have had an interest in Pilates and core stability work for many years, so trained and qualified as an APPI Pilates Instructor in 2012. I enjoy running Pilates classes alongside my physiotherapy work here at the Courtyard Clinic and strongly believe that Pilates has an important part to play for both rehabilitation and maintenance of spinal and postural problems.

*exceed your expectations*

# Helen Cann

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I have recently specialised my Pilates into the field of Pilates for riders. This is great for me, as I return to the saddle myself, to incorporate my enthusiasm for riding into my work and help riders to improve their core strength and balance to make them more efficient riders.

My physiotherapy practice includes the use of manual therapy, exercise, postural advice, Pilates and acupuncture. I have an interest in how the mind and body are linked and I have recently been exploring how Mindfulness may have a part to play for some people, especially those with persistent and multifactorial problems. I am always open to new ideas, and am enjoying working in a dynamic and developing clinic within a great multi-disciplinary team.

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