



Courtyard Clinic

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Joanne Beeston

BSc Hons Physiotherapy,
BSc Hons Sport Science
and Certified Pilates
Instructor

**Physiotherapist and
Pilates Instructor**

As a child who enjoyed sport and a teenager who wanted a career in a caring profession, physiotherapy was the obvious choice. A career I still enjoy as I continue to learn more and more about the complexities of the human body and how I can have a positive effect on it, by either treating patients after an injury or being able to advise on exercises or actions that may prevent injury.

Gaining a place to study physiotherapy was difficult as the competition was tough, but after my initial refusal onto a BSc Physiotherapy course, I undertook a sports science degree alongside a massage and aromatherapy course. After completing these I was determined to gain a physiotherapy place, this I did and qualified in 1998.

Since then I have worked locally, at Gloucester, Stroud and Dursley, finally specialising in musculoskeletal physiotherapy.

exceed your expectations

Joanne Beeston

In 2009 I joined the Courtyard Clinic. Since joining the friendly and professional team here, I have continued to develop my knowledge of assessing and treating a wide range of musculoskeletal conditions and have continued to improve my understanding and use of acupuncture.

I have also become a Pilates Instructor which complements the exercise therapy, manual therapy, taping and acupuncture I use as a physiotherapist to rehabilitate patients. I enjoy my Pilates classes as I get to know the participants well over time. Although I work the classes hard we have a little banter and I encourage a Pilates smile! I try to ensure the classes are enjoyable as well as beneficial.

I had a serious back injury in 2013 which resulted in surgery. I can't say I enjoyed being a patient but it gave me a valuable insight into the concerns of those with back problems. Low back pain is an area in which I am continually developing my knowledge and research is continually enabling us to further understand injuries and treat patients more effectively. I try to keep up with the most recent research as well as keeping up with my three children.

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