



Courtyard Clinic

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Jo Moores

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

Physiotherapist and
Pilates Instructor

I initially studied Sport Science at University because of my involvement and passion for sports, but due to my natural eagerness to help others I was encouraged to pursue a career as a Physio. Since qualifying in 2004 I have been lucky enough to combine my work with my other passion in life, travelling. I've spent time working in Australia, New Zealand and China gaining experience in many different fields of physiotherapy and working with some amazing therapists. Along the way, I have developed into a therapist whose focus is very much patient-led. So much so, that I've frequently been pulled up on asking too many questions! And not all physio-related ones! But that just stems from a keen interest I have in people. I like to think my biggest attributes are in empathising, problem solving and inspiring change, but most importantly listening well to others which I feel is paramount to getting people better.

exceed your expectations

Jo Moores

Alongside my physio work I've also invested a lot of time using clinical Pilates, both mat-work and equipment based, to either rehabilitate someone from injury or surgery, or to avoid problems arising and promote well-being. I'm passionate about clinical Pilates after seeing so many people benefit so greatly from it. I especially love my job when I finish a session with someone and they leave feeling inspired.

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