



# Courtyard Clinic

PHYSIOTHERAPIST  
PILATES



## Jo Turner

BSc Physiotherapy,  
MSc Pain Management,  
Certified Pilates Instructor

Physiotherapist,  
Pilates instructor  
and Clinic Director

I have been fanatical about sport and all types of exercise since I was a child. Physiotherapy was an obvious career choice for me and being able to teach movement alongside hands on treatment is the most fulfilling aspect of my job.

Ten years ago I trained as a Pilates instructor. To be a physiotherapist teaching Pilates is fantastic, I get to take my knowledge of anatomy, physiology and biomechanics and then use movement and exercise to bring it alive. I get huge satisfaction from seeing patients improve with this technique and I love the creative aspect of choreographing classes (when you have engaged your core and done Pilates to “Thriller” complete with the monster moves then tell me you’re not having fun!) Another rewarding aspect to my Pilates teaching is writing and presenting courses for physiotherapists. I love teaching Pilates theory but more than that I enjoy thrashing out and debating new ways of doing things and achieving better results for clients.

*exceed your expectations*

# Jo Turner

---

A very different focus of my career has been in the field of pain management. I find neuroscience and pain physiology mind-blowing; the ways in which our brain and nervous system are able to process stimuli and then react and adapt are phenomenal. Pain in its simplest form is a positive thing, a warning signal to us and a form of protection. Things can go wrong however with the nervous system just like in any other part of our body and this is when life can get miserable. In 2004 I completed a master's degree in pain management at Leicester University. I wanted to know more about this fascinating subject but also to better understand how to help my patients. Nowadays, I spend a lot of time explaining pain to patients and combining this with my knowledge of movement and exercise. The reward is seeing people who have been in long term pain learning to trust their bodies again.

The most recent and exciting change in my career has been to take on the co-directorship of the Courtyard clinic. I wanted to do this because I like the idea of trying to find new ways of delivering healthcare. I have never particularly followed the crowd as a physiotherapist and I believe there is a real opportunity to rethink the ways that we package and deliver health services. I have always pushed myself hard and now I am enjoying the opportunity to put that drive into something bigger. I am proud of Courtyard Clinic and passionate about the achievements, skills and dedication of the people who work here. I have no intention of slowing down yet and cannot wait to see this company move into its next phase with a larger range of complementary services, more specialist areas of healthcare provision and a bigger presence in the county and in the world of health and well-being.