



Courtyard Clinic

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Nicky Travlos

BSc Hons Physiotherapy,
Certified Pilates Instructor

Physiotherapist and
Pilates Instructor

I played sport to a high level at school in Zimbabwe and this, along with my fascination with the anatomy and biomechanics of the human body, led me to study physiotherapy at the University of Cape Town. Cape Town was an amazing place to study and I gained a vast amount of experience there, treating a variety of traumatic and medical conditions. I volunteered as a student physiotherapist at sporting events such as the Argus Cycle Tour and Comrades Marathon.

I moved to the UK in 1997 and since then have worked in a number of private and NHS settings throughout the country from London to Scotland before settling in Gloucestershire at the Courtyard Clinic in 2004. I qualified as an APPI Pilates Instructor in 2012 and through this my practise and understanding of exercise and human movement has grown exponentially. I have a special interest in Women's Health, and have led the development of the Women's Health Service at the Courtyard Clinic.

exceed your expectations

Nicky Travlos

As well as assessment and treatment for bladder dysfunction, pre and postnatal physiotherapy and Pilates, and pelvic girdle pain in pregnancy, I have further expanded my skills to include assessment and treatment of bowel dysfunction.

All patients will benefit from a confidential assessment and treatment and will be given the time needed to address any issues they may be concerned about. I am a deeply caring individual and this influences the way I treat all my clients. I am a strong believer in the holistic approach to treatment and will work with you to attain optimum wellbeing.

On a personal note, I support community based projects and fundraise to aid disadvantaged people in my native Zimbabwe. I enjoy keeping fit and active through sport and outdoor activities. I regularly practise yoga and mindfulness meditation. I am in the process of completing a Masters through Bath Spa University, in Health Creation Mentoring. The training will enable me to support people who wish to make changes in their lives which will lead them to vitality and optimal wellbeing as well as giving much needed help and support to people diagnosed and/or living with cancer as well as their carers.

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