



Meet our *Superstar* Physio!

JO



Sex	Age Range
Male	26 - 30
Years Experience	Preferred Contract
0-3 years	The Koala Package



Qualifications

Bachelor of Science in Sports Science (2022)
Master of Science in Physiotherapy (2026)

Registration Number and Expiry

PHY0004079226 (30/11/2026)

University

Leeds Beckett University
York St John University

CPD Courses

Pre Hospital Intermediate Care In Sport level 2 (PHICIS)
Level 4 massage therapy and foundation acupuncture.

Work History

JO is a motivated new-graduate physiotherapist with a strong focus on musculoskeletal care, backed by over 1,000 hours of diverse clinical placement experience across MSK, respiratory, and neurological settings. He demonstrates a dedicated patient-centered and evidence-based approach, combining clear clinical communication with a strong commitment to reflective practice and ongoing professional development.

Placement - Work and Health MSK Outpatient Clinic | York and Scarborough Teaching Hospitals NHS | 01/2026 – 02/2026

Working within a 6-month trial service funded by the Department for Work and Pensions, JO managed rapid-access care for patients at risk of work absence due to MSK conditions. He conducted independent assessments, delivered ongoing management, and prescribed tailored, exercise-based interventions aligned with patient preferences and functional goals while maintaining meticulous, independent clinical documentation.

Placement - Musculoskeletal Outpatient Clinic | York and Scarborough Teaching Hospitals NHS | 06/2025 – 07/2025

JO assisted Advanced Physiotherapy Practitioners in managing complex MSK caseloads and participated in weekly multidisciplinary team meetings alongside orthopedic consultants and radiologists. Alongside completing a service development project aimed at reducing health inequalities in online services, he shadowed radiologists to refine his clinical diagnostic skills.

Placement - Harrogate Hospital ICU | Harrogate and District NHS Foundation Trust | 09/2025 – 10/2025

Operating within an intensive care setting, JO conducted systematic A-E assessments and delivered acute respiratory interventions, including percussion, suctioning (closed circuit and Yankauer), and tracheostomy care. He routinely mobilized complex, high-dependency patients with multiple attachments both independently and alongside multidisciplinary staff.

Placement - Community Physiotherapy York | York and Scarborough Teaching Hospitals NHS | 11/2024 – 12/2024

JO delivered community-based care to elderly and disabled populations unable to attend outpatient clinics. Collaborating closely with physiotherapists and occupational therapists, he conducted comprehensive home assessments to identify functional risks and implement necessary supportive equipment.

Placement - Community Mental Health Team | Tees, Esk and Wear Valleys NHS Foundation Trust | 09/2024 – 10/2024

Adopting a holistic, patient-centered approach, JO supported older adults managing co-occurring MSK and mental health conditions. He conducted thorough subjective and objective assessments, adapting his communication style to build rapport and effectively engage patients facing complex psychological challenges.

Front of House Team Leader | Greene King, Leeds | 05/2022 – 01/2024

JO successfully led a front-of-house team in a high-volume, fast-paced hospitality setting during peak event days near Headingley Stadium, demonstrating strong leadership, communication, and composure under pressure.

Gym Manager | XS Fitness, Knaresborough | 08/2021 – 06/2023

Managing daily gym operations, JO oversaw client sign-ins, sales processes, and facility maintenance while maintaining clear team communication during shift handovers to ensure operational continuity.

Assistant Child Minder | Beckwith Childcare, Harrogate | 09/2017 – 09/2019

JO effectively communicated across diverse pediatric age groups, providing clear daily handovers to parents. He maintained full compliance with Ofsted safety standards through accredited training in pediatric first aid, food hygiene, allergy awareness, and safeguarding.

Hospital Experience

JO gained hands-on acute care experience during a six-week intensive care unit placement at Harrogate Hospital. As part of a multidisciplinary team, he was responsible for maintaining chest function and optimizing mobility in critically ill patients, including those with complex medical attachments. He routinely conducted systematic A–E assessments and delivered a range of specialized respiratory interventions, such as chest percussion, closed-circuit and Yankauer suctioning, and tracheostomy management.

Private Practise MSK Experience

As a recent graduate, JO brings 1,000 hours of clinical placement experience gained across NHS settings. Within outpatient clinical environments, his responsibilities included conducting independent patient assessments, formulating clinical diagnoses, designing tailored home exercise programs, and maintaining clear, accurate documentation. During a dedicated six-week musculoskeletal placement, he managed follow-up appointments and guided patients through their entire treatment journey, ensuring continuous, progressive care.

Areas of Skills and Expertise

Musculoskeletal (MSK): Intermediate to Advanced Experience Level

JO holds a strong clinical focus in MSK physiotherapy and sports injury management, combining over 1,000 hours of clinical placement experience with specialized postgraduate qualifications. Certified in Foundation Acupuncture and holding a Level 4 Certificate in Sports Massage Therapy through Breeze Academy, he integrates targeted manual therapy, soft tissue mobilization, and acupuncture with evidence-based exercise prescription. His background includes working in rapid-access Occupational Health clinics to prevent work-loss, managing subacute and chronic conditions, and utilizing clinical reasoning alongside Advanced Physiotherapy Practitioners and radiologists to diagnose and manage complex biomechanical presentations.

Orthopedics & Sports Medicine: Intermediate Experience Level

Leveraging his undergraduate degree in Sports Science and over a decade of strength and conditioning experience, JO is skilled in athletic rehabilitation, movement analysis, and functional return-to-activity programming. He has actively participated in multidisciplinary orthopedic team meetings alongside consultants and radiologists to plan care for complex joint and soft tissue pathologies, applying exercise-based rehabilitation principles tailored to both athletic and general populations.

Respiratory & Critical Care (ICU): Intermediate Experience Level

During his intensive care unit placement, JO gained direct experience managing high-dependency acute patients. He is proficient in conducting systematic A–E clinical assessments and delivering targeted respiratory interventions, including chest percussion, Yankauer suctioning, closed-circuit suctioning, and tracheostomy care. Additionally, he is experienced in safely mobilizing critically ill patients with complex lines, monitors, and medical attachments.

Community & Geriatric Rehabilitation: Intermediate Experience Level

JO's community background encompasses home-based evaluations for elderly patients, individuals with physical disabilities, and those unable to access traditional outpatient care. He is skilled in conducting environmental safety assessments, prescribing adaptive mobility equipment, and designing home exercise programs aimed at improving independence, balance, and quality of life for multi-morbid and frail populations.

Mental Health & Psychosomatic Care: Intermediate Experience Level

Working within community mental health teams, JO has developed a holistic approach to treating older adults presenting with co-occurring MSK pathologies and psychological or psychiatric conditions. He possesses strong interpersonal skills and excels at adapting communication techniques to build trust, rapport, and therapeutic engagement with vulnerable or cognitively impaired patients.

Who am I?

JO is a 27-year-old newly qualified physiotherapist originating from Yorkshire, England. He holds a Bachelor's degree in Sports Science from Leeds Beckett University and completed his Master's degree in Physiotherapy at York St John University. Raised in a busy family environment in Harrogate, he is the third of six siblings—a close-knit family that includes two medical doctors, a mental health professional, and two younger siblings finishing their studies. Through his academic journey and strong roots in Harrogate and Leeds, he has built a supportive network of lifelong friends and family connections.

Outside of his professional practice, JO maintains an active and well-rounded lifestyle. He enjoys running, playing football, strength training, and cycling, often sharing runs and visits to local cafes with his girlfriend. In addition to physical fitness, he has a keen interest in reading both fiction and non-fiction, regularly participates in local and television trivia quizzes, and values spending quality time with his extended family, including his nieces, nephews, and family pets.

Quotes from References

JO was an incredibly motivated student. He has excellent communication skills. He conducts himself professionally at all times. Both his clinical and academic work is of an exceptional standard.

His time management and accuracy is excellent. He is able to manage a caseload.

JO was a reflective and hard working student who worked very well with his peers. I wish him well in whatever he does.

