



'Unparalleled excellence in rehab'

MEDIA RELEASE **liveried**

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**The Jersey Sports & Spinal Clinic...
Driving Physiotherapy forward in Jersey!**



The Jersey Sports and Spinal Clinic are promoting their home physiotherapy service with an innovatively liveried vehicle that is being used to bring physiotherapy and Pilates services direct to your home!



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“Whilst working from treatment rooms situated in GP practices across the Island (St Peters Surgery, Lister Surgery, Les Saisons Surgery and Health Plus) we were often asked if we could see clients at their home, perhaps if they were injured and it was difficult for them to get to a clinic or simply because everyone is so busy and it was easier and more time effective for us to go to them,” commented Nigel Mann, Physiotherapist (and director of) The Jersey Sports and Spinal Clinic. “We realised there was much interest in such a service so are now pleased to offer home visits for physiotherapy and modified Pilates. Being a husband and wife team we can offer either male or a female therapist, again adding that extra flexibility in client care.”

The Jersey Sports & Spinal Clinic is committed to keeping up to date with the latest developments in physiotherapy and appreciate that everybody has different needs. As such, treatment depends on and is tailored to a client’s specific problem(s) and lifestyle needs.

Nigel and Lisa recognize what it feels like to have an injury and realise that people want their injuries treated quickly and effectively. The JSSC provides a comprehensive, unparalleled physiotherapy service for a wide range of muscle, bone and joint problems.

The Jersey Sports & Spinal Clinic (JSSC) physiotherapists are members of the Chartered Society of Physiotherapy (CSP), who are



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registered with the States of Jersey and the UK's Health Professions Council that has superseded the State Registration (SRP) qualification. Both Nigel and Lisa undertake regular updates to ensure a client is given the most effective up-to-date treatments available.

For further information contact:

Nigel Mann
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Or visit www.physiojersey.com

Ends.



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Notes to Editors

The Jersey Sports & Spinal Clinic (JSSC) is not just a physiotherapy clinic; it is one of Jersey's newest integrated musculoskeletal rehabilitation services offering you:

- The individual attention you need with tailored treatment programmes designed specifically for your injury.
- 360 Degree Rehabilitation with Physiotherapy, Sports Injury, Modified Pilates and Occupational Health services.
- The ability to have your problems addressed at the earliest opportunity and that is why we try to offer same-day appointments.
- Treatment at your home or at work if you cannot get to us.
- Up to an hour for an initial consultation and 30 minutes for subsequent treatments.
- Extended appointment hours from 7am to 8pm weekdays.
- Treatments for all, insured or not.

About Us:

Lisa Mann and Nigel Mann are the clinical directors and also work full time. They have almost 20 years of clinic experience between them. They have recently launched the JSSC offering Islanders physiotherapy, modified Pilates and occupational health providing a rounded 360 degree service.

Lisa Mann

Lisa started her career in the UK having graduated from Leeds Metropolitan University in 1998. Working in the NHS for several years in a variety of different areas before specialising, throughout her career Lisa has had a keen interest in sports injuries and rehabilitation and has worked with a number of sporting groups.



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Her private practice experience is wide-ranging and includes the treatment of professional, and elite Olympic and International sportspersons from the fields of rugby, football and athletics.

Lisa was the Head Physiotherapist for Wakefield Rugby Union between 2002 and 2004. Clinically, Lisa was involved in total player management from screening prior to being signed by the club, injury prevention programmes, pitch side cover on match days for home and away games, acute injury management, rehabilitation and fitness testing prior to returning to sport. Lisa was also Head Physiotherapist for Yorkshire Rugby's U20 and Senior teams between 1999 and 2004 leaving these posts to become the Clinical Lead in a leading private hospital in Leeds. Here, Lisa formed direct links with some of the best consultants, surgeons and professionals in the UK. Lisa recently completed a Certificate in Spinal Manual Therapy.

Nigel Mann

Nigel has a keen interest in the management of rheumatological conditions, occupational health disorders and long term pain disorders. This ultimately led to his interest in Pilates for rehabilitation and Nigel has since trained as a Modified Pilates instructor.

Nigel was the Lead Physiotherapist for the Yorkshire Regional Rheumatology Centre. In this role, he developed a special interest in the treatment and management of rheumatological conditions in particular hypermobility syndromes. Nigel's role developed to include a role in the Leeds Pain Management Team. Nigel was an invited speaker at a multidisciplinary conference in Zurich in 2003 to highlight the work of the Centre.

In 2005, Nigel left the NHS to work as an occupational health physiotherapist enabling people to stay at work. Nigel is a DSE workstation and Moving and Handling assessor and trainer. Nigel has since moved into Hospice care and is currently part of the physiotherapy team at Jersey Hospice.



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