

Physiotherapy Service at The Portobello Clinic

We would like to take this opportunity to introduce our expanded range of physiotherapy services here at The Portobello Clinic. Joining our existing team of Ms Rebeca Nonaka, and Miss Janette Cliffe will be Miss Claire-Anne Head, physiotherapist who specialises in women's health, and musculo-skeletal expert Elaine Byrne.

Profile – Claire

Claire Head BSc (Hons) MCSP MACPWH

Central Health since January 2010;
The lead for Women's Health Physiotherapy
and is based at the hospital of St. John and St. Elizabeth.
Specialisation

Women's Health Physiotherapy
- specialising in the treatment of obstetric musculoskeletal conditions as well as urogynaecological conditions and pelvic floor dysfunctions including prolapses, urinary incontinence and sexual discomfort.
Other experience

NHS for 8 years, specialising in the Women's Health Physiotherapy for 6 years in a large London teaching hospital.
The Portland Hospital taking ante-natal evening classes and weekend workshops for 5 years.
Visiting lecturer to undergraduate students on Women's Health Physiotherapy at the University of East London.
Education

BSc (Hons) Physiotherapy, University of East Anglia, 2001
Completed post graduate modules in Women's Health Physiotherapy at the University of Bradford in 2006
Published articles

Third degree tears – Are we meeting the Standards in Physiotherapy? ACPWH journal, Autumn 2007.
Sports

Enjoys running and has recently completed a half marathon.
Completed the London marathon in April 2007.
Enjoys walking, the outdoors and has also completed the Three Peaks Challenge.

Profile – Elaine

Elaine Byrne MCSP

Central Health since April 2007;
manages the Springdene Clinic in Whetstone and works with the team at the Hospital
of St John and St Elizabeth
Specialisation

Musculoskeletal problems
Hydrotherapy and treats hydro patients
Other experience

NHS at St.George's Hospital for four years treating a broad range of conditions and
specialised in treating musculoskeletal problems
London Wasps RFC youth teams and the London Marathon
Education

BSc (Hons), University of Manchester, 2002

We welcome both Claire and Elaine to the team. They will be joining us from the
beginning of February.