

Sports Doctors
Physiotherapists
Osteopaths
Orthopaedic Consultants
Performance Coaches
Massage Therapists
Nutritional Therapists
Sports Podiatrists
Pilates
Yoga



Jehan Yehia

Specialist Musculoskeletal Physiotherapist

'I have an interest in exercise physiology, training programmes, periodisation and what you need to make those gains, reduce injury and enhance performance. This applies to all walks of life with all fitness levels and the further away you are the more impact you will feel.'

Jehan qualified in 1996 and has worked in both NHS and Private Practices. She has a wide and varied experience field, having worked extensively in elite sports, one of the highlights of which was working at the Beijing Olympics, 2008. Jehan is strongly interested in health promotion and fitness as a form of wellbeing. She offers a holistic treatment that may encompass changing lifestyle and behaviour toward health.

Jehan particularly enjoys working with the upper body and spine. She has strong manual skills, both in soft tissue release work and joint manipulation, she complements each session with an effective meaningful rehab programme that is both stability and strength focused.



For further information or to book an appointment, please call 08447 700 800.

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