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## Ryan Jansen

### Specialist Musculoskeletal Physiotherapist

*'Awareness through movement is pivotal to my practice as a physiotherapist. Using movement as a measure, a palpable sensory experience, rather than pain, facilitates clients to understand their condition and gauge progress.'*

Ryan graduated as a Physiotherapist in Perth, Western Australia, in 1997. He has worked exclusively in the assessment and treatment of musculoskeletal conditions ever since. A keen interest in biomechanics and organic learning led to a passion for the Feldenkrais Method. Ryan graduated as an internationally accredited Feldenkrais practitioner in 2008. He is one of a handful of Physiotherapists/Feldenkrais practitioners in the UK.

Ryan believes that identifying habitual movement patterns that may be overused or ineffective, and promoting alternatives encourages the diversification of movement options. This can serve to interrupt pain cycles, enhance performance, improve spatial awareness and prevent injury in both elite athletes and people with pain. He also has a keen interest in the mix between being relaxed and being organised for activity, 'the zone', and guiding people towards finding this state.



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

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