

CASE STUDY

motive8 Staff Profile

Jenny Mullen is one of motive8's Sport Rehabilitation Therapists and has looked after our GP referral scheme for the last 4 years. Jenny's main interests and expertise lies in assessment of injuries, postural analysis and correction as well as the restoration of proprioception and core strength following an injury.

Jenny's academic background stems from sport rehabilitation, in which she has a bachelors of science from St. Mary's University, Twickenham.

Post university, Jenny worked with QPR Ladies F.C. before moving on to work with men's semi-professional football clubs. Jenny also spent a few



years working within the NHS, where she specialised in rehabilitation programmes for post-surgery orthopaedic patients and carried out gait and balance assessments for patients with Parkinson's Disease, MS and post-stroke.

Jenny returned to university in September 2008 to study Osteopathy as a part-time student at Oxford Brookes University. She will be entering her third year of the five year course in September 2010.

Outside of motive8 Jenny still enjoys a very active lifestyle - she participates in running, Bikram Yoga and Pilates. She also has a huge love of football, Formula 1 and rugby.

“ Restoration of health and fitness requires a strong mind, body and spirit. motive8 therapists help to provide clients with the necessary tools to achieve this – confidence, enthusiasm and an awareness of their body and surrounding environment. We do not claim to cure client's injuries, we simply act as catalysts in their recovery and the reinstatement of their fitness. ”

Jenny Mullen, motive8 Rehabilitation Therapist

