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1. Home

Welcome to JU Physiotherapy!

I’m James, a fully-qualified musculoskeletal (MSK) physiotherapist, living in Woburn, Bedfordshire. I founded JU Physiotherapy with the aim of providing affordable, quality, personalised care to help those struggling with pain, mobility and balance issues.

I graduated with a first-class Bachelor of Science honours degree in Physiotherapy at Oxford Brookes University in 2014 and I am registered with the Health Care Professions Council (HCPC) and the Chartered Society of Physiotherapy (CSP).

Since qualifying as a physiotherapist nearly a decade ago, I have worked in Primary and Secondary MSK healthcare services in the NHS, at Milton Keynes University Hospital, Bedford Hospital and later, in GP surgeries. I also have experience of working in amateur sports, having worked as a sports physiotherapist for Buckingham Rugby Club for 3 years.

This training and work experience has involved working with patients from a variety of backgrounds, including sport injuries, post-operative joint replacements and surgeries, rheumatology patients, patients suffering with chronic pain conditions, such as fibromyalgia, and elderly patients with balance issues.

(Photo of me down the side new one attached on email)

* + JU Physiotherapy logo, HCPC and CSP badge
  + facebook/whatsapp/Instagram icons
  + contact form
  + rolling testimonials at the bottom of the page

1. Services

Physiotherapy services section:

I specialise in providing physiotherapy services and treatments for the following:

* Sport injuries
* Joint, muscle and nerve pain
* Back and neck pain
* Rehabilitation
* Massage and manipulations
* Elderly mobility and balance issues

I have my own transport, so can visit your home to provide physiotherapy services. I am able to visit those living mainly in the Woburn, Woburn Sands, Leighton Buzzard, Milton Keynes and surrounding villages.

Pricing:

* £60 for 1 hour initial assessment/treatment session
* £40 for 30 minute follow up

Please note extra charges as follows;

* + £10 for travel 10-15 miles away from Woburn
  + £20 for travel 15-20 miles away from Woburn

1. Contact
   * Online request form again
   * Mobile number and email address
2. Testimonials

Charlotte: James was very professional and diagnosed my problem immediately. He prescribed some exercises which cured the problem. Excellent service!

John: Picked up a quad injury playing sport. James was excellent with diagnosis and Physio during recovery. His return to fitness plan was excellent, ensuring structured & measured improvement without aggravating the injury.

Dave: James is very personable, offered great support and advice through the process. Diagnosis was really clear, and treatment was superb. James provided additional exercises to help me get back to playing sport.

Lesley: Saw James with a long-standing issue with my wrist. He was great. Very patient as the issue comes and goes and was tricky to get to the bottom of. A very thorough assessment and knowledgeable. A great bed side manner too! Would definitely recommend him.

Nigel: Would definitely recommend James. He is professional and dedicated to sorting out the problem and at the same time remaining very personable.

Alex: Having suffered with numerous rugby related injuries over the years, I’ve seen countless specialists and Physio’s with varying results. At last Inca honestly say I found the Yoda of physio. James, is incredibly knowledgable, if you’re in need of his advice or services I’d highly recommend. It’s a bonus he also offers home visits and late appointments when needed.