

HELEN GORDON

BSc (Hons) HCPC MCSP AACP OCPPP



Key Skills

- Persistent pain and functional restoration
- Multiple and complex trauma



Ages treated: Adults 18+



Areas covered: Dorset



Clinical & Professional Experience

Helen Gordon is an experienced physiotherapist who graduated from Middlesex Hospital, London, in 1989. During her time in the NHS, Helen worked in outpatients, managed GP surgery physiotherapy clinics, and spent four years in a specialist pain management team. Helen also gained experience working in several private practices.

Helen's special interests include joint mobilisation and manipulation techniques pioneered by Cyriax, Mulligan and Maitland, myofascial release and muscle energy techniques.

Helen uses a holistic approach to address the emotional and psychological factors that may help maintain a person's pain levels.

Helen is experienced in case managing complex pain presentations and polytrauma.

MEMBERSHIPS

- Health Care Professionals Council (PH40625) • Chartered Society of Physiotherapy
- Organisation of Chartered Physiotherapists in Private Practice (8990)
- Acupuncture Association of Chartered Physiotherapists (3584)