



Jack Chew

Associate - Specialist Physiotherapist
Designed2Move Limited



Based in Cheshire

Clients in North West, North Wales, Peak District



Contact

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Jack is a proactive and dedicated healthcare professional who recognises his opportunity and responsibility to promote health whilst assisting rehabilitation. His ability to adapt, learn and progress quickly has led to rapid growth in both treatment repertoire and reputation. Throughout his career Jack has led the field professional development and innovation through his podcasts, webinars and lecture series'. Jack is an innovator in the field of Musculoskeletal Physiotherapy who is regularly invited speaker on the use of web-based education, implementation of pain education and the application of contemporary movement science and rehabilitation. He retains a part time contract in the National Health Service as an MSK Extended Scope Practitioner .



Qualifications

- BSc (Hons) Physiotherapy – University of Nottingham 2010
- Pass at distinction MSc injection therapy examination 2014

Membership of professional groups

- MCSP – (Chartered Society of Physiotherapy) (No: 086145)
- HCPC – (Health and Care Professions Council) (No: PH94494.)
- Sponsored member ATOCP – Association of Trauma and Orthopaedic chartered Physiotherapists)
- ACPSEM (Association of Chartered Physiotherapists in Sports and Exercise Medicine)
- ACPOM-IT (Association of chartered Physiotherapists in orthopaedic medicine and injection therapy)
- ESP-PN (Extended Scope Practitioner Professional Network)



Achievements:

- IFOMPT Media team for Glasgow 2016 IFOMPT Conference.
- Guest Lecturer, University of Nottingham, School of Physiotherapy.
- Shortlisted for 'Rising Star' award in Nottingham City Healthcare Awards.
- Creation of educational facet of Chews Health; 'The Physio Matters Podcast'.
- Reach of 500,000 podcast downloads, November 2015.





Experience

Having specialised early in musculoskeletal practice, Jack moved quickly through the ranks in the National Health Service under the tutelage of very progressive, forward thinking Physiotherapists. His expertise was recognised in the private and sporting sectors and following successful stints as an associate in both sectors, Jack keeps several plates spinning as he retains a guest lecturing role with the University of Nottingham School of Physiotherapy and runs a sports consultancy business alongside his work with Designed 2 Move, with Staffordshire and Stoke On Trent Partnership's IPOPS service.

Jack is a loud and proud advocate of functional rehabilitation, helping patients return to their previous working and recreational capacities as efficiently as possible. Thorough and honest education forms the foundations to his practice when mixed with the facilitation of regular, graded, varied exercise, this is proving to be a recipe for successful outcomes for all parties. Regular public speaking commitments have come from his reputation for discussing difficult topics with balance, integrity and experience which comes from meeting national and international experts on a regular basis. Jack has the fortune of interviewing the professions leading minds on their areas of interest and luckily for his patients and colleagues, at least a little rubs off on him!



Personal Profile

Jack is a keen sportsman and keeps himself busy with activities ranging from the traditional to the unusual! Born at the foot of the Pennines, Jack remains a keen fell runner and mountain-biker but these days uses his fitness to further his more adventurous pursuits. Anything which involves riding sideways takes preference including snowboarding, surfing, wakeboarding and skateboarding. Jack competes internationally in what is known to be the most adrenaline-fuelled board-sport; Mountainboarding. In 2015, Jack finished 2nd in the UK National Mountainboard Series and will be challenging for the title once more in August 2016. This insight into high pressure and high risk situations often prove to be helpful when helping clients with their often unique work and hobby related goals.

