



Juliet Sanders

Designed2Move Ltd
Associate Specialist Physiotherapist



Based in Hexham

Clients in Newcastle Upon Tyne, Northumberland,
Cumbria, County Durham and Scottish Borders



Contact

info@designed2move.co.uk
07494 177159



Juliet is in the rare position of being a UK Chartered Physiotherapist and a Chartered Veterinary Physiotherapist giving her significant insights into her specialism and the trades surrounding it. Following a successful career in the National Health Service, Juliet pursued employment in private practice and occupational health services in industry. Being highly respected in the field of work-related assessment and rehabilitation has led to Juliet's involvement in service development across several industries and contribution to evidence based guidelines. Juliet now splits her time between treating humans and animals, applying her expert communication and handling skills to put all of her patient's at ease. Thorough explanation, education and guidance are at the forefront of Juliet's treatment plans, as she recognises the importance of restoring a patient's function.



Qualifications

- Graduate Diploma Physiotherapy 1984
- Physiotherapy in Occupational Health 1990
- Orthopaedic Medicine International Tutor 1991
- PG Cert in Applied Workplace Ergonomics 2005
- Post Graduate Diploma Veterinary Physiotherapy 2015

Membership of professional groups

- MCSP – (Chartered Society of Physiotherapy) (No: 043083)
- HCPC – (Health and Care Professions Council) (No: PH33285)
- Registered Member of ACPOHE – (Association of Chartered Physiotherapists in Occupational Health & Ergonomics)
- PhysioFirst – (Private Practice)
- Acupuncture Association of Chartered Physiotherapists
- Association of Chartered Physiotherapists in Animal Therapy - Category A



Achievements

- DSE Assessor
- Manual Handling Trainer and Advisor
- JEMS Movement ART Parts 1-4 2013 Physiotherapy consult to seating and workstation policies
- Contribution to DOH 'Back in Work' Project and guidelines





Experience

Juliet's long, successful and varied career has led to a broad yet highly specialised skill set. Experience both personally and professionally in the field of farming and agricultural labour, gives Juliet significant insight into what capacity each of her working clients need to return to, in order to perform their duties. Professional roles within adult services have included various sectors including the public sector within the NHS, the private sector including managerial and operational responsibilities and the occupational health sector; for various large corporations. Working as part of medical services in heavy trade industries such as shipbuilding and engineering gave Juliet an insight into the scale of human function and the versatile capacity that the body has to adapt. From this, Juliet was able to recognise the level at which to pitch a rehabilitation process to each individual with impressive efficiency. This efficiency amongst other characteristics led to Juliet's involvement in the Department of Health 'Back in Work' project which, in 2000, set standards and guidelines for back care in the workplace for companies, employers and employees. Never one to stop challenging her own learning and being motivated by her love of animals, Juliet trained as a Veterinary Physiotherapist, qualifying in May 2015. This training, as well as being married to a farmer, has given Juliet first hand experience in the farming and agricultural industries.



Personal Profile

In the brief moments away from her clinical passions, Juliet keeps busy by chasing her family and their horses and cattle around to shows, competitions and beyond. She is a very active helper on a working sheep and beef cattle farm run by her husband and therefore an expert in work-life balancing and planning!

