



NORTHAMPTON CLINIC – THERAPIST BIO

For more information visit our website www.northamptonclinic.com or call 01604 632232

Fiona Higgs



Hi, I'm Fiona Higgs and I provide Sports Massage and Exercise Therapy services at The Northampton Clinic and across the East and West Midlands to assess and address your pain and movement problems. The treatments I offer include soft tissue therapy (including sports massage), joint mobilisation and exercise prescription.

Common problems I can help with clinic include:

- shoulder movement restrictions
- upper and lower backache
- neck pain/stiffness
- hip, knee and/or ankle pain
- joint soreness/stiffness
- elbow and wrist problems
- muscle tension
- strength and balance problems

My training includes completion of a Level 3 Certificate in Sports Massage Therapy (Matthew Boulton College, UK, 2009), and I am currently undertaking my Level 5 Diploma in Remedial and Exercise Therapy at Movement Therapy Education. I am also trained to deliver the OTAGO Exercise Programme (Level 2 Certificate, Later Life Training, UK, 2019). which is a group and home-based exercise programme that has been clinically proven to improve strength and balance in older adults. I am an Affiliate Member of the Sports Therapy Association UK.

In 2014, I graduated with a PhD in Sport and Exercise Science from Aberystwyth University, with a research focus on how targeted exercises can be used to improve strength and balance in older adults. My research and clinical experience has equipped me with the skills and knowledge to assess and treat symptoms using the most up-to-date evidence-informed techniques. I work carefully to ensure that I listen to my clients and provide an individually tailored service. My main intention as a practitioner is to reduce pain symptoms, and improve quality of movement and life.

If you have questions or would like to speak with me before making a booking then please feel welcome to call, message or email me for a FREE 15-minute telephone consultation:

Phone: 07957 414 816