

**Professional Profile - Ms Helen Skehan MSc. BSc. (Hons) MCSP  
MMACP**

**Job Title: Clinical Director & Chartered Physiotherapist  
Physio Solutions Limited, Islington, London**



## **About Helen Skehan**

Helen Skehan is a Chartered Physiotherapist and the founder of Physio Solutions, which she established in Islington, London in 1998.

Helen trained at Trinity College Dublin, qualifying with a BSc (Hons) in Physiotherapy, and later completed an MSc in Neuromusculoskeletal Physiotherapy at University College London. Helen has worked in the NHS and Private healthcare in both Ireland and the UK.

Helen's treatment approach is grounded in evidence-based, patient-centred care. She combines hands-on manual therapy with progressive, tailored exercise rehabilitation to help patients achieve meaningful functional goals and long-term improvement.

Helen is a member of the Chartered Society of Physiotherapy (CSP), is registered with the Health and Care Professions Council (HCPC), is a member of the Musculoskeletal Association of Chartered Physiotherapists (MACP), PhysioFirst, and the Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE).

## **Experience & Expertise**

- 37 years of clinical experience
- Specialist interest in office workers with spinal pain, older adults with joint problems and young adults with hypermobility issues
- Experience working with musicians, post-operative rehabilitation and spinal conditions

## **Qualifications**

- M.Sc. Advanced Musculo-skeletal Physiotherapy, Distinction in research Module – University College, London - 1993
- B.Sc. (Hons) Physiotherapy - Trinity College, Dublin – 1988

## **Professional Credentials**

### **Registrations**

HCPC Registered ([PH40282](#))

CSP Member 49201

MACP Member – [675](#)

ACPOHE Member – 709

## **Treatment Techniques and Services Provided**

- Maitland joint mobilisation techniques
- Manual therapy techniques
- Soft tissue massage
- Trigger point therapy
- Myofascial release
- Dry Needling
- Exercise Therapy
- Pilates-based clinical rehab
- Electrotherapy
- K-taping

## **Special Interests / Conditions Treated**

- Shoulder Rotator Cuff Strains
- Back Pain
- Neck Pain
- Work-related Pain RSI
- Hypermobility syndrome
- Total Hip Replacement Rehabilitation
- General Muscle Weakness and Deconditioning
- Arthritis-related knee pain
- Joint Arthritis Treatment and Rehabilitation
- Advice and Exercise Programming for the Older Adult
- Ergonomics advice and DSE Assessments

## **Who Helen Helps**

Helen primarily works with:

- Office and desk-based workers with musculoskeletal issues
- Older adults keen to maintain their health and fitness while managing musculoskeletal complaints
- Hypermobility individuals wishing to understand and manage their symptoms and joint issues

## **Approach to Treatment**

Helen takes an evidence-based, patient-centred approach to physiotherapy assessment and treatment.

Treatment typically includes:

- Careful assessment based on client's main complaints and issues
- Manual therapy techniques if appropriate
- Tailored exercise programme based on patient's approach and preferences for exercise
- Education and self-management strategies

The goal of treatment is to identify and tackle the cause of the issue - treat any symptoms and functional restrictions and empower the patient to confidently self-manage any residual issues going forward.

## Results & Patient Outcomes

Patients working with Helen often:

- Report an improved confidence and ability in managing their long-term symptoms
- Get back to their previous preferred exercise
- Develop improved habits that fit into their lifestyle and support their health

## Common Questions Helen gets asked

### FAQ - How many sessions will I need?

**Answer:** This depends on you, how long you have had symptoms for and what you want.

- It generally takes at least an initial assessment and follow-up session to develop, tailor and refine a suitable exercise programme.
- If you're waiting for an NHS appointment and just want to ensure that you're doing the right thing in the meantime, 1-2 sessions might be fine for you.
- An average course of treatment for manual therapy techniques is 4-6 sessions.

### FAQ - If I've had a problem for a long time is there anything that can be done at this late stage?

**Answer:** The short answer here is Yes.

I see a lot of people that have had problems for a long time, often many years. In some cases, they may not have had proper treatment for an injury or were not in a position to see someone at the time. A fresh assessment and a plan for progression can be very helpful. Manual therapy can still play a role in symptom alleviation and often there are muscle imbalances and weaknesses from the body trying to compensate for a long-term issue. These can all be addressed with a course of treatment.

### FAQ Are the treatments painful?

**Answer:** Patients can report being 'sore' after an appointment or feeling 'worked on'. If present, discomfort can last for 24-48 hours after an appointment and should then settle.

During the appointment, some techniques can be quite strong, but patients are always advised that any discomfort should be 'tolerable'. Helen is not an advocate of the 'no pain, no gain' theory of practice.

## Notable Experience

Consultancy physiotherapy roles for Express newspapers, NUJ, London Fire Brigade

## Achievements



Invited Speaker: UK -Repetitive Strain Injury (RSI) Awareness Day, UCL, London  
Ongoing professional development is a core part of Helen's practice, and she regularly attends postgraduate courses and national and international conferences to ensure her work remains current and evidence-informed.

## **International Conferences Attended**

Int'l Federation of Manual Therapists (IFOMT) Conference Lillehammer, Norway

Int'l Federation of Manual Therapists (IFOMT) Conference Rotterdam

World Conference LBP, Antwerp - October 2019

Int'l Federation of Manual Therapists (IFOMT) Conference Melbourne, Australia - November 2023

## **Clinic Days**

Helen is available to see clients on Monday and Thursday afternoons

To Book to see Helen call us on 020 77137780, email [info@physiosolutions.co.uk](mailto:info@physiosolutions.co.uk) or book on-line [here](#)

## **Professional Links**

- Website: <https://www.physiosolutions.co.uk>
- LinkedIn: [www.linkedin.com/in/helen-skehan-2b554b13](http://www.linkedin.com/in/helen-skehan-2b554b13)
- Facebook : <https://www.facebook.com/physiosolutionslondon>
- Instagram: <https://www.instagram.com/physiosolutionsldn>