



Julie Brumby BSc (Hons) MCSP

Julie has worked with world class athletes from various sports including swimming, diving, tennis, rugby and hockey. She has also worked with a wide variety of sports teams including the English Rugby Football Union, and the Mavericks Super League Netball team, providing treatment and injury prevention advice.

Julie graduated in Physiotherapy from the University of Hertfordshire in 1998 and since then has been working extensively in the NHS, in private practice and in elite sport, gaining invaluable experience in the treatment of musculoskeletal and sports injuries.

Julie is currently a Consultant Physiotherapist for the English Institute of Sport providing Physiotherapy and rehabilitation services to Elite athletes in the region.

Specialist treatments and skills include muscle imbalance work, Pilates, acupuncture, and manipulation, along side core Physiotherapy techniques.