



## Jenny Wickford

Jenny's particular interest professionally and clinically is pain related to the pelvis and the abdomen, endometriosis, as well as health promotion and prevention. She has a broad range of experience, having worked in Sweden, Afghanistan and the United Arab Emirates, in public and private contexts, with humanitarian development work and in universities. She set up Sweden's first pelvic pain centre in Linköping, Sweden. She engages in continuous learning and professional development, through teaching and participating in courses, taking a critically reflective approach in her clinical work, and through dissection.

Jenny's therapy is inspired by knowledge developed from years of working – and living – with the human body and the pelvis, combined with an enhanced understanding of the body informed by in-depth dissection studies. Hands-on therapy is rooted in listening to the body, combined with yoga movements, breathing and education. The aim of the therapy is to teach you more about your body and health, to help you find the pieces of your puzzle, and discover what you can do to impact your own health and make the changes you need to gain long-term improvement.



## Jenny Wickford

Physiotherapist PhD, MCSP  
Yoga teacher  
Educator

HCPC registered.

Member of the Chartered Society for Physiotherapists (CSP), the Institute of Anatomical Sciences (IAS), the International Association for the Study of Pain (IASP), the Critical Physiotherapy Network (CPN), and associate member of Pelvic, Obstetric, Gynecological Physiotherapy (POGP, a subgroup of the CSP).



**Initial Assessment** (60 minutes) **£60**

**Joint Assessment with  
Psychotherapist** (60 minutes) **£70**

**Follow-up consultations**  
(30/45 minutes) **£30/£45**

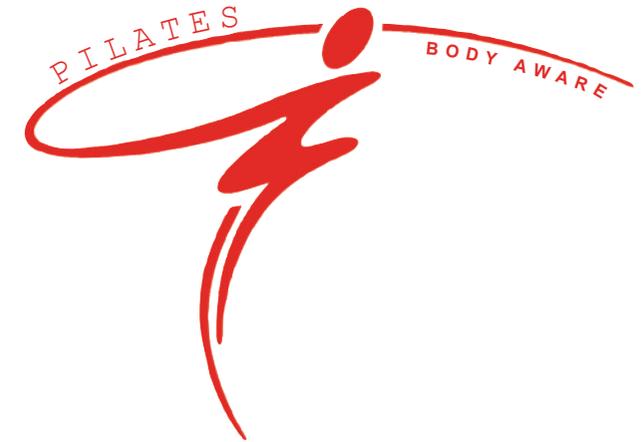
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# Body Aware Pilates

## STUDIO & CLINIC



## Physiotherapy

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STUDIO & CLINIC

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## Touch-based Therapy & Movement

Your body is made for movement, and the overall aim of the therapy is to help you get back into healthy, functional movement, to give your body a chance to function as well as it can under your individual circumstances.

Touch-based, manual therapy can be a powerful tool in working with persistent pain. There are many different techniques and approaches for this. Jenny uses a combination of fascial, myofascial and visceral techniques to address persistent pain and restricted movement. These techniques are aimed at facilitating the normal processes of the body, as a step in helping you out of your pain.

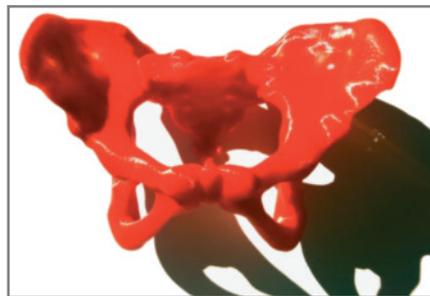
These touch-based techniques are rooted in listening to the body, combined with yoga movements and breathing exercises to address your alignment and movement behaviour. A key in gaining long-term improvement is making changes in your daily routines and incorporating varied movement as a natural part of your daily activities. This involves gaining a better understanding of your body, whereby education is a central component.



## Pelvic & Abdominal Pain

Pain related to the pelvis and abdomen is *very common*. And it is not only linked to pregnancy. Women who have not had children, women with endometriosis and women without endometriosis can have abdominopelvic pain. Men and LGBT individuals can have abdominopelvic pain. The pain can take many forms: period pain, stomach ache, pain in the hips, groin, genital area, lower back, down the leg, knees, under the foot; pain when walking, sitting, lying down, standing up; pain related to eating, peeing, pooing, sex, laughing, coughing; achy pain, burning pain, stinging pain, feeling of a rod or a ball in the pelvis... The list is long and varied. Each experience of this pain will be unique. Abdominopelvic pain is also enigmatic since it can also be linked to other regions of the body, and it can affect other regions in the body.

Pelvic pain is often complex, hence it can't be solved with a quick fix or some medication. The aim is to get to the bottom of the issue by having you engage in the process and learn what you can do, for long-term improvement. Pelvic health is intricately linked to your overall health, and to your life experiences. This means trying to understand and address the root causes.



## Holistic Therapy & Interprofessional Collaboration

In this therapy we consider your pain from a larger, holistic perspective. Dysfunction and pain can often be linked to experiences earlier in life, to experiences that might at first glance seem unrelated, as well as to beliefs about and meanings we assign to pain. To get to the root of your issue, we thus offer a unique approach of working together with a psychotherapist, based on a specific model of understanding health and function designed to look at everything from the different systems in your body, to the larger social, cultural and environmental systems that you are a part of.

*“Life is like a jigsaw puzzle, some people like me will help you find and fix the missing pieces, but it’s you who has to complete it.”*

Dr. Jahangir Khan  
'Dear Zindagi'

