

Bio - Short Version



Tim Beames MSc BSc MCSP, UK

Tim is the lead physiotherapist at Pain and Performance, a NOI UK clinic. He has a special interest in the treatment of people suffering complex and persistent pain states.

In 2010 he completed an MSc in Pain: Science & Society from King's College London in addition to a BSc(Hons) in Physiotherapy from Brunel University in 1999.

He delivers post-graduate education on pain for Pain and Performance across the UK, Europe and America designing courses to suit an organisation's needs, from massage therapists through to national sports support teams.

As the principle instructor for NOI UK Tim teaches Explain Pain, Mobilisation of the Neuroimmune System and Graded Motor Imagery courses throughout the UK, Europe, America and Australia.

He is co-author of the Graded Motor Imagery Handbook (2012) alongside Lorimer Moseley, David Butler and Tom Giles and the chapter on management of cervical spine disorders in the 8th edition of Maitland's Vertebral Manipulation (2013). He has published studies on Graded Motor Imagery and body perception in peer-reviewed journals and has spoken at numerous national and international conferences.

As a new Dad, he is exploring novel rehabilitation and therapeutic alliance skills with his daughter on a daily basis.