

JOHN OSTROVSKIS

CLINIC DIRECTOR

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Profile

With a special interest in the treatment of climbing and running injuries, John has been featured in a variety of industry specific publications, including features in [‘Climber Magazine’](#) on the management of climbing specific injuries, as well as a mention in Dave MacLeod’s ground breaking climbing injury book [‘Make or Break’](#).

This interest spans beyond academic intrigue; John is a keen athlete, regularly packing his free time with a schedule of swimming and running, and spent many years hanging off bouldering walls and gritstone faces. This first hand experience in a variety of pursuits gives him further understanding of the problems faced by those with sports focused lives.

With a constant curiosity and determination to provide the best possible treatment for his many clients, John continues to push boundaries in the industry; recently, he has completed a University PGC in MSK Sonography and continues to fine tune his expertise in the pioneering [Extracorporeal Shockwave Therapy](#).

Specialisations

Physiotherapy
MSK Sonography - Ultrasound scanning of muscles, tendons, ligaments and joints
Spinal Manipulation
Extracorporeal Shockwave Therapy
Acupuncture

Qualifications

Chartered Physiotherapist, BAppSci (Physiotherapy) - 1987
Registered with the Health Care Professions Council
PGC MSK Sonography - 2018

Notable experience

Sheffield Wednesday Football Club team Physiotherapist (1994 - 1997)
Physiotherapist to **British Orienteering Squad** (1998 - 2001)
Rugby Super League at **Sheffield Eagles RLFC** team (1996 - 1997)
