

**Tim Beames MSc BSc MCSP, UK**



Tim lives in London where he works in private practice. He is co-founder of Pain and Performance providing treatment for people with persistent and complex pain problems, support and guidance for clinicians dealing with complex pain patients and delivering bespoke courses for departments and organisations on pain related topics. He is also interested in injury management and maximising performance in sport and has performed neurological screening for the English and Welsh rugby union squads. These diverse interests were fostered at King's College London studying his Masters in Pain: Science & Society with Dr Mick Thacker.

He is the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook alongside Lorimer Moseley, David Butler and Tom Giles.

Tim is involved in research into complex regional pain syndrome at the Institute of Psychiatry, King's College London and hopes to build towards his PhD in the future. Previously Tim has worked as a specialist physiotherapist and orthopaedic physiotherapy practitioner in the NHS, lectured at Sheffield Hallam University and set up and managed several successful pain management programmes.

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