

# Dr Jenny Alexanders

## CV

### PRINCIPAL PROFESSIONAL SPECIALISMS

#### **Specialist Neuro-Musculoskeletal Physiotherapist**

PhD, MSc, BSc, PGCE

### QUALIFICATIONS & ACCREDITATION

- PhD Physiotherapy, ACL Rehabilitation, Hull University, 2014-2018
- MSc Physiotherapy, Bath University, 2008-2012
- PGCE, Huddersfield University, 2007-2009
- BSc (Hons) Physiotherapy, York St John University, 2000- 2005

### MEDICO-LEGAL TRAINING

Bond Solon CUBS certificate, including:

- Court Room Skills
- Excellence in Report Writing
- Civil Law Procedures Course
- Cross Examination Certificate

### PAST & PRESENT POSITIONS

- **Specialist Physiotherapist**, Nuffield Health, 2021 – present
- **Assistant Professor in Physiotherapy**, University of Hull, Teesside University and University of Bradford, 2010 – present
- **Specialist Neuro-Musculoskeletal Physiotherapist and Expert Witness**, Independent Practice, 2015 – present
- **Band 7 Senior Physiotherapist**, NHS Hull, Hull, 2015 – 2016
- **Band 8 Physiotherapist**, GP Practice, Hull, 2014 – 2015

**Previous relevant experiences (NHS rotations, band 6 Neuro/MSK physio) including:**

- **Elite Sports Physiotherapist**, 2010 – 2011
- **University Lecturer and Physiotherapist**, York St John University and York College, York, 2006 – 2011
- **Band 6 Physiotherapist in Musculoskeletal and Neurological Rehabilitation**, York House Disabilities NHS Trust, 2007 – 2008
- **Band 5 Chartered Physiotherapist**, NHS Boston and Lincolnshire, 2005 – 2007

### ABOUT DR ALEXANDERS

Dr Alexanders is a specialist neuro-musculoskeletal physiotherapist with over 20 years of clinical experience across hospital, primary care and private practice settings. She has worked as an expert witness for over eight years, preparing medico-legal reports for both civil and criminal court cases across the UK, including Scotland. Dr Alexanders' practice is predominantly claimant-focused, though she has provided advisory defendant work for healthcare organisations. She is currently instructed in over 50 cases per year.

Dr Alexanders' medico-legal work includes causation, breach of duty, condition and prognosis, quantum, screening reports, personal injury reports and joint statements pursuant to CPR Part 35. She has completed Bond Solon training, is a member of the Medico-Legal Practice for Chartered Physiotherapists, and is registered as a Forensic Medical Expert with the National Crime Agency.

### MEMBERSHIPS OF PROFESSIONAL ORGANISATIONS

- Chartered Society of Physiotherapy (CSP) #075427
- Health and Care Professionals Council (HCPC) #PH71734
- Qualified Teacher Regulation Agency #1728956
- Member of Medicolegal Association of Chartered Physiotherapists (MLACP)

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### OTHER CLINICAL TRAINING

- BMAS Acupuncture Foundation Training Course
- SMA Level 3 Sports Massage
- 20 Years of CPD attendance in Neuro/MSK related course e.g. spinal manipulations, advanced rehab, INAs for FND, vestibular assessment taping etc

### SELECTED KEY PUBLICATIONS

From a portfolio of more than 50 peer-reviewed papers.

Dr Alexanders has presented work at national and international conferences and hold roles as both a PhD supervisor and examiner.

- Panayiotis M, McCormick S, Alexanders J, et al. (2026). Sustaining physical activity after a joint-pain rehabilitation programme: a qualitative longitudinal study. *Front Public Health*.
- McCormick S, Cukic I, Alexanders J, et al. (2025). Exercise professionals in extended-scope roles: a qualitative study of a new rehabilitation model. *BMJ Public Health*. doi:10.1136/bmjph-2024-002322.
- Alexanders J, Kaye J, Skidmore J, Gordon A, Johnson M. (2023). Modifiable risk factors for neck pain in office workers: a systematic review. *World J Yoga Phys Ther Rehabil*. doi:10.33552/WJYPR.2023.04.000578.
- Alexanders J, Perry J, Douglas C. (2021). A theory-based physiotherapy goal-setting model for ACL rehabilitation. *J Theory Pract*. <https://doi.org/10.1080/09593985.2021.1983906>
- Richardson M, Alexanders J, Tears C. (2021). Unilateral vs bilateral motor training for upper-limb function post-stroke: a systematic review. *J Neurol*. doi:10.1016/j.jstrokecerebrovasdis.2021.105617.
- Graham A, Ryan C, MacSween A, Alexanders J, et al. (2020). Sensory discrimination training for chronic MSK pain: a systematic review. doi:10.1080/09593985.2020.1830455
- Jess MA, Hamilton S, Ryan C, Wellburn S, Alexanders J, et al. (2020). Origins of pain sub-classification with emphasis on low back pain: a systematic/scoping review. *JBIS Evid Synth*. doi:10.11124/JBISIR-2017-003805.
- Anderson A, Alexanders J, Addington C, Astill S. (2018). Unimanual vs bimanual massed practice for upper-limb function in cervical SCI: a systematic review. *Physiotherapy*. doi:10.1016/j.physio.2018.10.003.
- Alexanders J, Anderson S, Henderson S, Clausen U. (2015). Thessaly vs McMurray tests: a systematic review of diagnostic accuracy. *J Physiotherapy and Phys Rehabil*. doi:10.4172/jppr.1000104.
- Alexanders J, Anderson A, Henderson S. (2015). MSK physiotherapists' use of psychological interventions: a systematic review. *Physiotherapy*. 101, 95–102.

