

# PHYSIOTHERAPIST OF THE YEAR

Elizabeth Watson (Nebula Physio and Wellbeing Ltd)

Nebula Physio and Wellbeing Ltd is a private physiotherapy clinic in Cambourne providing highly skilled, physiotherapy assessments and treatments for all adult musculoskeletal conditions and injuries. The clinic also offers a nutritional advice service for weight loss and digestive problems, which provides a three-pronged treatment approach including nutrition, exercise and psychological support.

The judges were particularly impressed with the knowledge and experience of company director and founder Elizabeth Watson. Elizabeth is a senior chartered physiotherapist and a nutritional advisor, specialising in chronic pain conditions, complex spinal conditions, disorders affecting the hips and pelvis, and headaches. She also has training in psychological therapies for pain, pilates and acupuncture.

Integrating these skills into standard physiotherapy management strategies allows Nebula Physio and Wellbeing to provide a holistic, rounded, 'wellbeing' approach to physiotherapy treatment, maximising long-term improvements. The client is treated as a whole person, not just a pain condition. Any factors which may be contributing to their current symptoms are also explored since people's lifestyle, general wellbeing and psychological health have greater impacts on pain than they often realise.



**Nebula Physio  
and Wellbeing Ltd**

[www.nebula-physio.co.uk](http://www.nebula-physio.co.uk)  
+44 (0) 7702 847036  
[enquiries@nebula-physio.co.uk](mailto:enquiries@nebula-physio.co.uk)



**NEBULA PHYSIO AND  
WELLBEING LTD FOCUSES  
ON GIVING CONTROL BACK  
TO THE CLIENT, ENABLING  
THEM TO MANAGE THEIR  
SYMPTOMS LONG-TERM.**

