

Curriculum Vitae

Timothy Benjamin Beames

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Education

King's College London 2008-2010 MSc Pain: Science & Society (Distinction)
Brunel University 1996-1999 BSc (Hons) Physiotherapy

Current roles

European technical director – Noigroup
Co-founder & director – Le Pub Scientifique
Co-founder – Pelvic Pain Matters
Physiotherapist – Pain and Performance

I work as a physiotherapist treating people with complex and persistent pain states, such as complex regional pain syndrome, phantom limb pain and chronic pelvic pain syndrome in both individual and group settings.

I am an educator delivering bespoke and curriculum-based pain courses for health care professionals globally.

I organise face-to-face and online pain-related events and discussions for health care professionals, researchers, and people with a lived experience of pain, inviting the leading researchers, therapists, and pain advocates to present.

Teaching

Neuro Orthopaedic Institute, January 2007 – present
Delivery of face-to-face and online post-graduate courses internationally: *Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Graded Motor Imagery, Explain Pain*

University College London. October 2011 – 2018
Delivery of pain related topics for MSc Sports Medicine, Exercise & Health

University of Applied Sciences, Utrecht. December 2014 – 2018
Delivery of pain related lectures for the Masters in Psychosomatic therapy.

King's College London. February 2011 – 2012 (visiting lecturer)
Examiner and visiting lecturer for the MSc Pain: Science & Society

Sheffield Hallam University. January 2005 – July 2008 (Associate lecturer).
Delivery of undergraduate neuromusculoskeletal physiotherapy seminars and practicals.
Examinations and student support for clinical placements.

Invited speaker to conferences and symposia internationally speaking about pain and active treatment approaches, including the International Association for the Study of Pain, European Pain Federation, and British Pain Society.

NHS & pain management

Pain and Performance. June 2008 – present (self-employed)
Physiotherapist treating people with complex and persistent pain states.

Condition Management Programme. October 2006 – April 2008 (part-time secondment and self-employed). Development and provision of a pain programme for chronic pain sufferers claiming incapacity benefit and wanting to return to work – in collaboration with the job centre plus. This included a 6-week formal group pain education programme with individually tailored exercises to challenge fear related to pain and movement.

Rotherham PCT. September 2007 – April 2008 (locum, part-time)
Orthopaedic Physiotherapy Practitioner (Band 8a) assessing patients as first contact practitioner and referring to appropriate services and treatments such as surgery, physiotherapy and injection therapy within the NHS.

Doncaster Royal Infirmary. April 2008 – August 2008 (part-time, self-employed)
Clinical specialist in NHS outpatients treating G.P, consultant, and self-referral patients.

Performance

Research and neurological screening with both England rugby football union and the Wales rugby union elite squads. Flagging up players at risk of injury and suggestion of treatment to be carried out by the medical team.

Screening helped to identify neurological tests that have a significant correlation with prior nerve root lesion and minor nerve injuries.

Writing

Co-author of the Graded Motor Imagery Handbook, NOI publications Adelaide, 2012, alongside David Butler & Lorimer Moseley.

A book that goes through the current scientific rationale for understanding the brain's influence in pain states and how to target these changes for complex and persistent pain

states such as complex regional pain syndrome, phantom limb pain and chronic back pain.

Joint author with Robin Blake of 'The management of cervical spine disorders – a neuro-orthopaedic perspective' in the new Maitland Vertebral Manipulation book (2013).

This chapter has been written with a bias towards identifying specific pain mechanisms and assessment using a biopsychosocial perspective. It then goes through relevant treatment provision with an emphasis on the nervous system.

Author of the graded motor imagery course and co-author of the neurodynamics and neuromatrix course presented internationally by the Neuro Orthopaedic Institute.

Other employment

Physicare. February 2008 – June 2008 (self employed)

Delivery of back care programmes, pain education and vehicle and ergonomic assessments

Sheffield Physiotherapy. May 2008 – July 2008 (part-time, self employed)

Pure Physiotherapy Ltd February 2007 – March 2008 (part-time, self employed)

The Physio Clinic. October 2003 – October 2007

Rotherham PCT. January 2004 – July 2007

Vanbrugh Physiotherapy & Sports Injury, January 2003 – September 2003

Physiomatters, January 2003 – July 2003

Barking, Havering & Redbridge NHS Trust, November 1999 – January 2003



Staff grade rotational therapist, senior 2 neuromusculoskeletal and orthopaedic rotations and senior 1 neuromusculoskeletal therapist

Achievements

-  Invited speaker for conferences internationally including North British Pain Society, British Association of Chartered Physiotherapists in Amputee Rehabilitation, Neuro Orthopaedic Institute, South African Association of Manipulative Therapists, Danish Pain & Physiotherapy Association, Belgium Manual Therapy Organisation Suisse Chiropractic Association, PhysioFirst UK, Scandinavian Hand Society
-  Worked alongside English and Welsh rugby teams, providing screening and rehabilitation guidance. Worked with British Athletics to provide in-depth screening for athletes.
-  Winner of prize for best talk at the BACPAR conference 2009
-  Development of pain management programme for the Condition Management Programme in South Yorkshire
-  Development and delivery of fit2work programme, a staff in-service education programme, to help promote wellness behaviour at work, incorporating health,

movement and exercise advice and relaxation relevant to work setting.

Achievement of reduced absence from work due to stress related causes.

-  CSP representative helping to re-grade staff and increasing on-call rate of pay and terms and conditions
-  Physiotherapist for rugby club: providing pitchside physiotherapy and sports specific rehabilitation.

Courses

08/2000	Introduction to movement dysfunction , Mark Comerford	(2 days)
04/2001	Pitchside physiotherapy , Eric Lewis	(1 day)
10/2001	McConnell patello-femoral joint , Mark Bender	(2 days)
04/2002	Advanced lower limb biomechanics , Jenny McConnell	(2 days)
04/2002	Pathoneurodynamics , Peter Wells	(2 days)
05/2003	An integrated approach to the treatment of minor Nerve injuries , Jane Greening	(2 days)
10/2004	1st evidence based physiotherapy conference , London	(2 days)
2005	Assessment and treatment of disorders of the movement system based on the principles of the Maitland concept of manipulative physiotherapy - level 1 , Kevin Banks	(4 weeks)
11/2006	Mobilisation of the nervous system , Robin Blake	(2 days)
04/2007	Pain and the Brain , Lorimer Moseley	(1 day)
05/2007	Motivational Interviewing , Jeff Breckon	(2 days)
11/2007	Explain Pain , David Butler, Lorimer Moseley, Mick Thacker	(4 days)
11/2007	The Sensitive Nervous System , David Butler	(2 days)
11/2007	Mobilisation of the Nervous System , David Butler	(2 days)
02/2008	Clinical Applications of Neurodynamics: Head, neck and thorax , Hannu Loumajoki	(2 days)
06/2008	Clinical Applications of Neurodynamics: Lower Quadrant , Hannu Loumajoki	(2 days)
10/2009	Explain Pain , Hamburg. David Butler	(2 days)
12/2009	The c-tactile afferent , Professor McGlone	(2 hours)
04/2010	Neurodynamics and the Neuromatrix Conference , Nottingham	(3 days)
05/2010	Movement as Antigen , Mick Thacker	(3 hours)
02/2011	“Getting on your nerves” Neurology study day addressing the dizzy patient, headaches, cervical spine – Medway Balance Centre	(1 day)
04/2011	Feldenkrais - Power through the knees , Ryan Jansen & Scott Clark	(1day)
06/2011	World Congress of Physiotherapy , Amsterdam	(2 days)
06/2011	An overview of proposed mechanisms for pain relief from manual therapy , Max Zusman	(3 hours)
10/2011	CSP congress , Liverpool	(2 days)
04/2012	Neurodynamics and the Neuromatrix Conference , Adelaide	(3 days)
04/2012	Symposium at the University of South Australia , Profs Charles Spence, Steven Williams & Bernard Baune	(3 hours)
12/2012	Sensory deafferentation & motor control , Institute of Psychiatry, London. Prof Jonathon Cole	(3 hours)
10/2012	Scottish Physio First Conference , Falkirk	(1 day)

	Dr Chris McCarthy	
01/2013	1st Danish Physiotherapy & Pain Association Symposium , Aarhus Profs Kathleen Sluka & Lars Arendt-Nielsen	(1 day)
06/2013	Feldenkrais – Freeing the armpits , Ryan Jansen	(1 day)
08/2013	Rehabilitation of the lower limb using the Feldenkrais Method , Ryan Jansen	(1 day)
09/2013	Understanding & Explaining Pain , Copenhagen Prof Lorimer Moseley	(2 days)
11/2013	CRPS UK Conference , Bath	(3 days)
02/2014	Imaging & Imagining Chronic Pain , London Dr Duncan Hodkinson & Rachel Allen	(1 day)
06/2014	Non-medical academic careers to encourage an environment where academic therapists can flourish , London Dr Pip Logan	(2 hours)
03/2015	The challenge of chronic pain 2015 , Cambridge UK	(3 days)
04/2015	PhysioFirst conference 2015 , Nottingham UK	(2 days)
05/2015	Pain and the brain , York UK Prof Lorimer Moseley	(2 days)
01/2016	Feldenkrais – Pelvic mobility & power , Ryan Jansen	(1 day)
03/2016	Feldenkrais – Shoulder rehabilitation , Ryan Jansen	(1 day)
03/2017	Danish Musculoskeletal Association conference , Aarhus	(2 days)
05/2017	Explain Pain , David Butler	(2 days)
08/2017	IASP CRPS conference , Cork	(2 days)
04/2018	Naprapath conference , Stockholm	(2 days)
02/2019	San Diego Pain Conference , San Diego	(2 days)
05/2019	Lorimer Moseley in London	(2 days)
05/2021	Applied Neuroscience for the Paining Person , Morten Høgh	(4x ½days)

Publications

Beames, T.B. (2016) Novel bedside tests to explore bodily perception in pain and rehabilitation. Co-kinetic 67: 26-31

Polli A., Moseley G.L., Giola E., Beames T., Baba A., Agostini M., Tonin P., Turolla A. (2016) Graded motor imagery for patients with stroke: a non-randomised controlled trial of a new approach. European Journal of Physical Rehabilitation Medicine. Epub



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