



Chartered Physiotherapy  
& Clinical Pilates

## Dacorum Business Awards 2006

Businesswoman of the year sponsored by Business Link



### WINNER

Emma James

A FORWARD-thinking physiotherapist is working hard to make physiotherapy treatment more easily available.

Emma James Physiotherapy and Clinical Pilates based in Boxmoor offers in-house clinics at firms to make sure businessmen and women get vital treatment.

Staff run weekly pilates at Dixons in Maylands Avenue and are working towards opening a special physiotherapy clinic where staff can make appointments to be seen. There are also clinics up and running at firms in London.

Emma James, 29, said: "We are making physiotherapy more accessible. It is very difficult for people who work long hours to get themselves looked after so we have tried to make it easier by bringing physiotherapy to people's doors."

Mrs James' ambitious outlook has bagged her the Businesswoman of the Year award in this year's Dacorum Business Awards.

She said: "I'm ecstatic. I'm very passionate about physiotherapy, but running the business is really hard, it is probably one of the hardest things I have ever done. To get a little pat on the back is an amazing achievement."

The physiotherapy centre in Fishery Passage, offers a whole well-being package, including physiotherapy, pilates and a rehabilitation gym.

The company has built up a turnover of more than £250,000 each year, employing nine people and providing treatment to more than 1,200 patients.

Mrs James' next goal is to open a children's creche at the centre in Boxmoor to help mums who need physiotherapy.

Mrs James said: "Lots of mothers post-natally are not able to come for treatment that they need because child care is difficult and if they need physiotherapy they may have to come twice a week and that is a lot of favours to ask people."