



Eva Hadjidemetri – Physiotherapist

Chartered Physiotherapist MSc HCPC MCSP AACP APCP

Therapies: Physiotherapy Neuro-Physio

Specialities: Hypermobility



Eva qualified as a physiotherapist in 1980 from the Medical College of Physiotherapy and Rehabilitation, Warsaw, Poland and gained a Master's in Physiotherapy and Rehabilitation at the Academy of Physical Education in Warsaw. She worked for two years between her studies in the Rehabilitation Centre- STOCER in Warsaw, gaining experience in many fields of physiotherapy. She developed a passion for paediatrics working in the prestigious Institute of Rehabilitation for Children with Chronic Disabilities, Poland.

Since moving to the UK in 1986, Eva has attended numerous postgraduate training courses in manual therapy, gaining extensive knowledge of Maitland, Cyriax, McKenzie and neurodynamic methods.

She is an active member of the AACP (Acupuncture Association for Chartered Physiotherapists) and uses acupuncture to relieve her patients from pain.

She has 27 years of experience in treating a wide range of musculoskeletal conditions from work-related repetitive strains, spinal disorders, post-surgical rehabilitation to postural strains due to muscles imbalances and sports injuries. Eva works within an extensive network of outstanding surgeons, consultants and general practitioners in North West London.

She specialises in Hypermobility Syndrome in paediatrics and adolescence and works very closely with Dr Nathan Hasson, renowned Consultant Rheumatologist and his wider team.

Eva uses many different modalities in her treatments, such as mobilisations, manipulations, connective tissues massage, muscle energy techniques, Bowen and acupuncture and creates exercise programmes tailored to each patient's needs.

Eva is very passionate about her work and has developed each of the physiotherapy departments she has been a part of including the departments at The Garden Hospital (1986-2006), The Iryo Centre (1990-2007) and The 999 Medical and Diagnostic Centre (2000-2013).

Eva recently co-authored a book entitled BMA Guide to Back Care: Preventing, diagnosing, and treating back and neck conditions which was published in August 2011.