



Dr Jo Perry

**Role at Coventry University: Principal Lecturer in
Physiotherapy (Research)**

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Academic interests:

- **Research Methodology, Methods and Design (at UG and PG levels as Module Lead)**
- **Manual and Manipulative Therapy (Spinal and Peripheral) (at UG and PG levels)**
- **Spinal and pelvic dysfunction (including the SI joint) (at UG and PG levels)**
- **Anatomy (UG)**
- **Masters Dissertations - Module lead**
- **Year 2 tutor (UG Physiotherapy)**

Accounts for professional purposes

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Faculty: Health and Life Sciences

Academic school: School of Nursing, Midwifery and Health

Biography

I am a Principal Lecturer in Physiotherapy based at Coventry University, in the Faculty of Health & Life Sciences. Prior to this position, I was a clinical team lead in musculoskeletal physiotherapy, specializing in spinal pain and musculoskeletal dysfunction. For the last 14 years I have been involved in the undergraduate and post-graduate Masters programmes in physiotherapy leading modules in research & evidenced informed practice, in musculoskeletal physiotherapy and rehabilitation. My research interests involve quantitative, qualitative and mixed method approaches with research areas including the neurophysiological effects of manual and manipulative therapeutic techniques and the acquisition and advancement of knowledge and expertise within manual therapy practitioners. I completed my Doctorate in 2013 on the neurophysiological responses of patients receiving manual therapy treatments for low back disorders. I am a reviewer for a number of Journals including Manual Therapy and Physiotherapy and an active member of the Musculoskeletal Association of Chartered Physiotherapists, the Chartered Society of Physiotherapy and of the Health Care Professions Council. I am a fellow of the HEA

and have Pg qualifications in Teaching and Learning and with the Institute of Leadership and Management in Health Care Management.

Qualifications

- 2014 fellowship of HEA following PgCert., in Learning and Teaching in Higher Education, Coventry University 2004
- 2013 PhD, Neurophysiological effects of Physiotherapy in LBP patients, Coventry University
- 2001, MSc., Manipulative Therapy, Coventry University
- 1998, PgCert., Combined Manipulations (part I & II), Sheffield Hallam University
- 1991, PgCert., Physio in Intensive Respiratory Care, Sheffield Hallam University
- 1987, Associateship In Physiotherapy, Sheffield City Polytechnic

Research

My research covers a variety of areas including the neurophysiological effects of physiotherapy and manual therapy treatments as well as the effects of post-graduate training on career pathways and knowledge acquisition in physiotherapy practitioners. My work with Professor Renshaw in the ABES FRC involves the use of biomarkers of physiological change during therapeutic management and is at the cutting edge of physiotherapy practice in the evolving field. Early research indicators are providing a clearer picture of how physiological and neurophysiological responses to treatment relate to patient-reported improvements in symptoms. These areas of research have the potential to impact patient, therapist and policy-makers choice regarding the future management of spinal and musculoskeletal pain and dysfunction.

Outputs and Publications

Publications – Peer reviewed journals

Perry J and Green A (At Review) A Longitudinal Clinical Study Of Sympathetic Nervous System Responses to Guideline-Endorsed Physiotherapy Management of Acute & Sub-Acute LBP. Journal of Manipulative and Physiological Therapeutics.

Piekarz V and Perry J (2016) An investigation into the effects of applying a lumbar Maitland mobilisation at different frequencies on sympathetic nervous system activity levels in the lower limbs. Manual Therapy; 23, p. 83–89.

<http://dx.doi.org/10.1016/j.math.2016.01.001>

Perry J, Green A, Singh S, Watson P (2015) A randomised, independent groups study investigating the sympathetic nervous system responses to two manual therapy treatments in patients with LBP. Manual Therapy. 20; 861-867. DOI information:

<http://dx.doi.org/10.1016/j.math.2015.04.011>

Tsirakis V and Perry J (2015) The effects of a modified spinal mobilisation with leg movement (SMWLM) technique on sympathetic outflow to the lower limbs. *Manual Therapy*. 20 (1) 103-108. <http://dx.doi.org/10.1016/j.math.2014.07.002>

Perry J, Singh S, Watson PW, Green A (2011) A preliminary investigation into the magnitude of effect of lumbar extension exercises and a segmental rotatory manipulation on sympathetic nervous system activity. *Manual Therapy* 16; 190-195. <http://dx.doi:10.1016/j.math.2010.10.008>

Moutzouri M, Perry J and Billis E (2012) Investigation of the effects of a centrally applied lumbar sustained natural apophyseal glide mobilization on lower limb sympathetic nervous system activity in asymptomatic subjects. *Journal of Manipulative and Physiological Therapeutics* Vol. 35 (4), pp. 286-94. <http://dx.doi:10.1016/j.jmpt.2012.04.016>

Perry J, Green A, Harrison K (2011) The impact of Masters education in manual and manipulative therapy and the 'knowledge acquisition model' *Manual Therapy*, 16 (3) 285-290. <http://dx.doi:10.1016/j.math.2010.12.002>

Marr M, Baker J, Lambon N & Perry J (2011) The Effects of the Bowen Technique on Hamstring Flexibility: A Randomised Controlled Trial. *International Journal of Therapeutic Massage and Body Work Journal* 15(3):281–290. <http://dx.doi:10.1016/j.jbmt.2010.07.008>

Jowsey P & Perry J (2010) Sympathetic nervous system effects in the hands following a grade III postero-anterior rotatory mobilisation technique applied to T4: a randomised, placebo-controlled trial. *Manual Therapy* 15; 248–253. <http://dx.doi:10.1016/j.math.2009.12.008>

Lamb SE, Williams MA, Withers EJ, Gates SG, Perry J, Williamson EM, Underwood MR, Cooke MW. (2009) A national survey of clinical practice for the management of Whiplash Associated Disorders in UK Emergency Departments. *Emergency Medicine Journal*. 26: 644-647.

Green A, Perry J & Harrison K. (2008) The influence of a postgraduate clinical master's qualification in Manual Therapy on the careers of physiotherapists in the United Kingdom, *Manual Therapy*, 13 (2) 139-147. <http://dx.doi:10.1016/j.math.2006.12.001>

Perry J, Green A (2008) An investigation into the effects of a unilaterally applied lumbar mobilisation technique on peripheral sympathetic nervous system activity in the lower limbs. *Manual Therapy*, 13,6, 492-499. <http://dx.doi:10.1016/j.math.2007.05.015>

Conference Presentations

Perry J, Hutton E, Dixy R, Bonnet H (2016) An investigation into the effects of trigger point release therapy to trapezius muscle on peripheral sympathetic nervous system activity and pressure pain thresholds in the upper limb. Poster Presentation at IFOMPT Conference Glasgow UK (July 2016)

Piekarz V and Perry J (2016) An investigation into the effects of applying a lumbar Maitland mobilisation at different frequencies on sympathetic nervous system activity levels in the lower limbs. Rapd-5 Oral Presentation at IFOMPT Conference Glasgow UK (July 2016)

Hutton E, Perry J (2015) An investigation into the effects of compression therapy on latent Upper Fibres Of Trapezius trigger points on peripheral sympathetic nervous system activity In the upper limb (2015) UK Physiotherapy Conference Poster presentation. Liverpool October 2015. DOI: 10.13140/RG.2.1.2164.3605

Perry J, Singh S, Watson PW, Green A (2015) A randomised, independent groups study investigating the sympathetic nervous system responses to two manual therapy treatments in patients with LBP. HLS Research Conference presentation. Coventry University. March 2015. DOI: 10.13140/RG.2.1.5047.9444

Jowsey P & Perry J (2013) Sympathetic nervous system effects in the hands following a grade III postero-anterior rotatory mobilisation technique applied to T4: a randomised, placebo-controlled trial. CSP International Conference, Birmingham October 2013

Perry J, Singh S, Watson PW, Green A (2012) The Neurophysiological effects of physiotherapy on patients with low back pain (LBP). Oral Presentation. IFOMPT Conference (International Federation of Orthopaedic and Manipulative Physical Therapists). Quebec, Canada. October 2012

Moutzouri M and Perry.(2011) An investigation into the effects of a centrally applied lumbar SNAG mobilization on lower limb sympathetic nervous system activity of an asymptomatic population. 16th International WCPT Congress, World Physical Therapy 2011, 20 – 23rd June 2011, Amsterdam, Holland

Perry J, Rogers E, Baker J (2010) A Preliminary Study of The Effects of The Bowen Technique on Neurophysiological activity and the “Sit-and-Reach Test”. Presentation at the international Bowen Conference, Warwick University April 2010.

Perry J, Singh S, Watson P.J., Green A (2008) The neurophysiological effects of two spinal therapy techniques. Society for Back Pain Research. Special Poster Presentation. Keele University November 2008

Green A, Perry J, Harrison K (2007) The influence of a postgraduate clinical master’s qualification in manual therapy on the careers of physiotherapists in the United Kingdom. World Confederation of Physical Therapy Conference, Vancouver. Platform Presentation.

Perry J, Green A (2003) An investigation into the effects of a unilaterally applied lumbar mobilisation technique on peripheral sympathetic nervous system activity in the lower limbs. CSP International Conference, Birmingham. October 2003.

Teaching

List all courses that you are currently teaching on (undergraduate & postgraduate):

- BSc Physiotherapy
- MSc Manual Therapy
- MSc Advancing Physiotherapy Practice
- MSc Public Health & Nutrition
- MRes

Please list areas of expertise:

- Manual and manipulative therapy (Spinal and Peripheral)
- Neurophysiological recordings of sympathetic nervous system responses to therapeutic intervention
- Post-graduate career pathways of Manual and Manipulative Therapy practitioners
- The pelvis and sacro-iliac joint
- Thoracic spine
- Lumbar spine
- Anatomy and movement analysis
- Research methodology, methods and design (Qualitative, quantitative and mixed method approaches)
- SPSS and quantitative statistical analyses