



Julian Roach
B.Phys (Hons), MCPA, MSCP



Julian graduated as a Physiotherapist from Laurea University of Applied Sciences, Helsinki, Finland in 2003. Over the next 6 years he worked part-time as the Head Coach and Physiotherapist of Finland's Men's National Cricket Team, participating in local European competitions.

In 2005, Julian began working in the U.K, completing his basic clinical rotations before specialising in Musculoskeletal/Orthopaedic physiotherapy at a London teaching hospital. He also spent one year providing pitch-side physiotherapy cover for the Crystal Palace Football Club's 11-15 age groups.

Julian has had extensive experience in post-surgical rehabilitation for anterior cruciate ligament repairs, back surgeries, lower limb surgeries and shoulder surgeries. Currently his main areas of interest are sport specific rehabilitation, treatment of achilles tendon pain and plantar-fasciitis pain and treatment of adolescent athletes.

Qualifications

- 2013 Assistant Coaching with Canadian National Cricket Team
- 2011 Crystal Palace Football Club staff physio, junior teams
- 2009 Finland's National Team Head Coach in Euro Div 4 Cricket Champs
- 2008 Specialist Musculo-Skeletal Physiotherapist Position
- 2006 Coached Finland to Euro Division 4 Championship
- 2004 Appointed Finland National Team Head Coach & Physiotherapist
- 2003 Bachelor of Physiotherapy (Honours) Laurea University
- 2002 Appointed Player-Coach Finland's National Cricket Team
- 1996 Player, British Universities Basketball Team
- 1991 Bachelor of Science, Biological & Medicinal Chemistry University of Essex

