



Fitness Movement Limited



#SEMP-2474402



Multiple Locations



No of positions : 2



Self Employed



20 hours per week



To be Confirmed



15/10/2026



12/11/2026

How to apply

Application Method :

Please apply to the vacancy by the following means:

Email : info@finesse.ie



Open your camera
app & point here
to view this ad
online



PHYSIOTHERAPIST, MSK & HEALTHY AGEING

Job Description



Multiple Locations :

- FINESSE MOVEMENT, 3 Main Street, Maynooth, Co. Kildare, W23 T6V3

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PHYSIOTHERAPIST - MSK & HEALTHY AGEING

Finesse Movement | Maynooth / Sallins, Co. Kildare

About the Role

Finesse Movement is seeking a CORU-registered Physiotherapist to join our clinical team.

Applicants are responsible for their own tax and PRSI contributions to Revenue.

An agreed rate per appointment will be negotiated.

We work primarily with adults aged 40+, helping clients recover from injury or surgery, manage pain, rebuild strength and maintain independence as they age.

The role combines musculoskeletal (MSK) physiotherapy, Clinical Pilates and opportunities to develop Reformer Pilates services for older adults.

Key Responsibilities

Assess and treat a varied MSK caseload.

Develop personalised rehabilitation plans.

Deliver exercise-based rehabilitation and Clinical Pilates.

Progress clients towards strength training and long-term exercise.

Support recovery following orthopaedic and spinal surgery, including hip and knee replacements.

Educate clients on recovery, mobility, strength and healthy ageing.

Collaborate with the Pilates team and maintain accurate clinical records in line with CORU standards.

Clinical Pilates & Healthy Ageing

We support clients before and after surgery, progressing from prehabilitation and early recovery to strength, balance, mobility and functional movement.

Clients can transition from individual physiotherapy and Clinical Pilates into small-group Reformer Pilates where appropriate.

Our developing services include:

Reformer Pilates for older adults

Strength and conditioning

Falls prevention, balance and mobility

Frailty and pre-frailty

Osteoporosis and bone health

Post-operative rehabilitation

The successful candidate can help develop these services and build relationships with local healthcare professionals.

Requirements Essential:

CORU registration and professional indemnity insurance

Strong clinical assessment and communication skills

Interest in active rehabilitation

Ability to work independently within a supportive team

Interest in working with adults aged 40+

Desirable:

MSK and post-operative rehabilitation experience

Clinical or Reformer Pilates experience

Experience with older adults

Knowledge of falls prevention, osteoporosis, balance or healthy ageing

Reformer Pilates training and professional development are available.

What We Offer

Established client base across two locations

Equipped physiotherapy rooms and Reformer Pilates studios

Opportunities to develop a specialist Clinical Pilates caseload

Professional development and Reformer Pilates training

Opportunities to develop rehabilitation programmes

A supportive, exercise-focused clinical environment

About Finesse Movement

Since 2012, Finesse Movement has combined physiotherapy, Clinical Pilates, rehabilitation and Reformer Pilates, focusing on women and adults aged 40+.

You will work as a self-employed contractor, responsible for your own Tax and National Insurance contributions.

- **Sector:** human health and social work activities

Career Level

- Experienced [Non-Managerial]

Candidate Requirements

(Essential)

- **Minimum Experienced Required (Years):** 2
- **Minimum Qualification:** Level 8 (incl Higher Diploma & Honours Bachelor Degree)

(Desirable)

- **Ability Skills:** Communications, Customer Service, Interpersonal Skills, Sales/Marketing
- **Competency Skills:** Teamwork, Time Management, Working on own Initiative