



Career Summary

Anju JAGGI

BSc (Hons) MCSP

Profile

- ▶ Clinical Director of Therapies (Feb 2023-present)
- ▶ Royal National Orthopaedic Hospital NHS Trust
- ▶ Consultant Physiotherapist (July 2013-Present) Royal National Orthopaedic Hospital NHS Trust
- ▶ Deputy Director of Allied Health Professional (AHP) research and development (2017-2023)
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Employment History

- ▶ Clinical Physiotherapy Specialist (Sept 2002- July 2013) Royal National Orthopaedic Hospital NHS Trust - Leads a team in the management of shoulder & peripheral nerve injury rehabilitation in addition to supporting the therapy head of service in management of the physiotherapy dept.
- ▶ Private Physiotherapy Consultancy (2000-2016) Hendon Therapies Clinic, London
- ▶ A Jaggi Physio Consultancy Ltd (2010-present) – Provide post graduate training in the management of shoulder dysfunction, One/two courses internationally.
- ▶ Visiting Lecturer on Masters Modules (2010-present) – UCL, Southampton and Hertfordshire Universities
- ▶ Acting Senior I -Chronic Pain Management (Oct 1999 – 2000) Royal National Orthopaedic Hospital NHS Trust - Part of a multidisciplinary team implementing cognitive pain behaviour in the management of chronic pain
- ▶ Senior II- Shoulder & Elbow/PNI Unit (Oct 1998 – 1999) Royal National Orthopaedic Hospital NHS Trust - Fixed role supporting the Supt III in rehabilitation of the Upper quadrant
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Qualifications

- BSc(Hons) Physiotherapy 2:1 University of East London 1992
- MSc Modules Advanced Physiotherapy Practice: Research Methods 15 credits, Applied Healthcare Research Dissertation 60 credits University of Hertfordshire 2007

Membership of Professional Institutions

- HPC (Health Professions Council) reg no: PH45010 Date: June 1992
- CSP (Chartered Society of Physiotherapy) membership no: 51751 Date: June 1992

Contact Details

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Research Experience

- ▶ Trial Committee member NIHR PROFHER 2 Trial, Data Management Committee member NIHR ARTISAN Trial, NIHR REACH trial.
- ▶ Chief investigator and lead researcher 'Does surgery followed by physiotherapy improve short and long term outcome for patients with atraumatic shoulder instability compared with physiotherapy alone'. Multi-centred double blinded randomised placebo controlled clinical trial.
- ▶ Clinical supervisor to MSc projects
- ▶ Invited reviewer for the British Journal of Sports Medicine (BJSM), Journal of Orthopaedic Research and Shoulder & Elbow for relevant scientific papers in the field of shoulder dysfunction, rehabilitation and EMG.
- ▶ Good Clinical Practice Course Royal National Orthopaedic hospital R&D dept
- ▶ MSc Modules Advanced Physiotherapy Practice: Research Methods 15 credits, Applied Healthcare Research Dissertation 60 credits University of Hertfordshire 2007
- ▶

Grants Held

- ▶ Dec 2014 Co-applicant: Connected orthopaedic rehabilitation devices for remote patient monitoring during post surgery care. TSB Grant – Digital Health in a connected hospital competition. Grant awarded £606,125.
- ▶ Sept 2016 Co-applicant: Clinical and cost effectiveness of progressive exercise compared to best practice advice, with or without corticosteroid injection, for the treatment of rotator cuff disorders: a 2x2 factorial randomised clinical trial (GRASP). NIHR HTA Grant awarded £1508099.00
- ▶ April 2018: Awarded funding UCL Partners/Digital Health London – MIRA (X-box) System for MSK rehabilitation awarded £37,000.
- ▶ Nov 2018 Co-Applicant: SBRI Digital Technology in MSK Health. £92,398
- ▶ Oct 2019 Co-applicant: HTA Project: NIHR128043 - Partial Rotator Cuff Tear Repair Trial (PRO CURE Trial).
- ▶ Oct 2020 CCOPER Feasibility RCT - Collaborative Care in OrthoPaEdic Rehab. RNOHT Charity Grant awarded: £92,000
- ▶ Dec 2023 Acceptability of VR & Haptic Robots in the management of chronic shoulder pain (RNOH/UCL). ORUK Grant awarded £50,000



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Publications

- ▶ **Jaggi A**, Bithell C. Relationships between Physiotherapists level of contact, cultural awareness and communication with Bangladeshi patients in two health authorities. *Physiotherapy* 1995;81(6):330-337
- ▶ Malone AA, **Jaggi A**, Calvert PT, Lambert SM, Bayley JIL 2006 Muscle patterning instability – Classification and prevalence in a reference shoulder service. Chapter in JD Zuckerman, ed. *Surgery of the Shoulder and Elbow: An International Perspective*. American Association of Orthopaedic Surgeons.
- ▶ **Jaggi A**, Cairns M, Malone AA, Cowan J, Lambert S, Bayley JIL 2009 Prospective blinded comparison of surface versus wire electromyographic analysis of muscle recruitment in shoulder instability. *Physiotherapy Research International* 14 (1): 17-29
- ▶ **Jaggi A**, Lambert S. Rehabilitation for instability. *British Journal of Sports Medicine* 2010; Vol 44, No 5: 333-340.
- ▶ Noorani AM, Roberts DJ, Malone AA, Waters TS, **Jaggi A**, Lambert SM, Bayley I. Validation of the Stanmore percentage of normal shoulder assessment. *Int J Shoulder Surg* 2012;6:9-14
- ▶ **Jaggi A**, Noorani A, Malone AA, Lambert SM, Cowan J, Bayley 2012 Muscle Activation Patterns in Patients with Recurrent Shoulder Instability. *International Journal of shoulder surgery* 6 (4) 101-7.
- ▶ **Jaggi A**, Alexander S, Herbert R, Funk L, Ginn K Does Surgery followed by physiotherapy improve short and long term outcome for patients with atraumatic shoulder instability compared to physiotherapy alone? - protocol for a randomized controlled clinical trial. *BMC Musculoskeletal Disorders*, 2014, 15:439.
- ▶ Brownson P, Donaldson O, Fox M, Rees JL, Rangan A, **Jaggi A**, Tytherleigh Strong G, McBernie J, Thomas M, Kulkarni R. BESS/BOA Patient care pathways: Traumatic shoulder instability. *Shoulder & Elbow*, 2015, 7: 214-226.
- ▶ Payne C, **Jaggi A**, Le Leu A, R Garofalo, M Conti. Rehabilitation for shoulder arthroplasty. *Orthopaedics and Trauma*, 2015, Vol 29, 5: 313-323
- ▶ Gibson J, **Jaggi A**, Walton J. Rehabilitation Strategies – Shoulder disorders. *Oxford textbook of Musculoskeletal Medicine* 2nd Edition, edited by M Hutson, A Ward 2015 Chapter 32:344-353.
- ▶ Hopewell S, Keene D, Schluskel MM, Dritsaki M, Dutton S, Carr A, Hamilton W, Hansen Z, **Jaggi A**, Littlewood C, Soutakber H, Heine P, Cureton L, Barker K, Lamb S. Clinical and cost-effectiveness of progressive exercise compared with best practice advice, with or without corticosteroid injection, for the treatment of rotator cuff



Career Summary

Anju JAGGI

BSc (Hons) MCSP

disorders: protocol for a 2x2 factorial randomised controlled trial (the GRASP trial). BMJ Open 2017;7:1-10.

- ▶ **Jaggi A**, Alexander S. Rehabilitation for Shoulder Instability – current approaches. The Open Orthopaedics Journal 2017;11:957-971.
- ▶ Gilbert A, **Jaggi A**, May C. What is the patient acceptability of real time 1:1 videoconferencing in an orthopaedics setting? A systematic review and meta-synthesis of qualitative studies. Physiotherapy 2018
- ▶ Gilbert A, **Jaggi A**, May C. "What is the acceptability of real time 1:1 videoconferencing (VC) between clinicians and patients for a follow-up consultation for multi-directional shoulder instability?" Shoulder & Elbow 2018
- ▶ Gilbert A, Hauptmannova H, **Jaggi A**. The use of assistive technology in shoulder exercise rehabilitation - a qualitative study of acceptability within a pilot project BMC Musculoskeletal Disorders 2018 9:133
- ▶ Noorani A, Goldring M, **Jaggi A** et al. BESS/BOA patient care pathways: Atraumatic shoulder instability Shoulder & Elbow 2018 vol. 11, 1: pp. 60-70.
- ▶ C Littlewood, M Bateman, C Connor, J Gibson, I Horsley, **A Jaggi**, V Jones, A Meakins, M Scott. Physiotherapists' recommendations for examination and treatment of rotator cuff related shoulder pain: A consensus exercise. Physiotherapy Practice and Research 40 (2019): 87-94
- ▶ Keene DJ, Soutakbar H, Hopewell S, Heine P, **Jaggi A**, Littlewood C, Hansen Z, Barker K, Hamilton W, Carr AJ, Lamb SE, Development and implementation of the physiotherapy-led exercise interventions for the treatment of rotator cuff disorders for the 'Getting it Right: Addressing Shoulder Pain' (GRASP) trial, Physiotherapy (2019)
- ▶ Catlow R, Atkins-Synper F, Carson M, **Jaggi A**, Bench S. Empathy in Action in Healthcare (EACH): A mixed methods study of nurses' and therapists' empathy. International Journal of Orthopaedic and Trauma Nursing (2020).
<https://doi.org/10.1016/j.ijotn.2020.100777>
- ▶ Williams D, Douglas T, **Jaggi A**. "The association between crawling as a first mode of mobilisation and the presentation of atraumatic shoulder instability: a retrospective cohort study". Accepted 01/10/2020 Shoulder & Elbow.
- ▶ Gilbert AW, Jones J, **Jaggi A**, May CR. Use of virtual consultations in an orthopaedic rehabilitation setting: how do changes in the work of being a patient influence patient preferences? A systematic review and qualitative synthesis. BMJ Open 2020 Sep 16;10(9):e036197. doi: 10.1136/bmjopen-2019-03619
- ▶ Rees JL, Kulkarni R, Rangan A, **Jaggi A** et al. Shoulder Pain Diagnosis, Treatment and Referral Guidelines for Primary, Community and Intermediate Care. S&E Feb 2021.
- ▶ Hashim S, **Jaggi A**, Eastwood D. MIRA: a useful clinical tool in paediatric shoulder rehabilitation? International Journal of Therapy and Rehabilitation 2021.



Career Summary

Anju JAGGI

BSc (Hons) MCSP

- ▶ Hopewell S, Keene D, Barker K, C Littlewood Lamb S, Carr A, **Jaggi A** et al. Progressive exercise compared with best practice advice, with or without corticosteroid injection, for the treatment of rotator cuff disorders (GRASP): a multicentre, pragmatic, 2x2 factorial randomised controlled trial. *The Lancet* (2021), Vol: 398, Issue: 10298: 416-428.
- ▶ Coulthard C, Cairns MC, Williams D, Hughes B, **Jaggi A**. Management of atraumatic shoulder instability in physiotherapy (MASIP): a survey of physiotherapy practice. *BMC Musculoskeletal Disorders* 2021 September 30, 22 (1): 840
- ▶ Turabi R, Horsley I, Birch H, **Jaggi A**. Does grip strength correlate with rotator cuff strength in patients with atraumatic shoulder instability? *Bulletin of Faculty of Physical Therapy* 2022, 27:1. <https://doi.org/10.1186/s43161-021-00059-3>
- ▶ Griffin J, Chester R, Daniell H, **Jaggi A**. A systematic review to compare physiotherapy treatment programmes for atraumatic shoulder instability. *Shoulder & Elbow* 2022 <https://doi.org/10.1177/17585732221080730>
- ▶ Coyle M, Weatherburn L, **Jaggi A**, Chester R. Post-Operative Rehabilitation following Traumatic Anterior Shoulder Dislocation: A Systematic Scoping Review. Submitted to *Shoulder & Elbow* 2022 <https://doi.org/10.1177/17585732221089636>
- ▶ Requejo-Salinas N, Lewis J, Michener LA, La Touche R, Fernández-Matías R, Tercero-Lucas J, Camargo PR, Bateman M, Struyf F, Roy JS, **Jaggi A**, Uhl T, Bisset L, Wassinger CA, Donatelli R, Haik MN, Lluch-Girbés E. International physical therapists consensus on clinical descriptors for diagnosing rotator cuff related shoulder pain: A Delphi study. *Braz J Phys Ther*. 2022 Mar-Apr;26(2):100395. doi: 10.1016/j.bjpt.2022.100395. Epub 2022 Feb 20. PMID: 35366589; PMCID: PMC8978275.
- ▶ T Palit, E Willmore, M Bateman, I Horsley, J Gibson, R Chester, J Blacknall, J O'Sullivan, **A Jaggi**. Rehabilitation Following Shoulder Arthroscopic Stabilisation Surgery: A survey of UK practice. *Shoulder & Elbow* Feb 2023
- ▶ Fernandez-Matias **A Jaggi** et al. Kinetic chain revisited: Consensus expert opinion on terminology, clinical reasoning, examination and treatment in people with shoulder pain. *Journal of Shoulder & Elbow Surgery* 14th Feb 2023.
- ▶ **A Jaggi**, R Herbert, S Alexander, A Majed, D Butt, D Higgs, W Rudge. Arthroscopic capsular surgery in patients with atraumatic shoulder instability: a randomised placebo controlled trial. *Br J Sports Med* 2023;0:1–6. doi:10.1136/bjsports-2022-106596
- ▶ J Texiera, R Ahmed, R Tehrany, **A Jaggi**, P Ramanuj. Collaborative care model versus usual care for the management of musculoskeletal and co-existing mental health conditions: a randomised feasibility mixed-methods study. *BMJ Open*. 2024; 14(2): e079707. Published online 2024 Feb 21. doi: 10.1136/bmjopen-2023-079707
- ▶ Maria Joao Cardoso Teixeira, Rokhsaneh Tehrany, **Anju Jaggi**, Refah Ahmed, Lucy Dove, Parashar Ramanuj. Collaborative care model versus usual care for people with musculoskeletal conditions and co-existing anxiety and depression: protocol for a



Career Summary

Anju JAGGI

BSc (Hons) MCSP

feasibility mixed-methods randomised controlled trial. BJPsych Open. 2023 Jul; 9(4): e109. Published online 2023 Jun 15. doi: 10.1192/bjo.2023.80

- ▶ E Willmore, M Bateman, N Maher, R Chester, J O'Sullivan, I Horsley, J Blacknall, J Gibson, **A Jaggi**. Rehabilitation guidelines following arthroscopic shoulder stabilisation for traumatic instability – a Delphi consensus. Physiotherapy May 2024
- ▶ E O'Conaire, **A Jaggi**, R Delaney, F Struyff, A Rushton. What are the predictors of response to physiotherapy in patients with massive irreparable rotator cuff tears? Gaining expert consensus using an international e-Delphi study. BMC MSK Disorders Sept 2024.
- ▶ Wong C, **Jaggi A**, Willmore E, Maher N, Bateman M, O'Sullivan J, Blacknall J, Horsley I, Gibson J, Rugg B, Chester R. Critical evidence synthesis on rehabilitation following arthroscopic shoulder stabilisation surgery for traumatic anterior instability: consensus recommendations for clinical practice and research - commissioned by the British Elbow & Shoulder Society. Br J Sports Med. 2025 Oct 23:bjsports-2025-109674. doi: 10.1136/bjsports-2025-109674. Epub ahead of print. PMID: 41135971.

Positions Held & Awards

- ▶ BESS AHP representative to ICSSSET board October 2025 ongoing
- ▶ Lipmann Kessel Prize – Best Scientific Paper award British Shoulder & Elbow Society June 23
- ▶ RNOHT Charity Trustee – June 2020-2026
- ▶ BESS Copeland fellowship – Clinical visit to Canada and the COA meeting 2023
- ▶ CSP Robert Williams award – support for attending WCPT Geneva 2019
- ▶ AHP representative for BESS Council June 2018-2021
- ▶ NICE Arthroplasty Guideline Committee member April 2018-June 2019
- ▶ Past President EUSSER (2015-2017)
- ▶ President European Society of Shoulder & Elbow Rehabilitation (2012-2015)
- ▶ Vice President (2010-2012) European Society of Shoulder & Elbow Rehabilitation
- ▶ Chair of Education Committee (2009-2010) European Society of Shoulder & Elbow Rehabilitation (EUSSER).
- ▶ Member of Education Committee (2007-2015) British Society of Shoulder & elbow (BESS)
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Relevant Presentations at Scientific Meetings

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Career Summary

Anju JAGGI

BSc (Hons) MCSP

- ▶ Arthroscopic capsular shift surgery in patients with atraumatic shoulder instability: A randomised placebo controlled trial. **A Jaggi**, R Herbert, S Alexander, A Majed, D Butt, W Rudge, D Higgs, K Ginn. Oral Presentation SportsKongress Copenhagen 2023, COA Calgary 2023, BESS Newport 2023, ISES Rome 2023
- ▶ A systematic review post operative rehabilitation following stabilisation surgery for traumatic anterior shoulder instability. M Coyle, R Chester, **A Jaggi**. Podium Presentation BESS 2021.
- ▶ A systematic review to compare physiotherapy treatment programmes for atraumatic shoulder instability. J Griffin, R Chester, H Daniell, **A Jaggi**. Podium Presentation BESS 2021
- ▶ Does Grip Strength correlate with Rotator Cuff Strength in ASI? R. Turabi, H Birch, **A Jaggi**. Podium Presentation BESS 2020
- ▶ Shoulder Symptom Modification tests – effect on muscle activation patterns and relevance in Atraumatic shoulder instability. Zhang Y, Birch H, **Jaggi A** Poster BESS 2020
- ▶ Our pathway to a successful research strategy – a culture shift 5 years on. **A Jaggi**, A Gilbert, M Cairns, R Dalton. WCPT 2019
- ▶ Management of atraumatic shoulder instability in physiotherapy (MASIP). A survey of UK physiotherapy practice. C Coultard, D Williams, B Hughes, M Cairns, **A Jaggi**. Poster presentation WCPT 2019
- ▶ MIRA – a useful tool in Paediatric Atraumatic Shoulder instability Pilot usability Study. S Hashim, N Sau, T Trickett, **A Jaggi**, D Eastwood BESS 2018.
- ▶ The use of assistive technology in shoulder rehabilitation – a usability study. A Gilbert, I Hauptmannova, **A Jaggi** Rehab Week London 2017; SECEC/EUSSER 2017; CSP Congress 2017.
- ▶ Impact of multidisciplinary rehabilitation on the socioeconomic burden of atraumatic shoulder instability. T Douglas, E Cobb, A Gilbert, **A Jaggi** BESS 2017;SECEC/EUSSER 2017.
- ▶ The use of videoconferencing consultations in the management of complex shoulder instability – a usability study. A Gilbert, C May, **A Jaggi**. BESS 2016, CSP Congress 2016.
- ▶ Different Pain profiles in patients with recurrent shoulder instability may determine indications for surgery. A Gasson, **A Jaggi**, M Thacker, S Alexander. IFOMPT 2016
- ▶ Increased prevalence of neuropathic pain and sensory deficits in patients with atraumatic shoulder instability. B Hughes, H Cox, H Cohen, **A Jaggi**, S Alexander. BESS 2015, SECEC/EUSSER 2015, ICSET 2016, IFOMPT 2016
- ▶ The importance of Scapula control in postero-inferior glenohumeral joint instability. A Le Leu, D Higgs, M Falworth, **A Jaggi**, S Alexander. SECEC/EUSSER 2015



Career Summary

Anju JAGGI

BSc (Hons) MCSP

- ▶ Rotator Cuff activation varies with core stability – An EMG analysis. W Morita, D Wain, **A Jaggi**, S Alexander. WCPT 2015, BESS 2015, SECEC/EUSSER 2015
- ▶ Surface Electromyography is an unreliable method to assess shoulder muscle function. **A Jaggi**, A Noorani, D Roberts, J Cowan, S Lambert, S Alexander. BESS 2013, SECEC/EUSSER 2014
- ▶ Prospective blinded comparison of surface versus wire electromyographic analysis of muscle recruitment in shoulder instability. **A Jaggi**, A Malone, S Lambert, JIL Bayley, M Cairns. BESS 2006.
- ▶ Muscle patterning instability – Classification and prevalence in a reference shoulder service. **A Jaggi**, A Malone, P Calvert, S Lambert, JIL Bayley. BESS 2004, ICSES 2004