


Meet our Panel

Prof Cormac Ryan



Cormac Ryan is Professor of Clinical Rehabilitation at Teesside University and a community pain champion for the Flippin' Pain campaign. He has over 15 years of experience in pain management research. He graduated as a

physiotherapist from Queen Margaret University College Edinburgh in 2004, before completing a PhD in chronic lower back pain at Glasgow Caledonian University. Cormac has published over seventy peer-reviewed journal articles and obtained more than the £1m in research funding. Cormac is co-editor in chief of Pain and rehabilitation, the peer-reviewed journal of the Physiotherapy Pain Association. Cormac's two main areas of interest are 1) the role that pain science education plays in the management of persistent pain and 2) fishing.



Mahin works as an Advanced Physiotherapist Practitioner in Pain Management and is an Independent Prescriber. His aim is to ensure that learning and lifestyle changes are individualised to those experiencing pain, in line with their goals and values. He has recently completed an independent prescribing course and has a special interest in helping people


develop alternative non-pharmacological pain management strategies, whilst reducing the long-term use of medications, such as opioids. Outside of work, Mahin enjoys personal fitness, mainly through kickboxing and cricket, and loves to travel.

Felicity Thow



Felicity has been a Physiotherapist for ten years and works clinically with people who have musculoskeletal pain. She has a particular interest in the treatment of persistent pain and as a member of the Flippin' Pain team, will be moderating the event panel.

Fen Kiple



As a result of an RTA, Fen has lived with persistent pain for 16 years, undergone two spinal surgeries, tried nearly every type of medication and lost count of how many 'pain management' regimes were foisted upon her. In her own words, her pain journey has been extremely frustrating; often being subjected to condescending attitudes and disbelief by supposedly 'knowledgeable' clinicians. Their approach led Fen to spend a significant amount of time focussing on what she couldn't do rather than what she could. She became depressed, lost her identity and zest for life, and felt worthless. After making the decision to research alternative treatments, access a different pain management service, and realising that she is not just her pain, she now considers herself a pain survivor. Fen is still on her pain journey, but having a greater understanding of pain ensures that any decisions about how to better cope with pain are now made in her interest. This helps Fen to improve her quality of life, and consequently, has a positive effect on her loved ones too.

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Niki Jones



Niki Jones, 48, has lived with persistent pain since an accident at 16 and has had severe and significantly disabling trigeminal neuralgia since 2002. She underwent many drug and surgical interventions, including an implanted motor

cortex stimulator and was parked on high dose opioids for many years. In 2018 she discovered the pain management app Curable, and from there the work of Prof. Lorimer Moseley and the new neuroscience which underpins Flippin' Pain™.

In her own words, Niki describes her journey with pain and why she's inspired to help others;

“ My understanding of pain transformed and with a lot of hard but fun work my pain is now 99% reduced and while I still have challenges with the reduction of the opioids, my life has transformed and improved dramatically and continues to do so. I'm passionate to show others that recovery is possible. ”

Dr Sophie Gwinnett



Sophie is a Consultant Clinical Psychologist and has worked in pain services since 2002. Her aim is to help people to still live rich and meaningful lives, with pain. Within Connect Health she is the National Lead for Psychology and she is a keen mindfulness enthusiast!

Pain: I Get It

Real Stories

Fen Kipley

“ Life with persistent pain for me used to be one of anger and depression. It seemed so unfair. And annoyingly, there wasn't a great big gaping wound for everyone to see how much I was hurting. People would tell me that I looked well, but this only caused me to question my sanity. I felt people didn't believe that I really was in that much pain. ”

Loneliness and loss are common themes when it comes to living with persistent pain. Lincolnshire local **Fen** tells us in her story about how she grew to see pain as less of an enemy and put herself in charge.

Niki Jones



Watch this video from Niki Jones to find out more about her journey with persistent pain and why she is passionate about becoming an advocate for others.