

## Professional Experience

Imogen Williams brings an extensive 16-year background in physiotherapy, managing and treating musculoskeletal conditions within an outpatient physiotherapy service and helping patients return to functional activities after injuries or surgery. Over the years her clinical expertise has focused on the management of pelvic floor dysfunctions, including bladder and bowel incontinence, prolapse, pelvic girdle pain, and diastasis of the abdominal muscles. Imogen's substantial experience extends to treating perinatal conditions like pregnancy-related pelvic girdle pain and rehabilitating women with obstetric anal sphincter injuries during childbirth.

Her practice is not limited to physical rehabilitation; it also encompasses significant psychological components, particularly in managing patients with chronic pelvic pain, vaginismus, bladder pain syndrome, and those recovering from birthing injuries, which often involve psychological trauma. Imogen's holistic approach is enhanced by her skills in Pilates, which she integrates into patient care, and has skills and knowledge in acupuncture and c-section scar therapy. In addition to her foundational physiotherapy skills, Imogen's clinical expertise is enriched by her proactive engagement in continuous professional development. She has achieved certifications that complement her practice, and post-graduate training in Advanced Clinical Practice, which she utilises to enhance patient outcomes in pain management and functional recovery. Her proficiency in pelvic health is supported by her in-depth knowledge and experience in treating complex conditions related to pelvic floor dysfunction. This includes innovative approaches to the rehabilitation of pelvic muscles to improve the quality of life for patients dealing with incontinence, prolapse, and post-operative recovery from gynaecological surgeries.

Imogen has demonstrated leadership in coordinating multidisciplinary teams to develop comprehensive, personalised rehabilitation plans, especially in her NHS role and private practice. She keeps her clinical skills sharp and up-to-date through regular mentoring, structured in-service training, and specialised courses from the Pelvic Obstetric and Gynaecological Physiotherapy specialist interest group.

With experience in both the NHS and private sectors, Imogen has taken on significant roles, including leading a pelvic health physiotherapy team and establishing a private pelvic health service. Her advanced training in clinical leadership further underpins her capabilities to manage complex cases effectively, making her a valuable expert witness in cases involving physiotherapy and rehabilitation.

Imogen is fully trained in Civil Procedure Rules, including relevant revisions as they arise, and maintains her continuing professional development via a range of training.

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## Specialism

## Age group

- Antenatal
- Intrapartum
- Postnatal
- Birth Injury
- General medical & surgical conditions
- C-section scar therapy
- Diastasis rectus abdominis (abdominal muscle separation) rehab
- Orthopaedic & MSK injuries, conditions

- Adults
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## Career history

- Clinical Specialist Physiotherapist in Pelvic Health  
Cardiff and Vale University Health Board 2021-present
- Clinical Specialist Physiotherapist in Pelvic Health  
PhysioSpace (Private clinic) 2022-present
- Team Lead Physiotherapist Musculoskeletal Outpatients  
Cardiff and Vale University Health Board 2019-2020
- Clinical Specialist Physiotherapist Musculoskeletal Outpatients  
Cardiff and Vale University Health Board 2012-2019

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## Qualifications

- Associate Student, Advanced Clinical  
Practice in Pelvic Health  
Brunel University  
September 2023- PRESENT
- BSc Physiotherapy 2:1  
Cardiff University  
2005-2008

## Professional Memberships

- HCPC
  - Member of Chartered Society of  
Physiotherapy (CSP)
  - Member of the Pelvic, Obstetric and  
Gynaecological Physiotherapists  
specialist interest group (POGP)
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