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## Case Management Experience

Kathryn is an experienced case manager with an extensive clinical background as a senior physiotherapist. She has managed the end-to-end planning and delivery of complex cases for adults and young people with traumatic brain injuries. She has also worked on cases regarding complex orthopaedic injuries and psychological conditions, including working with families impacted by the Grenfell Tower disaster. This has involved securing funding and sourcing and coordinating multidisciplinary teams, including occupational therapists, physiotherapists, speech & language therapists and professionals from various neuro-science disciplines. She continually evolves her professional practice via regular training, including supervision, on a comprehensive range of relevant subjects. Kathryn brings a client-centred, compassionate and proactive approach, working with clients and their families to ensure they are robustly supported in navigating and overcoming all practical, physical and psychological challenges presented by a life changing injury.

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## Specialisms

- Orthopaedics
- Amputations
- Spinal Injury
- Brain Injury
- Sensory Impairment
- Psychological Injury
- Functional Neurological Disorders
- Peripheral Nerve Conditions & Injuries
- General Medical Conditions

## Qualifications

- BSc (Hons) Physiotherapy (First Class)
- BSc (Hons) Biology & English Literature

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## Professional Background

Kathryn is a highly proficient senior physiotherapist, equipped with the insight of fourteen years of diverse experience. Throughout her career, she has led the assessment and treatment of complex cases across trauma and orthopaedics, musculoskeletal outpatients, respiratory medicine, and neurology. She specialises in neurology, with extensive experience operating within Hyper Acute & Acute Rehabilitation units, Spinal Management units and community settings.

Within her senior role at the Wessex Neurological Centre, Kathryn obtained five years of experience in the assessment and treatment of patients with complex neurological conditions following strokes, traumatic brain injuries, spinal injuries, and chronic conditions. During this time, she completed extensive training including courses regarding hydrotherapy for neurological patients, spasticity management, specialist seating and advanced Bobath modules in normal movement and the assessment and treatment of neurological patients. She subsequently drove significant performance improvements via the leadership of service development projects, including development of pathways for spasticity management and positioning & specialist seating for postural control. Since 2018, Kathryn has worked within community settings, treating adults with long-term neurological conditions including Parkinson's Disease, Motor Neurone Disease and Multiple Sclerosis. She also supported community clients with complex orthopaedic injuries, led the amputee clinic within Andover Hospital and performed continuing health care assessment activity, providing recommendations regarding client's rehabilitation and ongoing care requirements. Throughout her career, Kathryn has supported the delivery of robust, integrated care via close collaboration with multi-disciplinary teams and non-NHS departments. She has also led the delivery of a variety of lectures and training workshops to medical and physiotherapy students and professionals. She has also provided rigorous, senior-level clinical supervision, ensuring optimal service quality via robust operational management. Kathryn diligently maintains her continuing professional development to ensure her clients always benefit from the latest innovations and best practices.



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## Career History

**Senior Physiotherapist (Community Neurological Rehabilitation)**

Southern Health NHS Trust  
(2018 - Present)

**Senior Neurological Physiotherapist**

Wessex Neurological Centre (Southampton University Hospital)  
(2013 - 2018)

**Rotational Senior Physiotherapist**

Princess Royal University Hospital  
(2009 - 2010)

**Rotational Physiotherapist**

Kingston Primary Care Trust  
(2008 - 2009)

## Memberships

- Health & Care Professions Council
- Chartered Society of Physiotherapy
- Association of Chartered Physiotherapists in Neurology
- British Association of Brain Injury & Complex Case Management

## Ages Covered

- Adults only.