

Andrew Livett

Expert Witness
Physiotherapist

Essex



Professional Experience

Andrew is a highly experienced Physiotherapist with a dynamic and well-rounded clinical background spanning musculoskeletal and neurological rehabilitation. With nearly a decade of practice, he brings significant authority in managing complex presentations across private practice, elite sport, occupational health, and NHS settings. His work is informed by hands-on clinical leadership, service design, and a commitment to outcome-driven rehabilitation.

Andrew offers a full spectrum of adult neurological and musculoskeletal physiotherapy, with advanced proficiency in assessing and rehabilitating patients following traumatic brain injury, stroke, spinal cord injury, and other complex neurological conditions. He integrates functional rehabilitation with spasticity management, exercise prescription, and hands-on manual therapy. His work is routinely delivered across clinic, home, hydrotherapy, and community settings, providing tailored interventions that address both neurological impairment and functional restoration.

In parallel, Andrew holds deep specialism in complex musculoskeletal rehabilitation for both adults and children. His clinical repertoire includes post-operative rehabilitation, complex soft tissue injury management, persistent pain presentations, and joint instability. He is proficient in the use of rehabilitation technology, strength and conditioning, manual therapy, and modalities such as cryotherapy and shockwave therapy. Andrew has completed additional training in concussion management, safeguarding in sport, and adolescent musculoskeletal care and has managed paediatric MSK cases.

Andrew has led medical and physiotherapy services across multiple sectors. As Service Lead for Essex and Kent Police, he developed a physiotherapy programme for frontline officers, encompassing injury prevention, musculoskeletal treatment, and return-to-duty planning. In elite sport, he has held the role of Head of Medical at two high-performance rugby clubs and worked as physiotherapist for the All England Lawn Tennis Club during the Wimbledon Championships, where he delivered acute care and rehabilitation to professional athletes. Andrew held NHS posts at Mid and South Essex Trust, gaining foundational experience across acute MSK, stroke rehabilitation, neurology outpatients, and respiratory medicine.

Andrew is currently undertaking expert witness work, delivering clear and structured physiotherapy reports for litigation. He is fully trained in the Civil Procedure Rules, including relevant revisions as they arise, and is adept at providing objective analysis across the full range of MSK and neurological presentations.

Specialisms

- Neurological conditions & injuries
- Spinal cord & peripheral nerve injury
- Orthopaedic & MSK injuries
- Amputations
- Burns
- Pain Conditions
- General medical & surgical conditions
- Sensory impairment
- Respiratory conditions
- Cancer and palliative care

Age group

- Adults
- CYP



Career history

- Physiotherapist 2024 - Present
Benfleet Physiotherapy
 - Roles – Senior Physiotherapist and rehabilitator managing complex MSK and Neurological patients in an outpatient setting. I work with self-funding, insurance and Medico-Legal patients, treating a variety of conditions, ensuring up-to-date, evidence-based based and gold standard care at all times. I work in clinics, in the community, and at a Hydrotherapy facility to meet my patients' specific needs and optimise their care.
- Head of Medical 2024 - Present
Brentwood Eels Rugby League Club
 - Roles – Head of a team of healthcare professionals supporting the medical needs of a fast-growing and developing rugby league team. The club includes senior men's, ladies', junior and wheelchair teams, all requiring specialist and custom services at training and match day. Teaching and developing the therapists to enhance their assessment and treatment skills. Developing injury prevention plans and performance statistics to optimise performance.
- Service Lead (Physiotherapy) 2023 - 2024
Essex and Kent Police
 - Lead Physiotherapist for the Essex and Kent Police force staff and officers, assessment, diagnosis, and treatment planning for injuries sustained both at work and out. To manage the clinic's day-to-day running, as well as data collection and manage complex security policies and protocols.
- Head of Medical and Lead Physiotherapist 2022 - Present
Rochford Hundred Rugby Club
 - Roles – Lead Physiotherapist for Rochford Rugby at the National level of rugby. Assessment, diagnosis and treatment of injuries in a clinical, gym and pitch-side environment. Head Injury assessment and application of up-to-date Headcase protocols and GRTP practice. Data collection of injury statistics and building prevention plans for the following seasons in line with findings. Managing team rota, match day cover and club protocols for serious injury management. I was also responsible for delivering regular training to youth, ladies and men's coaching teams on how to manage graded return to play following injury or concussion.
- Physiotherapist 2016 - 2024
All England Lawn Tennis and Croquet Club
- Tournament Physiotherapist U14's and U18's 2023 and 2024
Play your way to Wimbledon Tournaments
 - Roles – Physiotherapist for the tournament, including court calls and clinical injury:



Career history

- assessment, and treatment advice. Coordinating with St John's Ambulance workers to
 - support them in more complex sporting injuries happening on court and post-match
 - complications.
 - Primary Accomplishments – Discussion with player coaches and parents to develop a better
 - understanding of injury prevention and common injuries and deficits in Under 14s and 18s
 - to develop changes to their common tennis coaching practice. Discussion of implementing
 - relevant and appropriate S&C protocols for their players at specific times to reduce injury
 - risks during tournament windows.
- Sports and Spinal Physio - Physiotherapist 2021 - 2023
 - Westcliff RFU - Men's and Ladies' First XV Lead Physiotherapist 2017 - 2020
 - Band 5, 6 Physiotherapist 2016 - 2021
- Mid and South Essex Hospital Trust

Qualifications

- BSc Physiotherapy (Hons)
- M Level Advanced MSK Assessment
- Level 3 Personal Training
- Level 2 Pre-Hospital Immediate Care in Sport
- Headcase Concussion Awareness
- The Athletic Shoulder / Dr Ian Horsley
- Know Pain / Mike Stewart
- Level 2 Child Safeguarding in Sport
- Kinetic Control Testing and Rehabilitation
- Shockwave Therapy Application
- Cryotherapy and Recovery
- Sports Performance Massage
- Recovery from Strenuous Exercise
- Impact of the Menstrual cycle on injury risk in women's sport

Professional Memberships

- HCPC