

Imogen Williams

Expert Witness
Physiotherapist

Cardiff



Professional Experience

Imogen Williams is a Specialist Pelvic Health Physiotherapist with eighteen years of clinical experience across NHS and private practice. Whilst her early career included extensive musculoskeletal physiotherapy, her clinical practice now focuses predominantly on pelvic health, with particular expertise in the assessment and rehabilitation of pelvic floor dysfunction, bladder and bowel incontinence, pelvic organ prolapse, pelvic girdle pain, diastasis recti and complex perinatal conditions. She has substantial experience supporting women throughout pregnancy and the postnatal period, including the rehabilitation of obstetric anal sphincter injuries, pregnancy-related pelvic girdle pain and recovery following gynaecological surgery.

Imogen has extensive experience managing individuals with complex pelvic health presentations, including chronic pelvic pain, bladder pain syndrome, vaginismus and persistent pelvic floor dysfunction. Her approach is holistic and evidence-based, recognising the physical, functional and psychosocial factors that may influence recovery and long-term outcomes. She combines detailed clinical assessment with tailored rehabilitation programmes to optimise function, reduce symptoms and improve quality of life. Her expertise is further complemented by additional skills in Pilates-based rehabilitation, acupuncture and Caesarean section scar therapy, enabling her to provide comprehensive management across a wide range of pelvic health conditions.

Her advanced clinical practice is underpinned by a Postgraduate Diploma in Advanced Clinical Practice in Pelvic Health, incorporating advanced assessment and management of pelvic health patients, advanced perinatal practice and advanced clinical leadership. This specialist training supports her expertise in complex clinical reasoning, rehabilitation planning and the management of patients with highly specialised pelvic health needs.

Throughout her career, Imogen has worked across both NHS and private healthcare settings, establishing and developing specialist pelvic health services whilst drawing on previous leadership experience gained within musculoskeletal physiotherapy services. She has extensive experience working collaboratively with multidisciplinary teams to develop personalised rehabilitation programmes, ensuring coordinated care that is responsive to each individual's clinical presentation and rehabilitation goals.

Imogen maintains a strong commitment to evidence-based practice through regular mentoring, structured in-service training and ongoing specialist education with the Pelvic, Obstetric and Gynaecological Physiotherapy (POGP) professional network. She is fully trained in the Civil Procedure Rules, including relevant revisions as they arise, and maintains an active programme of continuing professional development to ensure her clinical practice and expert witness work remain current and evidence based.

Specialisms

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

Age group

- Adults



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

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)

