

Caroline Sturdy

Expert Witness
Occupational Therapist

Wales



Professional Background

Caroline Sturdy is an accomplished occupational therapist with over two decades of clinical experience, offering specialist expertise highly relevant to medico-legal reporting. Her background spans orthopaedic trauma, amputations, poly-trauma, psychological injury, and long-term disability, making her well-placed to provide expert opinion on complex functional needs, care and equipment requirements, rehabilitation planning, and housing adaptation following life-changing injuries.

Caroline currently practises as an independent Occupational Therapist, where she manages complex community caseloads involving manual handling, specialist equipment provision, and housing adaptations, including recommendations for rehousing. Her work involves detailed assessment and practical implementation of long-term care arrangements, supporting individuals with severe physical disability, multiple injuries, and cognitive or psychological overlay. She is particularly experienced in the rehabilitation of individuals following serious musculoskeletal trauma and amputation, including those with associated psychological or chronic pain presentations.

Earlier in her career, Caroline held senior posts in inpatient rehabilitation, including on stroke and medical rehabilitation wards, where she led on discharge planning, coordinated with outpatient and community services, and oversaw multidisciplinary staff and service development. She has consistently demonstrated clinical leadership in both statutory and independent practice settings, including her current role as a Case Manager at Harrison Associates.

Caroline's professional scope, grounded in detailed functional assessment and practical rehabilitation planning, aligns closely with the evidentiary needs of litigation involving catastrophic injury, polytrauma, or progressive loss of function. Her clinical experience and expertise in equipment prescription, manual handling risk, care planning, and housing suitability enable her to provide robust, well-reasoned reports to assist the Court in determining present and future needs.

Caroline is fully trained in the Civil Procedure Rules, including relevant revisions as they arise. She actively maintains her continuing professional development via a range of training opportunities, ensuring she stays abreast of the latest advancements in her field.

Specialisms

- Parkinson's, MS, MND
- Cerebral palsy
- Mild head injury
- Progressive Neurological Conditions
- Tetraplegia & Paraplegia
- Multi-trauma/polytrauma
- Osteoarthritis/Rheumatology
- Amputations, lower limb
- Rheumatology
- General medical & surgical conditions
- Respiratory conditions
- Cancer diagnoses
- Palliative care
- Environmental/housing adaptations
- Specialist equipment provision

Age group

- Adults



Career history

- Case Manager
Harrison Associates 2021 - Present
- Senior Occupational Therapist (Community Role)
The Vale of Glamorgan Council 2012 - 2024
- Specialist Housing Occupational Therapist (Community Role)
Cardiff Council 2008 - 2012
- Senior Occupational Therapist (Medical Rehabilitation Ward)
Cardiff & Vale NHS Trust 2006 - 2008
- Locum Occupational Trust
Various NHS Trusts 2004 - 2006
- Occupational Therapist (General Rotation)
Swansea NHS Trust 2002 - 2004

Qualifications

- Bachelor of Science (BSc) in
Occupational Therapy

Professional Memberships

- Health & Care Professions Council
- Royal College of Occupational Therapists (RCOT)
- RCOT Specialist Section - Independent Practice
- BABICM