



## Professional Experience

Rits Dwivedee is an Advanced Chartered Physiotherapist with fifteen years of clinical experience across the United Kingdom and Australia, specialising in neurological and musculoskeletal rehabilitation. Her practice focuses on the assessment, treatment, and long-term management of individuals with complex rehabilitation needs, including those with traumatic brain injury, spinal cord injury, and other neurological conditions requiring coordinated rehabilitation and community reintegration. She has extensive experience supporting individuals with progressive neurological disorders and complex disabilities, including Parkinson's disease, Huntington's disease, cerebral palsy, and stroke, alongside patients presenting with musculoskeletal injuries, chronic pain, and functional impairment.

Until 2024, Rits worked as an Advanced Musculoskeletal Physiotherapist within Central London Community Healthcare NHS Trust, where she independently managed a full caseload of patients presenting with a wide range of musculoskeletal conditions. Her clinical work encompassed the management of sciatica and nerve impingement, sports injuries, chronic pain, arthritis and joint degeneration, and inflammatory conditions such as tendinopathies and bursitis, as well as generalised spinal pain affecting the neck and back. Her role involved detailed clinical assessment, the development of tailored rehabilitation programmes, and close liaison with medical practitioners in relation to investigations, treatment planning, and discharge pathways. Her clinical experience also includes leadership roles within community and neurological rehabilitation services. As Team Lead Physiotherapist at Berkshire Healthcare NHS Foundation Trust, she oversaw physiotherapy services delivering neurological and geriatric community rehabilitation across multiple regions. This included managing referral pathways, triage, and waiting lists, while retaining responsibility for a complex caseload spanning both neurological and musculoskeletal presentations. Earlier in her career, she worked extensively within community rehabilitation settings, delivering neurorehabilitation to individuals with long-term neurological conditions and significant functional impairment.

In addition to her NHS roles, Rits is the Founder and Director of Mobile Rehab UK and Company Director of Ritco Physiotherapy and Allied Health. Through these roles, she has developed and delivered community physiotherapy and occupational health services, including musculoskeletal and neurological rehabilitation, workplace assessments, and functional capacity evaluations. She has substantial experience in undertaking comprehensive clinical assessments, formulating rehabilitation plans, and producing detailed reports to support ongoing care, rehabilitation, and occupational health decision-making.

Rits holds a Master of Science in Dementia: International Policy and Practice from the University of Edinburgh and a Bachelor of Health Science in Physiotherapy from Auckland University of Technology. She is fully trained in the Civil Procedure Rules, including relevant updates as they arise.

## Specialisms

- Brain Injury
- FND & MND & CP
- Cognitive Disability
- Sensory Impairment
- Respiratory Conditions
- Spinal Cord Injury
- Complex Orthopaedic & MSK injuries
- Amputations (upper and lower limb)
- Pain Conditions
- General Medical Conditions

## Age group

- Adults
- Young Persons (12+)



### Career history

- Director and CEO 2023 - Present  
Mobile Rehab
  - Founded and launched Mobile Rehab UK, overseeing all aspects of business setup from initial concept to full operational status.
  - Development and implementation of strategic plans to drive business growth.
  - Maintaining high standards of service quality and patient/client satisfaction.
  - Spearhead innovative marketing and sales initiatives to enhance brand presence in the industry.
- Provide community physiotherapy and occupational health services, including musculoskeletal treatments, neurological rehabilitation, and workplace assessments, including DSE, WPA and Functional Capacity Evaluations (FCE's)
- Company Director 2018 - Present  
Ritco Physiotherapy & Allied Health, Brisbane, Australia
- Advanced MSK Physiotherapist (Band 8) 2023 - 2024  
Edgware Community Hospital, Central London Community Healthcare (CLCH) NHS Trust
  - Independently managing a full caseload of complex and simple clients with a range of MSK conditions
  - Conditions treated - sciatica and nerve impingement disorders, sports injuries, chronic pain, arthritis and joint degeneration-related pain, generalised MSK back and neck pain, inflammatory conditions - tendinopathies, bursitis and other MSK conditions
  - Efficiently managing own bookings and diary, communicating with medical practitioners for discharge planning, providing care summaries and requesting further investigations
  - Providing tailored exercise programs for clients for self management and ongoing rehabilitation
- Team Lead Physiotherapist (Band 7) 2023  
Berkshire Health Foundation (BHFT) NHS Trust
  - To oversee a team of physiotherapists providing neurological and geriatric community services to the Windsor Ascot, Maidenhead and Slough areas in Berkshire
  - To manage waiting lists, assist with referral triage, and prioritise referral allocation to urgent and routine pathways
  - Overseeing clinical skills and helping to nurture and improve staff skill set
  - Managing an independent caseload of community clients with neuro-rehabilitative and musculoskeletal needs



### Career history

- Specialist Physiotherapist 2018 - 2023  
Ritco Physiotherapy & Allied Health, (Musculoskeletal and Neurorehabilitation)
  - Managed a full complex caseload of community clients, increasing referral retention by 70%.
  - Neurorehabilitation - complex neurological rehabilitation for clients with Parkinson's Disease, Huntington's Disease, Cerebral Palsy,
  - Stroke, Traumatic Brain Injury and other progressive neurological disabilities.
  - Musculoskeletal Rehabilitation - Provided dry needling, acute/chronic pain and injury management to private clients with workplace, sports, and other injuries as a mobile community practitioner.
  - Workplace assessments, including Functional and Physical Capacity Assessments, and Ergonomic Assessments.
  - Individual and group hydrotherapy rehabilitation. Comprehensive assessment of complex disabilities, musculoskeletal injuries, and individualised care planning with extensive and comprehensive report writing experience for client case management.

### Qualifications

- MSc Dementia - International Policy and Practice (2:1), University of Edinburgh, 2020
- BHSc Health Science in Physiotherapy (2:1) Auckland University of Technology (AUT), 2000

### Registrations & Memberships

- BABICM
- ACPHOE
- HCPC
- MSCP