

Physiotherapy department update July 2019.

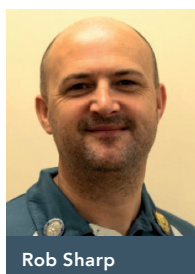
New team members at Nuffield Health Shrewsbury Hospital.

I am pleased to announce that over the last 12 months the Physiotherapy department at the Nuffield Health Shrewsbury Hospital has extended. We are now a team of 9 physiotherapists, with an additional 5 on the hospital bank.

The new team members are: **Rob Sharp, Mihail Alashki, Louise Wenger** and **Alice Berry**.

Rob, Mihail and Alice work within the out-patients team, and Louise has joined the inpatient team.

Let me introduce our new team members:



Rob completed his physiotherapy training at Keele University in 2000 and gained valuable experience within the NHS, private settings and 15 years in professional football before joining Nuffield Health in 2017. He has undertaken extensive post graduate training in areas including strength and conditioning, manual therapy and rehabilitation.

Rob is experienced in treating a wide range of musculoskeletal problems including spinal and orthopaedic conditions, sports injuries and rehabilitation and post-operative rehabilitation. He has particular interests in lower limb and shoulder rehabilitation.



Mihail graduated with a Bachelor's Degree in Physiotherapy at the Medical University of Pleven, Bulgaria in 2002. After several years of working as a Physiotherapist, he then undertook his Masters Degree in Physiotherapy at the National Sports Academy "Vasil Levski" in Sofia in 2011. His interest to work as a physiotherapist came from his passion for manual and sports medicine, and he developed a passion for musculoskeletal dysfunctions which he now specializes in, having written his thesis for his Master's Degree on Cervicogenic Headaches. After working as a physiotherapist for many years, he believes that in order for his patients to achieve the best possible outcome, it is vital to keep things fresh and enjoyable in his treatment sessions. His ethos is that with a bit of determination and enthusiasm, anything is possible. He utilises this knowledge to better understand the injury process, what has caused it, and to expedite his patients' recovery.



Alice qualified in 2012 with a first class honours degree in Physiotherapy. She quickly followed her area of special interest working in pelvic health physiotherapy for the NHS. She continues to work in physiotherapy outpatients for the NHS in pelvic health and has been part of the team at Nuffield Health Shrewsbury Hospital since 2018.

She is passionate about women's and men's health physiotherapy and is a member of the Pelvic Obstetric and Gynaecological Professional Network (POGP).

She enjoys working with individuals to improve their quality of life and successfully achieve their goals.



Louise has been with us on the bank since 2017 and has now joined us as a permanent member of the inpatient team. Louise has previously worked both at PRH and Oswestry in both inpatients and outpatients and has a wealth of knowledge on orthopaedics.

She joins our established team here during the week, and remains on the weekend team.

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New team members at Nuffield Health Shrewsbury Hospital.

New pelvic team.

Our Pelvic Health team now consists of Alice Berry and Linda van Doorn, continuing the established Women's Health practice at Nuffield Health Shrewsbury Hospital. Both Alice and Linda have a passion for working in this field of expertise, and both work closely with our Consultant colleagues here and in their NHS clinics.



Our Physiotherapy team otherwise consists of Jenny Brown (Physiotherapy Manager and outpatients), Trudie Jefferys (outpatients), Tracy Tomlinson (hand therapy outpatients and inpatients), Fiona Halstead (inpatients) and Audrey Haggart (Physiotherapy Assistant). We also have additional physiotherapists helping cover our 7 day service on the ward: Julie Littlehales, Ruth Corbett and Eleanor Evans.

We have been able to increase our hours with the increase in staff numbers and can offer appointments from 08.00 in the morning until into the evening, Monday to Friday.

We also work closely with our physio colleagues at the Nuffield Health Fitness & Wellbeing Centre in Telford, and can refer patients into the Recovery Plus programme if they have had surgery here. We can also refer our patients for aquatic therapy with the physio team at the Nuffield Health Fitness & Wellbeing Centre in Telford. This is treatment within the pool with one of the physios who can prescribe specific exercises in water.

You can refer directly to us via letter, copy of clinic notes or via email: shrewsbury.physio@nuffieldhealth.com

Self-pay prices:

£65.00 for the initial appointment and

£40.00 for any follow up sessions.

Insured rates as per insurance company.

If you have any queries about our physiotherapy services and what we can offer, please contact me on:

Tel **01743 282615**

Email Jenny.brown@nuffieldhealth.com



Jenny Brown
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