



# Natalie Johnson

BSc (Hons)

## Associate Case Manager & Physiotherapist

### Qualifications:

BSc (Hons) Physiotherapy (2008),  
Manchester Metropolitan  
University

### Registration:

Health and Care Professions  
Council (PH89369)  
Member of CSP, BABICM and CMS  
UK

### A bit about me:

I enjoy many things, from salsa dancing to watching football and tennis. I also enjoy walking in the countryside with my dog and spending time in my garden growing veg in my allotment.

### Contact Details:

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[www.abilitycm.co.uk](http://www.abilitycm.co.uk)

### Key Skills & Specialisms

- ✓ Orthopaedic injury, acquired brain injury, falls, cerebral palsy, mental health, respiratory and mental health
- ✓ Mobility/ balance assessments and rehabilitation
- ✓ Providing manual handling training, manual handling advice and knowledge of manual handling equipment
- ✓ Home environment risk assessments
- ✓ Comprehensive report writing
- ✓ Person centred goal setting
- ✓ Rapport building and compassionate approach
- ✓ Timely and proactive communicator
- ✓ Set up and co-ordination of MDTs'

### Employment History

I began my career with Salford Royal NHS trust, undertaking rotations in medical rehabilitation, neurological rehabilitation, musculoskeletal out-patients and orthopaedics. There I developed an interest in complex case rehabilitation and began to specialise in mobility and balance rehabilitation both with in patients and in community.

In 2010 I moved to The Alexandra hospital, BMI Healthcare. There I led the discharge planning team for complex neurological, medical, and orthopaedic rehabilitation patients.

Since 2017 I have provided case management as an associate to clients with medium to complex rehabilitation requirements. In addition, from 2018 for 18 months, I also provided rehabilitation consultancy input for a serious injury law firm for clients who did not yet have a case manager. This experience provides me with a strong knowledge of the litigation process and level of requirement expected by a solicitor of a case manager.

Alongside my case management work I continue to work part time in the NHS for Cheshire and Wirral Partnership NHS Trust as a Specialist Mental Health Physiotherapist. I work across 2 inpatients wards, dementia, and acute mental health, assisting patients to maintain and improve their balance and mobility, reduce the risk of falls, increase exercise tolerance, develop motivation to increase activity and support appropriate and timely discharge planning.

Within the trust I am a member of the fall's prevention team and dementia care team.

## Experience

- ✓ I have over 10 years' experience working in health care, both within hospital and community settings.
- ✓ As a clinician I have experience of providing rehabilitation to patients following orthopaedic trauma, neurological trauma, medical illness and post-surgery, including oncology and respiratory related illness. I also have experience treating patient with cerebral palsy.
- ✓ As a case manager I am experienced supporting adults related to complex orthopaedic trauma, acquired brain injury, medical rehabilitation, and cerebral palsy.
- ✓ I am experienced in supporting adults who have significant mobility challenges and require suitable mobility equipment to optimise their independence.
- ✓ I am trained as a manual and people handling train the trainer. I have trained care teams and hospital clinicians in mandatory manual and patient handling skills and techniques.
- ✓ I provide manual handling advice and guidance to clinicians related to client/ patient specific needs, including use of hoists.
- ✓ I have supported adults with complex cognitive and communication challenges.
- ✓ I have managed care teams for clients who require 24 hour care.
- ✓ I write comprehensive reports of which I ensure timely submission to relevant parties.
- ✓ I ensure person centred and relevant goals are set ensuring the clients abilities and independence is optimised.
- ✓ I ensure I build a good rapport with clients and have a compassionate and motivating approach.
- ✓ I have extensive experience of communicating appropriately and timely to individuals from a variety of backgrounds and professions.
- ✓ I am an organised individual with extensive experience of co-ordinating MDTs'

## Summary of Continued Professional Development

I am committed to expanding my knowledge and skills as a case manager and physiotherapist. I maintain regular clinical supervision. Please see below a selection of some of the training events attended to date.

2018-2020	Mindfulness Teacher for Health & Stress	The Breathworks
2018-2020 2018 2017	Diploma in Wellness Coaching Chair Based Exercise Leader People Handling Train the Trainer	Wellness Professionals Later Life Training Institute of Occupational Safety and Health
2016	Leadership in Management	HCA Healthcare
2016	Safe Guarding Children Level 3	HCA Healthcare
2010	Bobath Normal Movement	Bobath
2010	The Assessment and Treatment of Adults with Neurological Conditions- Part A The Bobath Concept	Bobath
2010	The Assessment and Treatment of Adults with Neurological Conditions- Part B The Bobath Concept	Bobath
2011	Optimising Rehabilitation of the Upper Limb and Hand, Bobath	Bobath
2011	Assessment and Treatment Following a Stroke	Claire Laverty Neurological Physiotherapist
2011	Assessment and Treatment of Multiple Sclerosis	Claire Laverty Neurological Physiotherapist
2010	Sports Massage Diploma Level 3	VTCT
2011	Pilates Mat Work 1	APPI
2011	Pilates Mat Work 2	APPI
2013	Pilates Small Equipment	APPI
2013	Adapted Tai Chi for Physiotherapy	Rosalind Smith