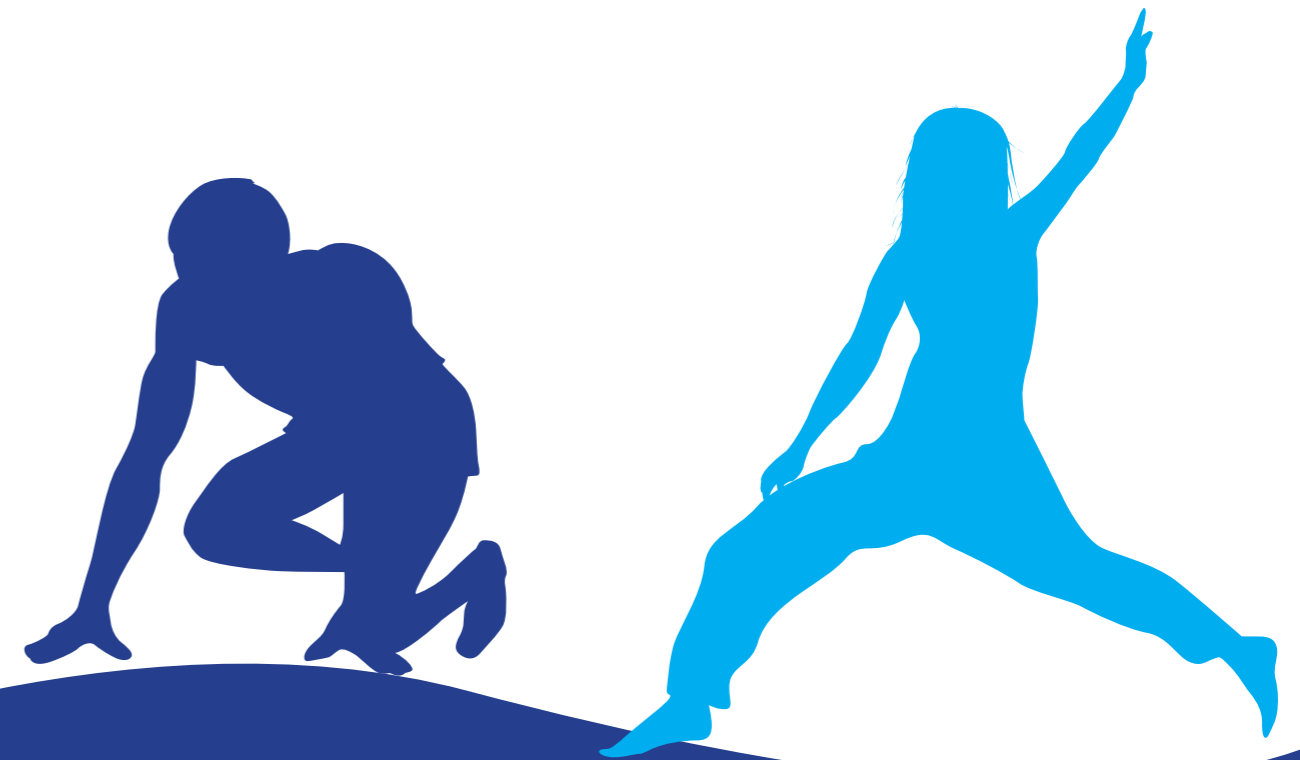


FROM PATIENT 2 THERAPIST

THE STORY OF A BOURNEMOUTH UNIVERSITY GRADUATE



My first experiences relating to physiotherapy came as a youngster at the age of 14. Whilst playing tennis at an international standard, I was no stranger to injuries and regularly found myself on the treatment couch. Now as a qualified chartered physiotherapist, I find myself at the other end of the spectrum rehabilitating a wide range of clients. From patients with Multiple Sclerosis (a progressive neurological condition) looking to maintain mobility, to elite sportsmen and women battling to be fit for the next match or competition.

The long journey to becoming a chartered physiotherapist began at the age of 16 when I chose the subjects best suited to gaining entrance to university. Bournemouth University was my chosen institution and it was here that I spent three years learning the foundation knowledge and skills essential for becoming a chartered physiotherapist. Under the watchful eye of university lecturers and practicing physiotherapists alike, I was able to fine tune my skills whilst working as a team member in various hospital departments around Dorset.

Although my colleagues and I were no strangers to the university social scene, the many hours spent studying late into the night, whilst students taking less intensive courses partied, paid dividend come graduation day. Although my university journey has ended, an opportunity to work within one of Dorset's premier physiotherapy clinics has arisen, opening another exciting chapter of my life.

Now, as a chartered physiotherapist, I have spent several months working for Bournemouth Physiotherapy Clinics (BPC), one of the leading providers of physiotherapy services in Dorset. In Managing Director Andy Curtis, a highly experienced musculoskeletal therapist with experience of top level sport both from a playing and physiotherapy capacity, I have gained both a friend and mentor. Andy helps me to continue expanding my knowledge and expertise further, incorporating many techniques and clinical reasoning approaches that he has developed through masters' level studies. His extensive experience and that of other senior physiotherapists

working within the team, has enabled me to propel myself into the results driven working world of physiotherapy.

Bournemouth Physiotherapy Clinics is a busy, well renowned practice conveniently located on the outskirts of Bournemouth, with easy links to the town centre, suburbs and the towns of Poole, Wimborne, Ferndown and beyond. We currently have patients coming to us from as far afield as Portsmouth, Fordingbridge and Blandford!

My typical week in the life of a BPC physiotherapist:

Monday
Morning (Multiple Sclerosis Day Centre) Lead an exercise class for clients with Multiple Sclerosis to help maintain current levels of mobility, one to one assessment and treatment sessions with specific clients.

Afternoon (BPC clinic) Triage and treat a wide range of clients with various injuries mainly stemming from weekend activities.

Tuesday

Morning (Multiple Sclerosis Day Centre) Lead exercise classes for clients with MS.

Oversee running of the physiotherapy gym whilst performing assessments on new members of the MS society. From these assessments formulating personalised exercise programmes and client-centred goals.

Afternoon (BPC clinic) Treating patients presenting with musculoskeletal injuries.

Tuesday Evening To Wimborne Rugby club to treat a conveyor belt of injuries sustained from the weekend match.

Wednesday

Morning Well deserved lay in!! Followed by extra study to refresh and expand clinical skills.

Afternoon (BPC Clinic) An afternoon spent at the clinic treating a range of sportsmen including a professional golfer and a Poole Town FC player vying to be fit for an FA cup qualifying match.

Thursday

Review patients / programmes at MS centre and progress.

Friday

Clinic all Day
A busy day spent in the clinic treating a wide range of injuries including a number of patients referred for treatment of whiplash from car crashes (medico-legal reporting).

Weekend

Time off - if not attending post graduate courses with Andy to further expand clinical knowledge and skills. Lending a hand with (or attending) weekend teaching courses carried out by Andy.

As a pragmatic but friendly team of physiotherapists, we pride ourselves on getting fast effective results for all clients, whatever the nature of the injury. This was a refreshing ethos for me to embrace after a spell of undergraduate work experience within other Dorset based private practices. As the newest member of the ever growing team I am proud to call myself

a BPC chartered physiotherapist, and with my client base ever expanding who knows what the future holds. What I know for sure is that the opportunities are endless!

Watch this space for tips and tricks on injury prevention and getting the most from your training!

