



Sex	Age Range
Female	31 - 35
Level Experience	Desired Contract
Level 3 - 7-10 points	The Fantail Package



Qualifications

Bachelor of Science in Sport and Exercise Science (2016)
Master's in Physiotherapy (2023)

University

Leeds Beckett University, United Kingdom
University of Lincoln, United Kingdom

Points System

Criteria	Years Experience	Points	Total
Fast Track Country Experience (Ireland, UK, Canada, South Africa) + Australia and USA	0 - 1	1	2
	2 - 4	2	
	5 - 7	4	
	8 - 10	6	
	11 - 13	8	
	14 - 17	10	
	18+	12	
Private Practise Musculoskeletal Experience	Years Experience	Points	Total
	0 - 1	0	1
	2 - 3	1	
	4 - 5	2	
	6 - 7	3	
	8 - 9	4	
10+	5		
Post Grad Experience	Years Experience	Points	Total
	0 - 4	1	1
	5 - 10	2	
11+	3		
New Zealand Experience	Months Experience	Points	Total
	0 - 6	1	0
	7 - 12	2	
	13 - 18	4	
19 - 24	6		
Ligament Experience	Months Experience	Points	Total
	0 - 6	1	0
	7 - 12	2	
	13 - 18	3	
19 - 24	4		
Post Grad Qualifications	Courses	Points	Total
	Post Grad Courses	1	0
	Post Grad Certificate	2	0
	Post Grad Diploma	3	0
	Post Grad Masters	4	4
Total:			8

Work History

BK is a skilled Physiotherapist with a specialized background in Orthopaedics and a strong foundation in functional rehabilitation. Over the past two years, she has developed advanced expertise in managing elective surgical cases—including spinal, upper limb, and lower limb procedures—working in close collaboration with surgeons to deliver strict, evidence-based post-operative protocols. Complementing her clinical practice, her previous experience as a personal trainer provides her with a unique advantage in ACL rehabilitation and the delivery of high-energy exercise classes.

Her clinical portfolio is further diversified by experience in Women's Health, where she manages pelvic health conditions, and Learning Disabilities, involving complex postural assessments, sleep system fitting, and hydrotherapy. Driven by a commitment to lifelong learning, BK is currently transitioning her focus toward becoming a premier Musculoskeletal (MSK) specialist. Her professional vision is to establish herself within a New Zealand community as a trusted expert known for helping patients return to their sporting and functional goals.

Rotational Physiotherapist | Derbyshire Community Healthcare Services (DCHS), NHS | May 2025 – Present
BK serves as a Rotational Physiotherapist, transitioning through different clinical specialties every six months. In her current tenure, she manages a complex caseload involving learning disabilities, dementia care, falls prevention, and intricate home discharge planning. She is recognized for her proactive communication and her ability to work seamlessly within a multidisciplinary team to maintain safety standards and equipment hygiene. Recently, she completed a specialized Hydrotherapy course and is prepared to lead aquatic rehabilitation sessions to enhance patient mobility and function.

MTSP Advisor | Sheffield Children's Hospital | October 2024 – May 2025
In this specialized role, BK supported families of children who had experienced significant physical trauma. She acted as a vital link between families, charities, and solicitors, ensuring comprehensive support during high-pressure periods. Operating with high levels of autonomy and initiative, she provided leadership to increase service awareness among hospital staff while maintaining the sensitive, professional boundaries required to protect patient privacy and foster trust.

Physiotherapist | Barlborough Hospital | April 2023 – May 2025
Working in a demanding post-operative environment, BK provided expert care for patients following both major and minor surgeries. She excelled at guiding patients through strict post-operative protocols with a calm, informative approach. In addition to surgical recovery, she managed a musculoskeletal (MSK) clinic where she treated spinal conditions and various common ailments. She utilized advanced clinical reasoning to develop individualized treatment plans while building strong therapeutic rapport with her patients.

Bank Physiotherapist (Women's Health) | Kings Mill Hospital, NHS | December 2022 – April 2023
BK provided critical temporary cover within the Women's Health department, where she developed the specialized skills necessary to build rapid trust and rapport with patients. She gained significant experience in managing intimate health concerns, understanding the nuances of safeguarding, and utilizing appropriate referral pathways to ensure holistic patient care and support.

Areas of Skills and Expertise

Orthopaedics — Advanced
BK possesses extensive experience in orthopaedic physiotherapy, specifically within the elective surgery sector. Over a two-year period, she managed both pre- and post-operative care, adhering to strict clinical protocols to ensure optimal surgical outcomes. Proficient in the rehabilitation of spinal discectomies, rotator cuff repairs, hand surgeries, and total knee and hip replacements.

Musculoskeletal (MSK) — Intermediate
While BK's primary MSK experience has been centered on post-orthopaedic surgical cases, she brings a robust foundation in exercise-based rehabilitation. She is committed to transitioning her surgical expertise into broader MSK clinical practice. Drawing on her previous background as a personal trainer, she is skilled in delivering exercise classes and managing ACL rehabilitation. She actively seeks opportunities for mentorship and advanced learning to further refine her diagnostic and manual therapy skills in a general outpatient MSK setting.

Women's Health — Practical Experience
BK has a dedicated interest in women's health, providing compassionate and evidence-based care for pelvic health concerns. Skilled in assisting patients with the management and symptom relief of urinary incontinence and pelvic organ prolapse.

Learning Disabilities & Complex Care — Practical Experience
She has experience working with patients with diverse physical and cognitive needs, focusing on postural management and specialized therapeutic environments. Proficient in assessing patients in wheelchairs and fitting appropriate sleep systems to ensure 24-hour postural care. Experienced in delivering hydrotherapy sessions, utilizing the properties of water to facilitate movement and improve the quality of life for patients with complex disabilities.

Private Practise MSK Experience

BK has two years of experience working at Barlborough Hospital, a private role facility where she managed patients undergoing elective procedures both pre- and post-surgery. In this role, she guided patients through their postoperative recovery journeys, ensuring they regained their full active range of motion (AROM) or achieved the best possible functional outcomes. She focused on improving patient strength while providing specialized assistance with postoperative scar care and pain management. Her daily responsibilities involved assisting patients with early mobilization and functional tasks in the morning to prepare them for discharge, followed by delivering a dedicated physiotherapy clinic in the afternoon.

Hospital Experience

BK has two years of experience working within an NHS hospital setting on both orthopaedic and trauma wards. During this tenure, she maintained high standards of equipment hygiene and managed ward cleanliness protocols throughout the pandemic period. She also played a critical role in patient rehabilitation by assisting with early mobilization following surgery for neck of femur fractures.

CPD Courses

- Sports massage
- Personal Training
- HGV Qualified
- ATACP accredited foundation programme in Aquatic Physiotherapy
- Hydrotherapy course

Who am I?

BK is a vibrant person with a passion for exploration and personal growth. She is an avid outdoor enthusiast who finds fulfillment in the natural world, whether she is hiking through mountain ranges, horseback riding, or discovering unfamiliar landscapes. Her adventurous spirit is complemented by a genuine love for meeting new people and immersing herself in local cultures, allowing her to build a broad and inclusive perspective. Outside of her professional commitments, BK maintains a well-rounded lifestyle that balances physical activity with intellectual curiosity. She is an active runner and is particularly eager to participate in the various running events across New Zealand. When she is not outdoors, she enjoys the quiet company of a fictional novel or dedicating time to researching and advancing her professional expertise. Her deep-seated affection for animals, particularly horses, remains a central part of her personal life and a favorite way to spend her leisure time.

Quotes from References

The candidate has demonstrated exceptional timeliness and reliability, consistently completing tasks within agreed timescales and managing time effectively. They exhibit strong punctuality and flexibility in prioritizing workload based on the needs of the Ward.

The candidate consistently demonstrates punctuality and reliability, effectively attending daily multidisciplinary meetings and maintaining professional relationships with patients and staff. Their flexible response to changing ward priorities reflects a strong commitment to attendance and consistent performance.

The candidate demonstrates a warm and approachable demeanor, making her a valuable team member. Her strong drive for professional growth and willingness to seek assistance when necessary showcase her dedication to both personal development and collaborative work.

