



Meet our *Superstar* Physio!

TM



Sex	Age Range	
Female	26 - 30	
Level Experience	Desired Contract	
Level 2 - 4-6 points	The Kiwi Package	

Qualifications

Bachelor of Science in Physiotherapy (2023)

University

Sefako Makgatho Health Sciences University

Points System

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

Work History

TM is a recently qualified junior physiotherapist with broad clinical experience across various rehabilitation areas. She has a strong interest in integrating physiotherapy with psychological principles to promote holistic, patient-centered care. Dedicated and compassionate, TM is committed to improving her patients' mobility, independence, and overall quality of life. Her goal is to grow into a well-rounded clinician while making a meaningful and lasting impact in the lives of those she treats.

Locum Physiotherapist | Andre Ensil Physiotherapy | 2025
As a Locum Physiotherapist, TM treated a diverse range of orthopaedic cases, including post-discectomy and revision surgeries. She independently managed a physiotherapy caseload across multiple hospital floors, collaborating closely with the multidisciplinary team to ensure continuity of care. Her role involved providing post-operative physiotherapy with a focus on early mobilization, pain management, and functional recovery. TM also delivered patient education and training on the safe use of assistive devices. Working within a private hospital setting, she managed a variety of patients across ICU, Orthopaedics, Neurology, Musculoskeletal, and Chest cases.

Community Service Physiotherapist | Mitchells Plain District Hospital | 2024 – Present
In her role as a Community Service Physiotherapist, TM conducted comprehensive patient assessments and developed individualized treatment plans using evidence-based techniques such as manual therapy, exercise prescription, and patient education. She provided physiotherapy interventions across paediatric, neurological, and musculoskeletal cases, including suctioning paediatric patients and training families in wheelchair and assistive device use. TM collaborated effectively with interdisciplinary teams to optimize patient outcomes and coordinate discharge plans. She also offered ongoing education and support to patients, caregivers, and families while maintaining accurate documentation and progress records to ensure quality patient management.

Volunteer Physiotherapist | Physio Care | 2023
As a Volunteer Physiotherapist at Physio Care, TM performed both subjective and objective assessments for patients with neuromusculoskeletal conditions. She contributed to community outreach through physiotherapy awareness initiatives and assisted in marketing efforts promoting accessible rehabilitation care. TM also conducted elderly home visits, providing home-based physiotherapy aimed at improving mobility, function, and independence in daily activities.

Areas of Skills and Expertise

Paediatrics Physiotherapy [Beginner Level]: Exposed to and gained experience in managing developmental delays, cerebral palsy, and gross motor skill training through play-based therapy and parent education.

Neurological Physiotherapy [Intermediate Level]: Managed patients with stroke, Parkinson's disease, and traumatic brain injury in both acute and rehabilitation settings. Developed skills in gait training, balance retraining, and functional task practice.

Cardiorespiratory Physiotherapy [Intermediate Level]: Involved in acute care and post-acute rehabilitation for patients with COPD, pneumonia, thoracic surgery, and cardiac conditions. Experienced in airway clearance, breathing exercises, and early mobilization in ICU settings.

Musculoskeletal Physiotherapy [Beginner Level]: Gained exposure in the treatment of sports injuries, chronic pain, postural dysfunctions, and manual therapy, including exercise prescription and home exercise programs.

Orthopaedics [Intermediate Level]: Managed post-operative rehabilitation for joint replacements, ORIFs, ligament repairs, and spinal surgeries. Proficient in pre-operative education, early mobilization, and progression to functional rehabilitation.

Return to Work Rehabilitation [Beginner Level]: Keen interest in developing further expertise in this field.

Women's Health Physiotherapy [Beginner Level]: Experience in managing antenatal and postnatal patients, providing education on posture, exercise, and lifestyle modifications during and after pregnancy.

Private Practise MSK Experience

TM is fairly new to the private sector, with four months of experience. Her responsibilities include managing patient bookings, conducting initial assessments for new patients, and treating follow-up cases. She also provides physiotherapy services to patients affiliated with the practice in hospital settings. Between sessions, TM assists with maintaining clinic cleanliness and documentation, recording patient data and statistics, and performing minimal billing-related tasks. She is also responsible for attending to walk-in patients and scheduling follow-up appointments.

Hospital Experience

TM has two years of post-graduation experience working in both private and government hospital settings. Her duties have included conducting initial assessments for patients referred to physiotherapy, providing treatment and booking follow-up appointments, assisting colleagues when required, and supervising physiotherapists within her assigned ward. She collaborates closely with the multidisciplinary team to develop patient-centered goals and refers patients to step-down facilities following discharge. TM also follows up with post-surgical patients as outpatients, provides family training on assistive device use and patient handling, and manages administrative tasks and statistical reporting.

CPD Courses

- Dry needling level 1
- Strapping course
- Intro in Medical coding and billing system (South Africa)

Who am I?

TM is an easygoing and curious individual on a personal journey to find meaning in life as an extension of God's grace. Although she identifies as introverted, she has a deep appreciation for challenges and often finds herself growing the most when stepping outside her comfort zone. Having lived in two of South Africa's capital cities, far from her birthplace of Mbombela, TM has gained valuable life lessons and formed lifelong friendships that she deeply cherishes.

She comes from a big, loving family—her mother, three brothers, and two sisters—and finds going home to be a source of laughter, healing, and renewal. TM feels incredibly blessed to have that foundation. She enjoys learning, spending time in nature, reading, playing chess, and experimenting with new recipes. Solitude plays an important role in her life, helping her recharge and better connect in social spaces. Maintaining meaningful relationships and celebrating the milestones of those she cares about is something she holds close to her heart.

Outside of work, TM enjoys taking walks, photography, writing and reading, learning new skills such as coding in HTML, engaging in fun activities with her nieces and nephews, and playing chess.

Quotes from References

TM's work is always accurate. She occasionally runs overtime as she is able to discern when a patient needs more time and prioritizes accordingly.

TM always performs all tasks thoroughly. She is able to assert herself in a professional and respectful manner. She is eager to learn and has great empathy towards her patients.

TM has a lovely and calm presence. She brings a calm energy to a very busy department. She has a good work ethic and attitude. I would recommend her.

