Ligament
Connections equal strength

Meet our *Superstar* Physio!

CT

Sex	Age Range
Female	36 - 40

Level Experience	Desired Contract
Level 2 - 4-6 points	The Kiwi Package



Qualifications

Bachelor of Science in Physiotherapy (2023)

University

University of West England

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	1
	Post Grad Certificate	2	0
	Post Grad Diploma	3	0
	Post Grad Masters	4	0
		Total:	5

Work History

CT is a dedicated physiotherapist with a strong clinical focus in women's health and a drive to further expand her general musculoskeletal knowledge. Her primary passion centers on pre- and postnatal care, empowering women through targeted rehabilitation and lifestyle support. As her career progresses, she aims to broaden her pelvic health scope to encompass male pelvic health and pediatric care.

Pelvic Health Physiotherapist (Part-Time) | Station House | June 2024 – Present
In her part-time clinical role at Station House, CT provides individualized pelvic health assessments and evidence-based treatment plans, specializing in postnatal recovery and conditions such as incontinence, pelvic organ prolapse, and diastasis recti. She educates clients on pelvic floor health, core strengthening, and posture correction while designing and implementing tailored rehabilitation programs that drive measurable patient progress and high treatment satisfaction.

Healthcare Assistant | Chepstow Hospital | December 2025 – Present
Operating within a busy winter pressures ward, CT provides direct personal care while assisting patients with safe mobility, functional transfers, and infection control protocols. She supports prescribed physiotherapy interventions within her scope, reinforcing rehabilitation goals, carrying out manual handling procedures, and maintaining accurate clinical documentation. Working closely within a multidisciplinary team, she routinely communicates patient progress, functional mobility updates, and clinical concerns to support comprehensive care planning.

Additional Experience
Alongside her healthcare and physiotherapy journey, CT has developed a versatile professional toolkit through diverse roles in property management, personal training, call center communications in Thailand, nannying in Portugal, English teaching in Spain, and retail sales. These varied international and client-facing experiences have honed her cross-cultural communication, adaptability, organization, and ability to build rapid rapport with individuals from all backgrounds—qualities that enrich her practice as a well-rounded clinician.

Areas of Skills and Expertise

Women's Health & Pelvic Health: Intermediate Experience Level
CT brings nearly three years of clinical practice running a part-time pelvic health service, specializing in pre- and postnatal care, pelvic floor rehabilitation, and female-specific musculoskeletal conditions.

Health, Fitness & Class Instruction: Advanced Experience Level
With nearly a decade of experience as a certified personal trainer and group fitness instructor, CT excels in exercise prescription, movement analysis, and leading dynamic rehabilitation and conditioning classes.

Musculoskeletal (MSK) Physiotherapy: Beginner Experience Level
CT possesses a foundational interest in musculoskeletal physiotherapy, with her practical exposure primarily focused on MSK conditions that intersect with pelvic health and perinatal care.

Private Practise MSK Experience

CT brings nearly three years of private practice experience running her own specialized pelvic health service. In this capacity, she managed her own clinical caseload, appointment scheduling, and room procurement, ensuring full safety and regulatory compliance within a private clinic setting. Her entrepreneurial responsibilities included website development and targeted digital marketing to build a client base. Furthermore, she independently directs her continuing professional development (CPD), regularly attending advanced training to stay aligned with current evidence-based practices.

Hospital Experience

CT offers approximately five years of hospital-based experience working as a Healthcare Assistant across acute ward environments. In these patient-facing roles, her duties included delivering direct personal care, ensuring patient comfort and safety, and managing clinical documentation using various healthcare record management systems.

CPD Courses

- Certified Personal Trainer
- Care of the Lactating Breast — Specialized training qualifying her to deliver clinical breastfeeding support and therapeutic ultrasound for lactating women.

Who am I?

CT is an adventurous, culturally curious clinician with a rich background in international living, having previously resided in Thailand, Spain, and Portugal as a solo traveler. Now married and raising two young children, she is eager to embark on a new family adventure while maintaining clinical security and professional growth. Known for her outgoing and sociable nature, she excels at building deep connections and maintains a global network of friends. CT is deeply committed to motherhood and to showing her children diverse ways of living; she and her husband are excited to relocate to New Zealand for a minimum of five years to create lasting family memories in a new environment.

Outside of her clinical practice, CT is a dedicated fitness enthusiast with experience competing in bodybuilding competitions and a passion for pushing her athletic limits. A former netball player who looks forward to rejoining the sport, she currently prioritizes outdoor activities and quality time with her husband and two young children. Having lived across the globe, she takes pride in learning local languages, immersing herself in new cultures, and fostering close-knit friendships and social circles for her family.

Quotes from References

CT is an exceptionally hard worker with outstanding punctuality and time management capabilities. She is recognized for her consistent attendance, high level of professionalism, and unwavering dependability, making her an invaluable, highly trusted asset to any clinical team.

CT is exceptionally punctual, consistently arriving early and maintaining zero tardiness across her appointments. She is highly accurate in both her clinical assessments and documentation, routinely producing clear, thorough, and evidence-based clinical records. She is skilled in time management, allowing her to run independent clinics seamlessly, prioritize tasks effectively, and maintain punctuality with appointments while ensuring patients receive focused, unhurried care. She is efficient in managing her caseload and adapts fluidly when clinic schedules become complex or demanding.

CT is exceptionally strong in patient and customer engagement, demonstrating a natural ability to connect and establish rapport with clients. She is a vibrant, positive clinician whose strong interpersonal skills ensure she is an outstanding clinical and cultural fit, and she is widely regarded as a major asset to any prospective employer.