

ALEX STEFANAKIS

BSc HCPC MCSP

Rehabilitation Case Manager • Rehab Direct



HCPC Number: PH105349 CSP Number: 096511 BMAS Number: 36785

5 years of Case Management experience covering:

Neurological • Orthopaedic Injury • Brain Injury • Chronic Pain • Spinal Injury • Occupational Health

Amputation • Burn/Scar Treatment



Areas covered: London, Surrey, Berkshire,
Buckinghamshire, Hertfordshire, Oxfordshire,
Hampshire & Sussex



Ages treated: Adults

Key Skills

- **Clinical assessment and rehabilitation planning of acute and chronic conditions.**
- **Expertise on treatment of persistent pain, poly trauma, MSK and neurological conditions (including brain injury and FND).**
- **Working with of different clinicians in an inter-disciplinary way to deliver optimal clinical and functional outcomes.**
- **Identifying biomechanical issues after screening assessment and delivery appropriate rehabilitation programs.**
- **Developing bespoke rehabilitation protocols and injury prevention strategies.**
- **Acupuncture and dry needling for pain relief and myofascial release treatments.**

Experience and Background

Alex studied in Greece qualifying as a physiotherapist in 2013. He moved to the UK in 2015 employed by NHS Sudbury Community Health and gained valuable experience in clinical assessment and treatment of complex cases. Alex gained further experience in the NHS in orthopaedics (elective and trauma), respiratory medicine and neurology.

Alex has worked collaboratively with occupational therapists, assistant therapists, psychologists and consultants, ensuring the best rehabilitation approach for the patients.

Alex left the NHS in 2019 and works in different roles in the private sector, including Rehabilitation Case Manager with Rehab Direct undertaking assessments and home visits for clinical case management.

** Please note that following an INA or similar assessment, any ongoing case management will be completed by one of our experienced inhouse case managers via remote / desktop support.*