

ALEX STEFANAKIS (HE/HIM)

MSc BSc HCPC MCSP

Rehabilitation Case Manager • Rehab Direct



12 years of Clinical experience
5 years of Case Management experience



Areas covered: London, South East, East of England, East Anglia, West Midlands, South West



Ages treated: Adults and Adolescents aged 16+

Conditions/Specialisms

- Neurological • Orthopaedic Injury • Brain Injury • Chronic Pain • Spinal Injury • Occupational Health • Amputation
- Burn/Scar Treatment

Profession

Physiotherapist

Education and Training

BSc (Hons) Physiotherapy
MSc Exercise and Sports Medicine (Football)
Mechanical Diagnosis & Therapy MDT Level 1 & 2
Diploma on advance Manual Therapy

Memberships and Affiliations

HCPC - PH105349
CSP - 096511
BMAS - 36785

Biography

Alex qualified as a Physiotherapist in Greece in 2013 and relocated to the UK in 2015 to further his professional development within the NHS. He began his UK career at Sudbury Community Health, where he developed a strong foundation in comprehensive clinical assessment, treatment planning, and the management of complex and long-term conditions within a community setting. During his time in the NHS, Alex gained broad rotational experience across a number of specialities, including orthopaedics (both elective and trauma), respiratory medicine, and neurology. This varied clinical exposure allowed him to develop a well-rounded skill set, supporting patients across different stages of recovery, from acute hospital care through to longer-term rehabilitation and discharge planning. He has extensive experience in the assessment and treatment of patients with complex physical, neurological, and functional presentations.

Alex is highly experienced in multidisciplinary team working and has collaborated closely with occupational therapists, assistant practitioners, psychologists, consultants, and other allied health professionals to deliver coordinated, patient-centred rehabilitation programmes. He places strong emphasis on clear communication, shared goal setting, and evidence-based practice to ensure optimal outcomes for each individual patient. In 2019, Alex transitioned from the NHS into the private sector, where he has continued to expand his clinical and professional expertise. He currently works in a range of private roles, including as a Rehabilitation Case Manager with Rehab Direct. In this role, Alex undertakes detailed clinical assessments, home visits, and ongoing case management, supporting individuals with complex rehabilitation needs and liaising with clients, families, and multidisciplinary teams to facilitate effective and sustainable recovery pathways.

** Please note that following the INA or similar assessment, we will always aim for the ongoing case management to be completed by the assessing case manager. In the instance this is not possible, the case will be delegated to our experienced in-house case management team to provide remote support.*