

CLAIRE GARDNER (SHE/HER)

BSc HCPC MCSP

Rehabilitation Case Manager • Rehab Direct



11+ years of Clinical experience



Areas covered: East of England, East Anglia, East Midlands, Yorkshire & the Humber



Ages treated: Adults

Conditions/Specialisms

• Orthopaedic Injury • Chronic Pain • Musculoskeletal • Neurological

Profession

Physiotherapist

Education and Training

BSc (Hons) Physiotherapy
Diploma in Orthopaedic Medicine
Acupuncture
APPI Pilates
Roadmap to practice

Memberships and Affiliations

HCPC Number - PH70833
Society of Orthopaedic Medicine (SOMM)

Biography

After qualifying as a Physiotherapist, Claire completed junior and senior rotations specialising in musculoskeletal disorders, orthopaedics, domiciliary and neurology at North Warwickshire and Birmingham NHS Trusts. This included working on orthopaedic wards, rehabilitation wards and chronic pain management. She then took on the role of lead physiotherapist, treating GP referrals in a community healthcare centre, where she utilised her experience of various musculoskeletal disorders, including pain management, triage and exercise.

Claire has also gained invaluable experience and knowledge regarding best practice in the management of complex musculoskeletal disorders and polytrauma. She then worked in New Zealand, treating patients with acute and chronic post-injury, alongside degenerative musculoskeletal injuries. This role also included providing gym programmes and frequent liaison with occupational therapists, consultants and patients' families.

Claire has strived to further her clinical knowledge and practice by attending numerous post-graduate courses and has completed a diploma in Orthopaedic Medicine. Claire has been working in complex case management since 2014, regularly performing Immediate Needs Assessments, writing updated reports and following up with her patients remotely or face-to-face, communicating information back to the instructing parties.

Claire promotes a holistic, patient-centred approach, considering both physical and psychological characteristics.

** 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.*