

GEMMA LINCOLN

MCSP HCPC



Key Skills

- Persistent pain and functional restoration
- Multiple and complex trauma



Ages treated: Adolescents and adults



Areas covered: East Anglia



Clinical & Professional Experience

A highly motivated, empathetic case manager with excellent communication skills. Gemma will assess individual clinical and functional presentations and devise specific, bespoke rehabilitation plans to suit the individual client needs.

Gemma completed her junior physiotherapy rotations at Ipswich Hospital NHS Trust before taking up a role with Pure Physiotherapy working with medico-legal instructions in the musculoskeletal field. She is experienced in orthopaedic, neurological and respiratory presentations.

Gemma is experienced in the management of persistent pain, functional rehabilitation, and specialises in the following areas:

- Assessment, planning and delivery of bespoke rehabilitation and functional restoration programmes for people with long-term persistent.
- Assessment of people with multiple and complex trauma.
- Supporting clients through their rehabilitation pathway.
- Liaising with co-ordinating and overseeing clinicians involved in the delivery of integrated rehabilitation programmes.
- Gemma is trained on cognitive behavioural skills.

Gemma works with clients and families from the start of rehabilitation, setting goals, coordinating care, and writing clear reports. She provides close support throughout the process, working to meet the needs of the injured person and putting them and their family at the centre of planning. She is a good communicator and listens with empathy, helping clients reach their goals and adjust to changes in lifestyle.

MEMBERSHIPS

- 2012 2.1 BSc (Hons) Physiotherapy, Leeds Metropolitan University • Chartered Society of Physiotherapy • HCPC PH103955