

GEMMA LINCOLN (SHE/HER)

HCPC BSc MCSP**Rehabilitation Case Manager • Rehab Direct**13 years of Clinical experience
3 years of Case Management experience**Areas covered:** East of England, East
Midlands, East Anglia**Ages treated:** Adolescents aged 12+
and Adults

Conditions/Specialisms

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

Profession

Physiotherapist

Education and Training

BSc (Hons) Physiotherapy

Memberships and Affiliations

HCPC - PH103955

Biography

Gemma is a highly motivated, empathetic case manager with excellent communication skills; she assesses individual clinical and functional presentations and devises specific, bespoke rehabilitation plans to suit the individual client's needs. Gemma qualified as a Chartered Physiotherapist with a BSc (Hons) Degree in 2012 and is registered with the Chartered Society of Physiotherapy and the Health and Care Professionals Council.

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 began as a First Contact Practitioner (FCP) in 2020, and has extensive experience in MSK orthopaedics, persistent pain, trauma, neurological (including FND and brain injury) and respiratory presentations. Gemma works with clients and their families from the initial assessment, setting realistic goals, coordinating, and overseeing the clinical interventions and producing accurate, succinct reports and updates to keep the relevant parties informed of the clients' progress.

She works to meet the needs of the injured person and will put the client and family at the centre of the planning and decision-making process. Gemma's empathetic approach to supporting her clients helps her clients to meet their goals and adjust to a different lifestyle.

FCPs are highly experienced clinicians working within a multidisciplinary team, collaborating with GPs and other healthcare professionals who can assess and diagnose a range of MSK conditions. They regularly provide advice, treatment plans, and arrange referrals to other specialist services, or further investigations including scans. Some may also undertake injections and prescribe medications.

** 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 inhouse case management team to provide remote support.*