

# CLAIRE GARDNER

## BSc HCPC MCSP

### Rehabilitation Case Manager • Rehab Direct



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HCPC Number: PH70833

8 years of Case Management experience covering:

Orthopaedic Injury • Chronic Pain



**Areas covered:** Norfolk



**Ages treated:** Adults

## Key Skills

- **Multidisciplinary working with the occupational health nurses, doctors, GPs and orthopaedics to ensure that the patients have access to timely and appropriate management.**
- **Experience with complex patients presenting with musculoskeletal, neurological (including brain injury and FND) and psychological trauma.**
- **Claire is experienced in designing and delivering bespoke pain and functional restoration programmes.**
- **Specialising in the identification and management of early signs of chronic pain.**

## Experience and Background

Claire qualified as a Chartered Physiotherapist in 2004 and 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.

In 2009, she took on the role of lead physiotherapist treating GP referrals for in a community healthcare centre. This role provided experience of various musculoskeletal disorders and clinics including pain management, triage and exercise.

During her previous roles, Clare has gained invaluable experience and knowledge regarding best practice in the management of complex musculoskeletal disorders and polytrauma.

Claire spent some time working in New Zealand treating patients during acute and chronic post-injury, alongside degenerative musculoskeletal injuries. This also included providing and supervision gym programmes and frequent liaison with occupational therapists, consultants and the family of patients.

Since qualifying as a physiotherapist, Claire strives to further her clinical knowledge and practice. She has attended numerous post graduate courses and has completed complete a diploma in Orthopaedic Medicine at Middlesbrough University. Claire promotes a holistic, patient-centred approach, considering both physical and psychological characteristics.

Claire has working in complex case management since 2014, regularly performing Immediate Needs Assessments, writing update reports and regularly following up her patients remotely or face to face and communicating information back to the instructing parties.

*\* 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.*