

BERNADETTE EMUANG (SHE/HER)

MSc HCPC MCSP

Rehabilitation Case Manager • Rehab Direct



5 years of Clinical Experience



Areas covered: North West, Yorkshire & Humberside, Greater Manchester, West Midlands, East Midlands, North East Wales



Ages treated: Adolescents 12 years + and adults

Conditions/Specialisms

- Musculoskeletal Injuries • Frailty

Profession

Physiotherapist

Education and Training

BSc (Hons) Physiotherapy

Memberships and Affiliations

HCPC - PH135320

CSP - 120087

Additional Languages

Afrikaans

Portuguese

Biography

Bernadette is an experienced and compassionate physiotherapist with a strong background in musculoskeletal physiotherapy and the management of frailty. She is dedicated to delivering accessible, person-centred care and values a collaborative approach, working closely with patients, families, and wider multidisciplinary teams to ensure that every individual feels supported throughout their rehabilitation journey.

With extensive clinical experience across both community and outpatient settings, Bernadette specialises in designing and delivering comprehensive, evidence-based rehabilitation programmes. She supports patients recovering from a wide range of injuries and surgical interventions, including hip and knee replacements, ACL reconstruction, ankle surgeries, and sports-related injuries. Her expertise also extends to the treatment of complex spinal presentations and common musculoskeletal conditions affecting the back, neck, hip, shoulder, and knee.

Bernadette is skilled in teaching strategies for long-term back and neck care, optimising ergonomics in daily life, and implementing practical injury-prevention techniques. She is committed to helping patients build confidence, improve functional independence, and achieve meaningful, sustainable improvements in mobility and quality of life.

Her warm communication style, combined with a structured and evidence-led clinical approach, ensures that the patients she supports receive safe, effective, and tailored care at every stage of their recovery.

** 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.*