

JOSHUA RAKISON-HOLNESS (HE/HIM)

BSc HCPC CSP**Rehabilitation Case Manager • Rehab Direct**

5+ years of Clinical experience

1st year of Case Management

**Areas covered:** South East England, East of England**Ages treated:** Adults and Adolescents aged 16 years +

Conditions/Specialisms

• Neurological • Functional Neurological Disorder • Orthopaedic Injury • Brain Injury • Care of elderly • Bariatric care

Profession

Physiotherapist

Education and Training

BSc (Hons) Physiotherapy

Memberships and Affiliations

HCPC - PH121036

CSP - 109643

Biography

Joshua graduated with a BSc (Hons) in Physiotherapy from the University of Hertfordshire and is an experienced specialist in-patient Physiotherapist with over five years of combined NHS and private sector experience. Within his current role in an acute hospital setting, he provides comprehensive, evidence-based rehabilitation to a diverse range of patients. Joshua is known for his adaptable, professional, and empathetic approach, supporting individuals through all stages of their recovery and promoting long-term independence. His clinical work spans multiple specialties, including orthopaedics, neurology, and respiratory care, allowing him to deliver holistic treatment plans tailored to each patient's needs.

Joshua has developed particular expertise and interest in orthopaedic rehabilitation, the care of older adults, and bariatric support; areas in which he continues to enhance his knowledge through ongoing professional development. Alongside his hospital role, Joshua is the owner and Lead Physiotherapist at NextStep Physio, where he provides bespoke community physiotherapy. By delivering high-quality care directly in patients' homes, he ensures accessibility, continuity, and meaningful progress for those who may find it difficult to attend clinical appointments.

** 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.*