



Maggie Sargent & Associates

Shu Xiaoyi

Specialist Neuro-PT, MSc Rehabilitation Science

Quantum Physiotherapy Reports

Clients: England and Wales



Specialisms:

- Brain injury
- Neurorehabilitation
- Stroke
- Falls
- Seating specialist
- Spinal cord injury
- Multiple sclerosis
- Ataxia

Profile:

I am a highly motivated and compassionate neurophysiotherapist with over 10 years' experience in neurological rehabilitation within UK NHS trusts and international academic settings. My clinical expertise includes specialist assessment and management of spasticity, vestibular disorders, stroke, spinal cord injury, traumatic brain injury and medically complex neuro cases, delivered through client-centered, evidence-based care.

My roles have spanned senior NHS posts, research physiotherapist positions, and strategic service development, including leading advanced neurorehabilitation for patients with complex conditions in acute and community settings, as well as private sector practice. I have extensive experience in MDT collaboration, clinical protocol implementation, delivering specialist physiotherapy services in tertiary centres, driving improvements, and facilitating evidence-based rehabilitation. I also contribute academically as a lecturer and clinical supervisor for physiotherapy modules at the University, supporting both student and staff development through research, teaching, and mentoring.

Known for my empathetic communication, bilingual skills, and commitment to continuous improvement, I leverage advanced clinical reasoning, technology, and research-driven practice to enhance patient outcomes and drive service excellence.

Qualifications and Memberships:

- Advanced Neurophysiotherapy/Research Physiotherapist 2022-2025 University College London
- Physiotherapy Lecturer, 2019-2022, Shanghai Sports University
- PgCert Advanced Neurophysiotherapy 2022, University College London



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- MSc Rehabilitation Science (Pre-registration Physiotherapy), 2007–2009, Glasgow Caledonian University
- BSc Traditional Chinese Medicine, 2000–2005, Shanghai University of Traditional Chinese Medicine
- Dip. Acupuncture, 2003–2005, Shanghai University of Traditional Chinese Medicine
- Member of The Health and Care Professional Council (HCPC): PH91105
- Member of the Chartered Society of Physiotherapy (CSP): 083425
- ACPIN member

Academic Publications:

- **Shu X**, Feng C, IP C, Zhang X, Yang N, Li S, Han J, Wu W, Knight A. Translation and cultural adaption of MacLeod Clark professional identity scale among Chinese therapy students. **PLOS One**. 2025 Jan 28. <https://doi.org/10.1371/journal.pone.0318101>
- **Shu X**, Yang N, Cao X, Gunn S. H009 Acceptability of an online support group to improve physical activity for people with Huntington's disease: preliminary results of a qualitative study. *Journal of Neurology, Neurosurgery, and Psychiatry*. 2024 September. EHDN and Enroll-HD 2024 abstracts. doi:[10.1136/jnnp-2024-EHDN.239](https://doi.org/10.1136/jnnp-2024-EHDN.239)
- **Shu X**, McConaghy C, Knight A. Validity and Reliability of the Modified Tardieu Scale Assessing the Upper Limb Spasticity in Adults with Neurological Conditions: A Systematic Review. **Abstract and Oral Presentation First Prize**. Council for Allied Health Professions Research Conference 2023 (December).
- **Shu X**, McConaghy C, Knight A. Validity and reliability of the Modified Tardieu Scale as a spasticity outcome measure of the upper limbs in adults with neurological conditions: a systematic review and narrative analysis. **BMJ Open**. 2021 Dec 24;11(12):e050711. doi: 10.1136/bmjopen-2021-050711.
- Li C, **Shu X**, Liu X. Research Hotspots and Frontiers in Post Stroke Pain: A Bibliometric Analysis Study. **Front Mol Neurosci**. 2022 May 13;15:905679. doi: 10.3389/fnmol.2022.905679.
- Tao P, Shao X, Zhuang J, Wang Z, Dong Y, Shen X, Guo Y, **Shu X**, Wang H, Xu Y, Li Z, Adams R, Han J. Translation, Cultural Adaptation, and Reliability and Validity Testing of a Chinese Version of the Freezing of Gait Questionnaire (FOGQ-CH). **Front Neurol**. 2021 Nov 23;12:760398. doi: 10.3389/fneur.2021.760398.