



Matthew Whitson BSc MSc MCSP

MHCPC
Physiotherapist

Quantum Physiotherapy Reports
Clients: London, South East, South West, West
Midlands, East Midlands



Specialisms:

- Musculoskeletal
- Orthopaedics
- Spinal Injury
- Sports Injury

Profile:

I work as a First contact Physiotherapist (diagnostic clinician) in Primary Care (GP practice) I assess and manage undifferentiated and undiagnosed MSK presentations. I am responsible for guiding and educating my patients using the appropriate management pathway for Secondary care, whilst also being able to identify non MSK conditions and raising it to the appropriate professional. I work closely with the multidisciplinary team including Doctors, Nurses, and Advanced Practitioners to create a holistic approach to patient care.

Prior to my senior NHS role, my immediate post qualification experience included working for professional football teams as the Head of Sports Medicine acting as the Academy Physiotherapist, namely at Stevenage and QPR FC. I now utilise my advanced sports injury rehabilitation knowledge for the benefit of my private practice which I run alongside my NHS commitments.

I regularly undertake appropriate training to ensure that my skills and knowledge are current and up to date and take pride in progressing my professional development. I can provide Quantum Expert Witness reports for the Court with regards to Physiotherapy treatment and rehabilitation including, equipment and appropriate costings. I understand my responsibilities as an Expert Witness in accordance with Part 35 of the Civil Procedure rules and I have undertaken training on the role of an Expert Witness.

First Contact Practitioner (Band 7). HV Surgery - June 2022-Nov 2024

As a diagnostic clinician working in Primary Care I assess and manage undifferentiated and undiagnosed MSK presentations. I therefore can advise on the appropriate management



Maggie Sargent & Associates

pathway for secondary care, whilst also being able to identify non MSK conditions and raising it to the appropriate professional.

Senior Physiotherapist – Secondary Care – PPG. August 2021–July 2023

Providing an NHS outpatient service for clinical assessment and treatment, I developed a sports injuries clinic and lead on the upper and lower limb outpatient classes. Built upon the foundations of this role I developed in to a First Contact Practitioner (FCP).

Physiotherapy and Rehabilitation Clinic. July 2020–August 2021.

Assessing and formulating evidence-based treatment plans for a wide range of pathologies including both acute and chronic injuries. I added significant value for the owner by leading on health and fitness classes and Biomechanical/running gait analysis.

VIP Private Household (UHNWI). Private Physio. June 2019–MAY 2020.

Providing regular Physiotherapy for several high-profile clients with a range of MSK and Neurological related conditions. I lead a comprehensive MDT to ensure appropriate emergency action planning was in place to support the client's health and fitness needs whilst traveling across several European countries.

Drummond Sports Medicine Clinic. MSK PHYSIO. Jan 2019– June 2019.

Working out of a reputable Sports Medicine Clinic, I developed skills in 3D Gait Analysis for a range of patients including Triathletes. This developed my knowledge in assessing and treating athletes across several different disciplines.

Academy Physiotherapist -Stevenage FC (u18's) & QPR FC (U23's) Jan 2017–2019.

Working at these two professional football clubs provided with the experience to lead the Academy's Medical department. I developed skills in developing individualised pre- habilitation programs, post-match-recovery strategies, and regular training load monitoring. Further responsibilities included supporting the Head of Medical at 1st team games and providing injury prevention strategies based on a player's injury history and objective markers.

IPRS and PAM Group Occupational Health Providers. Jan 2015–17.

Working for large corporations such as the NCA I provided workplace assessments, functional capacity evaluations and fitness to work evaluations including annual medical testing for public services.

Qualifications and Memberships:

- Bachelor of Sports Science degree
- Masters degree in Physiotherapy
- Member of The Chartered Society of Physiotherapy
- Member of The Health and Social Care Professions Council
- Member of the Medico Legal Association of Chartered Physiotherapists