



Helen Bostock

Physiotherapist

Types of Reports Undertaken: Quantum Physiotherapy Reports

Locations covered: England, Wales

Client Age categories: Young People, Adults



Specialisms:

- COPD (Chronic Obstructive Pulmonary Disease including Emphysema, Chronic Bronchitis)
- Breathing Pattern Disorder / Dysfunctional Breathing
- Asthma
- Pulmonary Fibrosis
- Interstitial Lung Disease
- Bronchiectasis
- Respiratory Case management and rehabilitation
- COVID infection
- Long COVID / Post COVID
- Oxygen prescription, review, removal, safety - Long Term and Ambulatory

Profile:

I am a Physiotherapist with 10 years experience working within the NHS and currently working in the private sector. I run my own physiotherapy practice dual specialising in Respiratory and Musculoskeletal Physiotherapy.

I have worked as a senior Physiotherapist and Clinical Lead in Community Respiratory case management and rehabilitation as well as reviewing, safety checking and removing Long Term Oxygen for all necessary conditions including neurological and palliative care, and prescribing Ambulatory oxygen for Respiratory patients. Within my NHS clinical role I was key in the development of the Oxygen Service and widening the provision of the Respiratory Service from COPD only to include Asthma, Pulmonary Fibrosis, ILD and Bronchiectasis. I was involved in a multidisciplinary and multiagency team who planned prospective local provision for COVID-19 as it approached UK and the anticipated Long COVID / Post COVID implications.



Maggie Sargent & Associates

As a private practice Physiotherapist, I provide assessment and treatment for a range of conditions including Breathing Pattern Disorder/Dysfunctional Breathing, Asthma, Bronchiectasis, COPD, Long COVID, Musculoskeletal injuries, and Hypermobility Spectrum Disorder.

I also provide a troubleshooting assessment service for those symptomatic without a diagnosis and not receiving adequate support from GP or Secondary care, this has led to diagnoses of Ehlers Danlos, Bronchiectasis, Cardiac structural issues and Paediatric Asthma so far.

My Specialist Skills include:

- Assessment and Management of the Respiratory Patient
- Respiratory Assessment and Rehabilitation
- Breathing Pattern Disorder / Dysfunctional Breathing
- Long COVID identification and rehabilitation
- Holistic Care

Qualifications and Memberships:

- Bradcliffe Breathing Method Level 1 (2022)
- Advanced Pulmonary Rehabilitation (2021)
- Basics of Pulmonary Rehabilitation (2017)
- COPD Masters Module (2013)
- BSc Hons Physiotherapy (2011), University of Birmingham
- Membership of Chartered Society of Physiotherapists (CSP) 089553
- Registered with the Health and Care Professions Council (HCPC) PH97855
- Member of the Association for Chartered Physiotherapists in Respiratory Care (ACPRC)