



Jen Parr

Hand Physiotherapist

Types of Reports Undertaken: Physiotherapy Reports

Locations covered: England and Wales

Client Age categories: Adult



Specialisms:

- Complex Therapy
- Hand Therapy
- Musculoskeletal
- Orthopaedics
- Pain Management
- Upper Limb
- Vocational Rehabilitation

Profile:

Jennifer Parr is an experienced Hand Physiotherapist who qualified in 2015 and has worked in hand therapy since 2017, specialising exclusively in hand and upper limb rehabilitation since 2018. She has extensive experience assessing and treating traumatic, surgical and long-term conditions affecting the hand, wrist and elbow across both NHS and private healthcare settings.

Jennifer's clinical practice focuses exclusively on upper limb rehabilitation, including fractures, tendon injuries, nerve injuries, ligament injuries, wrist instability, post-operative rehabilitation and chronic upper limb conditions. She has worked with a diverse patient population ranging from members of the public to professional athletes, musicians and performing artists.

Jennifer currently works as an independent Hand Physiotherapist. She previously held the position of Consultant Hand Physiotherapist and Hands Service Lead at leading private practice in London, leading specialist hand therapy services across multiple London clinics. Prior to this, she worked within the specialist Hand Therapy Department at Guy's and St Thomas' NHS Foundation Trust, managing complex adult and paediatric upper limb conditions.

Her specialist clinical experience enables her to assess the impact of upper limb injuries on function, work capacity, activities of daily living and quality of life. She is experienced in



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identifying rehabilitation requirements, treatment recommendations, anticipated recovery trajectories and future therapy needs.

Jennifer has completed formal Expert Witness training and provides independent expert opinion in relation to rehabilitation needs, treatment recommendations, prognosis and associated therapy costs arising from hand, wrist and upper limb injuries.

My Specialist Skills Include:

- Assessment of hand, wrist and elbow injuries
- Upper limb trauma rehabilitation
- Post-operative rehabilitation following hand and upper limb surgery
- Functional assessment and impairment evaluation
- Rehabilitation needs assessment
- Treatment recommendations and therapy planning
- Prognosis and recovery forecasting
- Future rehabilitation requirements
- Costing of rehabilitation and therapy interventions
- Return-to-work assessment and planning
- Return-to-sport and return-to-performance rehabilitation
- Tendon, nerve and ligament injury rehabilitation
- Fracture rehabilitation
- Chronic hand and upper limb conditions
- Work-related upper limb disorders (WRULD)
- Management of complex upper limb presentations
- Rehabilitation of musicians and performing artists

Qualifications and Memberships:

- BSc (Hons) Physiotherapy – Glasgow Caledonian University
- Health and Care Professions Council (HCPC) Registered Physiotherapist
- Member of the Chartered Society of Physiotherapy (MCSP)
- Member of the British Association of Hand Therapists (BAHT)
- Registered Practitioner – British Association for Performing Arts Medicine (BAPAM)
- Expert Witness Training Certificate (2026)