



Sarah Parkinson

Specialist Neuro-Rehabilitation Physiotherapist

Types of Reports Undertaken: Quantum Physiotherapy Reports

Locations covered: England, Wales, Scotland

Client Age categories: Adult



Specialisms:

- Brain Injury
- Elderly Patients
- Degenerative Conditions
- FND
- Multiple Sclerosis
- Parkinsons
- Stroke
- Spinal Injury
- Substance Misuse
- Neurological Rehabilitation
- Functional Assessment
- Mobility and Gait Assessment
- Rehabilitation Needs Assessment
- Rehab aids and equipment for mobility
- Community Rehabilitation
- Rehabilitation Pathways and Service Provision
- Prognosis and Rehabilitation Potential

Profile

I am a Chartered Physiotherapist with 17 years of post-qualification experience across NHS and independent healthcare settings, specialising in adult rehabilitation and neurological rehabilitation. Since 2014, I have worked extensively within community and outpatient rehabilitation services, following earlier experience in acute care, elderly rehabilitation, and stroke services.

I currently practise as a Band 7 Physiotherapist within a specialist NHS neurorehabilitation service and also undertake independent physiotherapy work within the community. My clinical caseload includes individuals with stroke, traumatic brain injury, spinal cord injury, multiple sclerosis, Parkinson's disease, cerebral palsy, functional neurological disorder, cervical myelopathy, brain tumours, and other complex neurological conditions, alongside managing and developing the service.

My clinical practice involves the assessment of functional ability, mobility, gait, balance, transfers, activities of daily living, rehabilitation potential, and the impact of injury or illness on independence and quality of life. I regularly formulate rehabilitation programmes and provide recommendations regarding equipment provision, mobility aids, assistive technologies, ongoing therapy needs, and long-term rehabilitation requirements. I often



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communicate and make relevant referrals to the wider MDT available services to optimise individual rehabilitation.

Having worked across multiple NHS Trusts and independent settings, I have developed extensive knowledge of rehabilitation pathways, service provision, and multidisciplinary rehabilitation management. I am experienced in providing objective, evidence-based clinical opinions regarding functional capacity, rehabilitation needs, prognosis, treatment recommendations, and rehabilitation outcomes.

My professional practice is founded on detailed functional assessment, clinical reasoning, and evidence-based rehabilitation. Neurological rehabilitation and the optimisation of functional recovery remain my principal professional interests. Drawing upon my specialist clinical expertise, senior rehabilitation experience, leadership background, and comprehensive understanding of rehabilitation systems, I provide objective, balanced, and evidence-based opinions regarding functional capacity, rehabilitation needs, prognosis, and rehabilitation outcomes.

My Specialist Skills Include:

- Assessment and treatment of people who have a neurological condition or illness
- Provision of Rehabilitation plans and treatments
- Gym-based rehabilitation
- Community-based rehabilitation
- Pilates-based rehabilitation
- Hydrotherapy-based rehabilitation
- Collaborating with the wider available services regarding neurological rehabilitation
- Organising and prioritising
- Mentor and leadership

Qualifications and Memberships:

- NHS Leadership Academy, North West Mentoring 1 day - May 2025
- APPI Pilates – Liverpool – 2018-2019
- BSc Hons 2.1 Physiotherapy – University of Bradford – 2006-2009
- Expert Witness Institute UK
- Parkinson's UK Excellence Network
- Chartered Society of Physiotherapy
- MLACP (Medico Legal Association of Chartered Physiotherapists) Full Membership