

## **Lindsey Hopkinson CV**

### **PROFILE**

I am a highly motivated and capable graduate with over fifteen years' experience as a paediatric physiotherapist which has equipped me with sound knowledge and experience of a wide range of developmental, musculoskeletal and neurological conditions. I also assess and treat adults with cerebral palsy. This is a great passion of mine as when children with cerebral palsy transition into adult services there is a reduction in therapy and a lack of access to highly skilled healthcare practitioners that understand the impact cerebral palsy can have on the adult body.

I am extremely passionate about neuroscience and rehabilitation. Within my most recent NHS post at the Evelina Children's Hospital I gained further extensive experience working with the complex motor disorders service and neurosciences team working alongside paediatric orthopaedic and neurology consultants assessing children with complex neurological disability. I was involved as part of a large interdisciplinary team assessing children for Deep Brain Stimulation and Intrathecal Baclofen Therapy. I also have experience with Selective Dorsal Rhizotomy treating children pre and post surgery.

I am passionate about paediatric physiotherapy and about shared learning. During my career in London I became a member of the Association of Paediatric Chartered Physiotherapy (APCP) committee to help organise training sessions and meetings that brought paediatric physiotherapists together to help develop knowledge base and skills.

In 2015 I decided to move to the Middle East at to help develop healthcare in the region. I have worked in the UAE and Qatar. During my time in the UAE I set up a similar 'special interest group' to APCP London committee. I helped to organise the first ever paediatric physiotherapy seminar which took place in October 2016 following the success we organised the first ever paediatric physiotherapy and occupational therapy seminar in October 2017, both took place in Dubai in collaboration with the Middle East paediatric orthopaedic society conference.

My most recent position in the Middle East has been by far the most exciting. I work alongside the divisional chief of rehabilitation in Qatar within the paediatric rehabilitation medicine interdisciplinary clinic and the spina bifida clinic.

Since the end of 2018 I have been living in the UK in Surrey and am the director of Wanderlust Therapy for Kids which offers physiotherapy to children with neurological, developmental and musculoskeletal conditions. I also offer physiotherapy to adults with cerebral palsy. In 2019 I also started working as a case manager and expert witness within the medicolegal sector.

### **EMPLOYMENT HISTORY**

#### **Wanderlust Therapy For Kids Limited**

**Surrey, UK**

**01/01/2019 - Present**

**Company director**

**Children's Physiotherapist**

#### **Independent Living Solutions**

**Surrey, UK**

**Self-employed case manager**

**01/02/19 – Present**

#### **Somek and Associates**

**Surrey, UK**

**Self employed expert witness**

**April 2019 - Present**

**Sidra Research and Medical Hospital**

**Doha, Qatar**

**01/07/2017 – 30/11/2018**

- Service development of the serial casting and botulinum toxin patient pathway and clinic.
- Working alongside the Rehabilitation physiatrist and therapists within the MDT spina bifida clinic and paediatric rehabilitation medicine clinics.
- Tertiary level consultative assessments and specialised therapy treatments with Members of the MDT including orthotists within the Hospitals outpatient clinic.
- Advocating for families, collaborating with outside services such as homecare, seating and mobility services, educational, social work and charity services to provide a 'team around the child' approach within the context of the biopsychosocial framework.

**The Children's Medical Center**

**Al Wasl Road**

**Dubai**

**15/05/2016 – 12/4/17**

- Full case load of children with neurological, musculoskeletal and developmental conditions
- Working alongside Paediatric therapists and doctors to provide a multi-disciplinary approach
- Marketing role
- Joint assessments / clinical follow up with paediatric orthopaedic consultants

**Kidsfirst Medical center**

**Khalifa City A Abu Dhabi**

**Child development center**

**8/03/15 – 30/04/16**

- Full case load of children with neurological, musculoskeletal and developmental conditions
- Marketing role

**Physiocomestoyou Limited (Private practice)**

**Head of Paediatrics**

**20/10/13 – 15/09/14**

- Community based caseload within London assessing and treating children with neurological, musculoskeletal and developmental conditions

**Evelina London Children's Hospital – Guys and St Thomas' NHS Trust**

**Highly Specialised Paediatric Physiotherapist**

**03/10/11 – 11/10/13**

- Working as a member of the complex motor disorders service (CMDS) led by Dr J P Lin (consultant neurologist). Assessing children referred to the team with complex movement disorders typically dystonia, chorea, athetosis, myoclonus, spasticity all profoundly affecting their quality of life.
- Within the CMDS role I assess the child's movement disorder and it's affect on the child and families activities of daily living. Alongside the consultant neurologist we would then propose if any neurosurgical treatment options may help the child and their families such as intrathecal baclofen therapy (ITB), deep brain stimulation (DBS), medication review or other spasticity / dystonia treatments such as botulinum toxin injections.
- The CMDS role also included assessing children who are suitable candidates for ITB and DBS by completing several outcome measure pre and post surgery such as the GMFM, TUG, 6 min walk test, orthopaedic screen, muscle strength, selective motor control and specific dystonia measures such as the BFM.

- Specific to ITB my role is to assess the child while attending for a trial dose of ITB and discuss suitable goals with the family and child.
- Within the neuroscience team I work alongside the spinal consultants reviewing children with neuromuscular scoliosis, congenital scoliosis and early onset / adolescent idiopathic scoliosis. The main emphasis within this role is to assess the child's spine and hips alongside the consultant, review seating if applicable and decide on planned intervention for their scoliosis such as operative / non operative (bracing / postural management).

**Chelsea and Westminster Hospital Foundation Trust**

**Highly Specialised Paediatric Physiotherapist**

**March 2010 – October 2011**

- Lead physiotherapist within a special school for children with profound and multiple learning disabilities from aged three to nineteen years.
- Management, assessment and treatment of a community based paediatric caseload.

**Sunshine House Child Development Centre**

**Guys and St Thomas' NHS Trust**

**Specialised Paediatric Physiotherapist**

**September 2005 – July 2009**

**Rotation One: Developmental and Developmental Coordination Disorder (DCD)**

- Management, assessment and treatment of a community based paediatric caseload.
- Lead physiotherapist for Fizzi tots / kids group for children with a variety of conditions including cerebral palsy and down syndrome with delayed motor milestones.
- Lead physiotherapist for the DCD clinic working jointly with a paediatrician and occupational therapist to assess, diagnoses and treat children with DCD/ sensory processing difficulties.
- Organising and running the developmental review clinic for children with developmental delay.
- \* Organised hydrotherapy groups for preschool children.

**Rotation Two: School Aged Children with Disabilities**

- Independent organisation and running of the primary aged review clinic assessing and reviewing children independently and with other members of the multi disciplinary team.
- Lead physiotherapist working alongside members of the multi disciplinary team providing holistic management, assessment and treatment for children with complex needs within the local primary special school setting.
- Organising and running the orthotics clinic providing joint gait analysis, clinical reasoning for orthotic provision and tuning with the local orthotics service.
- Organising and running of the primary school aged strengthening groups.
- Community rehabilitation, working with primary school aged children, predominately in the mainstream and special school setting, but also in the child's home and at the child developmental centre.

**Rotation Three: Complex Cerebral Palsy**

- Management, assessment and treatment of children with highly complex needs taking lead as key worker organising and chairing 'Team around the Child' / Multi Disciplinary Team meetings. With complex case load children providing Joint assessment with orthopaedic, neurologist and paediatric doctors.
- Providing holistic management, assessment and treatment for children with complex needs within the secondary special school setting.
- Independent organisation and running of the secondary school aged review clinic.
- Assessing and treating children within the musculoskeletal clinic with a range of orthopaedic conditions.
- Assessing medium priority referrals within the new patient clinic.
- Organising and running of the secondary school aged strengthening groups.

- Treating children with complex needs with neurodevelopmental treatment techniques within the 'fizzi babes' group for young children with delayed motor milestones specific to floor transitions.

## ST MARY'S NHS TRUST, SENIOR II

OCT 2004 – MAY 2005 (7 MTHS)

## NORTH BRISTOL NHS TRUST, JUNIOR ROTATIONS

APRIL 2003 – SEPT 2004 (18 MTHS)

## PROFESSIONAL RESPONSIBILITIES AND CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

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- Lectured at the Indian Federation of Physiotherapists in Qatar, September 2017
- Lectured at the Middle East First Paediatric physiotherapy Seminar, co chairman Dubai October 2016
- Lectures at the International physical Medicine and Rehabilitation Congress, Dubai October 2016
- Lectured at the Child Neuroscience Symposium in Dubai, November 2015
- Lectured at the Arab Paediatric Orthopaedic Congress in Dubai, February 2016
- Lectured at the Middle east Paediatric Orthopaedic Conference in Dubai October 2015
- Numerous presentations at the Paediatric Physiotherapy Special Interest Group UAE from January 2016 - current
- Lectured at the Evelina Children's Hospital spine and hip study day 2013.
- Presented a case study at the National Intrathecal Baclofen Forum, UK 2013
- Presented at the medical symposium at Kings College Hospital Medical School.
- Attended the British Paediatric Movement Disorders annual conference 2012 and 2013.
- Completed the advanced clinical educator course and taken responsibility for students, providing supervision and teaching.
- Provided teaching and organised the physiotherapy and occupational therapy assistant in-service training programme across three Primary Care Trusts within London and within the Evelina Childrens Hospital, organising date, venue and speakers.
- Active with my professional development presenting in-service training (IST) to colleagues, students and other health professionals, attending post graduate courses.

## EDUCATION

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### Physiotherapy BSc (HONS) 2.1 – The Manchester School of Physiotherapy (1998-2001)

#### Professional Bodies

HPC ([PH63493](#))

APCP – LONDON BRANCH – Committee member 2013

#### Post Graduate Paediatric Courses

(See above for courses in the Middle East attended and Lectured)

- Observational post shadowing Elaine Owen and the orthotics team, at the London Orthotics Consultancy gait lab – OSKAR clinics – From September 2019 – Present
- APCP regional study day, London May 2019
- IST and Internal course Sidra Hospital, Physiotherapy department July 2017 – December 2018
- Paediatric Gait Analysis and Orthotic Management Elaine Owen Dubai January 2017
- Intrathecal Baclofen National forum 2012 and 2013
- British Paediatric Movement Disorders Conference 2012 and 2013
- Spasticity management GOSH May 2013
- Clinical Educators Advanced Study day – Kings College Hospital April 2009
- Childhood Hemiplegia – Bobath Centre London September 2008
- Clinical Educator Study Day – Kings College University - August 2008
- Sensory Integration – Sensory Integration Network UK and Ireland - June 2008
- MOVE Practitioner Training Course – MOVE Europe - April 2008
- Advanced Paediatric Gait Analysis and Orthotic Management – Southwark PCT (Elaine Owen) - July 2007
- Paediatric Gait Analysis and Orthotic Management

- Southwark PCT (Elaine Owen) - March 2007
- Paediatric Cerebral palsy – Southwark PCT - January 2007
- Orthotics in Cerebral Palsy – Southwark PCT - November 2006
- Stretch Casting in Paediatric Cerebral Palsy – Southwark PCT - November 2006
- Motor Control, Tone and Spasticity – Southwark PCT (Dr Mayston) - May 2006
- Obstetrical Brachial Plexus Injury – Erbs Palsy Group - May 2006
- Lower Limb Orthotics – University of Strathclyde - November 2005
- Wheelchair Accredited Prescriber – Southwark PCT - November 2005
- Orthotics and serial Casting – Southwark PCT - September 2005

***Numerous IST / APCP evening lectures specific to neurological disability within all past paediatric roles from colleagues, allied health professionals and consultant paediatricians / neurologists.***

## **INTERESTS AND OTHER SKILLS**

- Volunteer work with Egyptian / Peruvian and senses (Dubai) based charity for children with special needs
- Teaching and training physiotherapists, parents and centre employees.