

# Emily Mitchell

## Email

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## Address

London, UK

## Phone number

+44 1632 960070

## Personal profile

Empathetic Musculoskeletal Physiotherapist with 5 years of experience improving patients' physical well-being and quality of life. Skilled in diagnosing and treating a wide range of musculoskeletal conditions and injuries. Exceptional communication and problem-solving skills to establish rapport with patients and provide evidence-based rehabilitation plans. Committed to continuous professional development and upholding the highest standards of patient care.

## Work experience

Senior Musculoskeletal Physiotherapist | London Sports Clinic, London | 2020 - Present

Lead a team of physiotherapists in providing expert care to professional athletes and individuals with sports-related injuries. Conduct thorough musculoskeletal assessments, formulate treatment plans, and execute interventions tailored to individual needs. To optimise patients' recovery, utilise advanced manual therapy techniques, including joint mobilisation and soft tissue release.

- Developed tailored exercise programs for 100+ patients, significantly improving strength, flexibility, and functional performance.
- Organised 12 educational workshops attended by 100+ athletes, focusing on injury prevention and performance optimisation, leading to a 30% reduction in sports-related injuries among participants.

Junior Physiotherapist | City Health Centre, Birmingham | 2018 - 2020

Assisted senior physiotherapists in providing rehabilitation services to a diverse patient population. Conducted initial assessments, gathered medical histories, and documented patient progress. Designed and supervised exercise programs to improve mobility and reduce pain.

- Assisted in the treatment of 50+ patients with neurological conditions, implementing rehabilitation techniques and improving patients' mobility.
- Educated 100+ patients on personalised home exercise routines, leading to a 25% decrease in clinic visits and improved overall patient well-being.

## Education

Bachelor of Science (BSc) in Physiotherapy | University of Birmingham | 2017

- Relevant coursework:** Anatomy and Physiology, Musculoskeletal Rehabilitation, Clinical Assessment, Research Methods.

## Additional info

Driving licence

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## Website and socials

[LinkedIn](#)

[Portfolio](#)

## Skills

Patient Care

Diagnosis

Orthopaedic and Neurological Rehabilitation

Patient Counseling

Musculoskeletal Assessment and Treatment

Medical Record Documentation

Gait Analysis and Correction

## Courses and certificates

- NVQ Level 4 Diploma in Health and Social Care | 2020
- BTEC Level 3 National Extended Certificate in Applied Science | 2019
- Sports Injury Rehabilitation Certification | National Sports Medicine Institute | 2018

## References

Available upon request