# Megan Rowlands

**Musculoskeletal Physiotherapist**

Leeds | 07700 900270 | megan.rowlands@example.com | HCPC registered physiotherapist

## Profile

Physiotherapist with six years since qualifying, registered with the Health and Care Professions Council, the last three as a Band 6 in an NHS musculoskeletal outpatient service. Assesses and treats about 12 patients a day with back, neck, shoulder and knee problems and sports injuries, runs a weekly knee class and supervises students on placement. Looking for a Band 7 musculoskeletal post.

## Experience

**Physiotherapist (Band 6), musculoskeletal outpatients | Airedale Vale NHS Trust, Leeds | 2023–present**

- Assess and treat about 12 outpatients a day with back, neck, shoulder and knee problems and sports injuries.
- Plan treatment with exercise, manual therapy and advice, and set a home exercise programme for every patient.
- Set up a six-week knee class in 2024 for up to 10 patients with osteoarthritis, run every week.
- Advise patients on pacing, posture and returning safely to work and sport.
- Keep treatment notes in SystmOne and refer on to orthopaedics, pain services and GPs.
- Supervise two physiotherapy students on placement each year.

**Physiotherapist (Band 5), rotational | Airedale Vale NHS Trust, Leeds | 2020–2023**

- Rotations in respiratory care, stroke rehabilitation, orthopaedic wards and outpatients.

## Education

**BSc (Hons) Physiotherapy, 2:1 | University of Pennine | 2017–2020**

## Skills

- Musculoskeletal assessment
- Exercise prescription and manual therapy
- Group exercise classes
- Self-management advice that patients follow
- Notes and referrals in SystmOne
- Supervising students on placement

## Additional information

Member of the Chartered Society of Physiotherapy. Enhanced DBS check on the Update Service. Volunteer physiotherapist at a local rugby club on Saturdays.