



P&O Day 2021

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Travelling introduced me to the professions. I was living in Sydney during the Paralympics in 2000 when the city was flooded with athletes with incredible high-end prosthetic limbs and orthoses, and it caught my attention. I then travelled across south east Asia and particularly in Cambodia, Laos and Vietnam I was exposed to the other end of the spectrum where many people had amputations and injuries that were caused through conflict, landmines or repressive political regimes and the componentry was much more basic, but yet equally life-changing.

My job has organically changed over the years and I am now in a position where I manage a team of orthotists and a region of orthotic services covering a chunk of central and south east London. This comes with elevated responsibilities and allows me to make decisions with the team that can positively impact our patients on a greater scale. This role has allowed me to gain skills in leadership, clinical governance, HR, business and financial management as well as countless other areas, but I also keep a firm hand on my clinical responsibilities and this remains at the epicentre of my role and where I source the greatest job satisfaction.

We see a huge array of different patient types and run a diverse range of clinics that include paediatrics, diabetes, musculoskeletal, polio and specialist neuro, each presenting unique and interesting challenges. You could be prescribing a custom Functional Foot Orthoses one minute and designing a carbon composite Knee Ankle Foot Orthoses with electromagnetic knee componentry the next - the job is broad and stimulating.

I attended the University of Salford in 2002, completed clinical placements in Oslo, Norway and then Oxford in my final year before graduating in 2006. I took my first role at The Nuffield Orthopaedic Centre in Oxford where I really learnt my trade before moving to Queen Mary's Hospital in Roehampton in West London. Here I worked my way up to the Clinical Lead role and then moved to south east London to take up the Role of Clinical Lead and Head of Regional Orthotic Services at Guy's and St Thomas' NHS Foundation Trust and King's College Hospitals.

I am largely based at Bowley Close Rehabilitation Centre in Crystal Palace, London where we have an in-house workshop and a team of highly skilled technicians manufacturing many of our orthoses and prostheses onsite, but my role also requires me to migrate across several hospital sites and services. This opens the opportunity to meet and work with a wide range of people, professionals and teams and despite this diversity all have the cohesive aim of offering the best service possible to our patients.

P&O is a unique profession and an amazing blend of anatomy, physiology, biomechanics, engineering and material science to name a few. It's changing and evolving with 3D scanning, printing and other technologies bringing new possibilities to our workflow and design capabilities. This offers increasing opportunities to learn new skills and combine with our more traditional and hands-on skills that keeps the role varied and interesting and I feel incredibly grateful to have fallen upon this career.