

Name: Ruth Sadler

Profession: Physiotherapist

Qualification: BSc (Hons) Physiotherapy - The University of Liverpool; July 1998.

Special Interest: Neurology, Neurorehabilitation (brain and spinal injury), Stroke care.

Base: Ossett, Wakefield.

Personal Statement, Experience and Employment:

Ruth has 26 years' experience as a qualified Physiotherapist. Initially working at Pinderfields and Pontefract NHS Trust as a rotational physiotherapist, Ruth gained experience in Neurology, medical care, cardiorespiratory, musculoskeletal and paediatrics. In 2001, Ruth specialised in Neurorehabilitation work with young adults in a long-term specialist centre as the lead physiotherapist. During this time, Ruth gained specialist skills in postural management and hydrotherapy for neurological conditions. Ruth worked intensively with young adults following stroke, traumatic brain injury, spinal injury, GBS and those diagnosed with MS.

In 2004, Ruth advanced her career into a community setting working with people with long term neurological conditions. She worked at Sheffield MS therapy centre and acted as a key worker and physiotherapist for patients in their own home suffering from MS, Parkinsons, MND and other progressive neurological conditions. She worked closely with the voluntary sector, wheelchair services and community equipment services to ensure patients stayed in their own homes as independently as possible.

Ruth returned to Pinderfields in 2005 to work on the stroke rehabilitation unit which later merged to create a hyperacute and rehabilitation stroke unit. During this time, Ruth gained her post graduate diploma in Professional health studies specialising in acute stroke care and respiratory management of stroke patients. Ruth worked within the multidisciplinary team to develop pathways and deliver care in line with NICE guidance and requirements of hyper acute stroke units. Ruth was an experienced lead clinician providing training across the trust to other health care professionals on the management of stroke and acquired brain injury patients.

After gaining substantial clinical experience, her interest in service development and improvement led her to leadership and management role, first as a therapy team leader in 2012, then promoted to therapy service lead in 2014. As a service lead, Ruth maintained her clinical skills whilst providing leadership across out-patient therapies, musculoskeletal services, pain management and hand therapy. During this time Ruth conducted several service improvement projects including streamlining therapy administration services, developing flexible guidelines within therapies to improve face

to face contact between therapists and patients depending on their clinical needs and developing advanced physiotherapy practitioner roles with Orthopaedics and Trauma.

Ruth moved into health and social care regulation at the Care Quality Commission as an Inspection Manager in 2019. She gained broader knowledge and skills in governance and quality assurance through leading NHS hospital inspections of the well led domain and core services. Ruth maintained her professional registration through this time by providing specialist advice to CQC on neurorehabilitation, stroke care, medicine, and orthopaedic surgery. She participated in a national project following the Oliver McGowan case to improve care for people with a learning disability or Autism in acute hospital care. Ruth also led the CQC advisory inspection programme for military rehabilitation services including the national defence rehabilitation centre (Stanford Hall).

During the Covid pandemic Ruth volunteered at a Spinal Injuries as a Senior Specialist Physiotherapist. Ruth is committed to empowering patients and maximising their functional potential. Although originally Bobath trained, she uses a range of clinical approaches including education and self-management in conjunction with more 'hands on' techniques. She has a strong grounding in 'normal movement' and 'postural control' but has additional skills which have developed over time such as myofascial release, taping and muscle stimulation which she selects when appropriate to assist in her treatment plans.

Ruth currently treats clients with complex neurological conditions in their own homes collaborating with them and their families to achieve their rehabilitation goals. Ruth is also the physiotherapy clinical lead in a post sixteen special educational needs setting, working with young people with complex physical and learning disabilities to maximise their physical function.

Continuous Professional Development (CPD)

- BTEC level 6: Regulatory Skills in Health and Social Care Sector – QA associates Ltd; June 2021.
- Management of stress and workplace resilience (Masters module) – York St John University; 2018.
- Lean Six Sigma Yellow Belt – QA Ltd, Manchester: January 2015.
- Delivering Excellence Senior Leadership Development Programme – Manchester Business school; 2015.
- Post Graduate Diploma in Professional Health Studies - York St John University; September 2010.
- Accredited Clinical Educator – Chartered Society of Physiotherapy; March 2009.
- Assessment and Treatment of Adult Hemiplegia – The Bobath Concept – North Manchester Hospital May 2003.
- Hydrotherapy for Neurological conditions – Royal British Legion; 2002.

Key areas of expertise:

- Neurorehabilitation
- Stroke rehabilitation
- Hydrotherapy

Professional Affiliations:

Member of the Chartered Society of Physiotherapy MCSP
Health and Care Professions Council HCPC

Additional Information

Full UK clean Driving Licence
CRB/DBS Checked