

**Name: Jane Garbutt**

**Profession: Senior Physiotherapist**

Qualification: BSc (Hons) Physiotherapy

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**Special Interest:** Adult Stroke and Neurological Rehabilitation

**Base:** Newcastle Upon Tyne

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### **Personal Statement, Experience and Employment:**

With more than 20 years of clinical experience as a registered Physiotherapist with the Health and Care Professions Council and the Chartered Society of Physiotherapy in the NHS, Jane is dedicated to supporting individuals with Stroke and Neurological Conditions. Her expertise covers a broad spectrum, including brain injury, Guillain-Barré syndrome, Spinal Cord Injury, Multiple Sclerosis, Parkinson's Disease and other long-term conditions. Jane is proficient in providing thorough assessment and treatment throughout a patient's journey, particularly focusing on enabling a smooth return to the community following an extended hospital stay.

After graduating from Teesside University in 2001, Jane established her career at Sunderland Royal Hospital, initially as a Rotational Junior Physiotherapist where she covered fundamental areas of the profession. Her career then evolved to encompass both neurological and musculoskeletal specialities within Sunderland, providing her with experience in Orthopaedic gym outpatients, Spinal and Acute inpatients, the Acute Stroke Unit, and a significant period (three years) in both Inpatient and Outpatient Neurological Rehabilitation. This diverse background paved the way for her specialisation in Neurological Rehabilitation, where she progressed to Senior positions on the Inpatient Neurological Wards at Sunderland.

For ten years starting in 2009, Jane was integral to a developing team in Sunderland that established the Community Stroke Rehabilitation Service. Working closely with colleagues and managers, she contributed to the service's foundation. Her collaborative approach with the multidisciplinary team enabled the delivery of community-based stroke rehabilitation programs, prioritising patient recovery, independence, and a smooth transition from hospital to home. Jane cultivated strong partnerships with Occupational Therapists and Speech Therapists to maximise recovery outcomes for her stroke clients. Their collective efforts led to The Stroke Association's "Most Improved Stroke Service" award in 2011. Notably, this period also saw Jane working in close collaboration with the team Psychologist, supporting clients in adjusting to life changes and building motivation for activity and positive lifestyle choices.

In 2019, Jane advanced to the role of Highly Specialist Neurological Physiotherapist and Clinical Team Lead (Band 7) within the Acute Stroke and Neurological Rehabilitation Inpatient wards. Her leadership ensures collaborative multidisciplinary teamwork, resulting in safe, efficient, and high-quality patient care. Jane is committed to the professional growth of her colleagues, providing mentorship and development opportunities for senior and junior physiotherapists, students, and assistants. Her advanced training in the Bobath approach

underpins her comprehensive client evaluations and treatments. Furthermore, she utilises skills gained in Motivational Interviewing, Pilates, Mary Massery Breathing Control, and Vestibular Rehabilitation. Striving for service improvement and excellence, Jane actively promotes a research culture through audits, evaluations, presentations, and research involvement. Her contributions were recognised with a 3rd prize at the South Tyneside and Sunderland Foundation Trust Allied Health Professions Day Poster Presentation. Jane's leadership and collaborative skills have also been instrumental in securing dedicated therapeutic space for the Neurological Inpatients Team, safeguarding the consistent delivery of high-quality treatment.

### **Continuous Professional Development (CPD):**

A requirement of professional registration is undertaking and recording (CPD). Examples include courses in; Spinal Cord Injury Awareness Course, Completion of a Masters Module at Northumbria University in Normal Movement and Movement Analysis, Webinars on various Neurological therapeutic interventions, Pusher Syndrome, Dynamic stability and Muscle Balance for Neuro patients: Movement Dysfunction and 4PS Research Course.

### **Key areas of expertise:**

- Adult Neurological Rehabilitation using Bobath principles
- Adult Stroke Rehabilitation
- Spasticity Management
- Spinal Injuries Management
- Breathing control with movement
- Self management and patient activation through Motivational Interviewing strategies
- Postural control, and normal movement strategies
- Balance retraining
- Vestibular Rehabilitation Therapy

### **Professional Affiliations:**

ACPIN  
MCSP  
HCPC

### **Additional Information**

Full UK clean driving Licence

CRB/DBS Checked