

**Name:** Lucy Berry

**Profession:** Physiotherapist

Qualification: BSc (Hons) Physiotherapy - Sheffield Hallam University

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**Special Interest:** Neuro-rehabilitation (Brain Injuries), Major trauma and Neuromuscular management.

**Base:** Sheffield South Yorkshire.

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

Since qualifying from Sheffield Hallam University in 2020 with a First Class degree in Physiotherapy, Lucy has primarily worked within the NHS across a wide range of rotational specialties. These have included general medicine, respiratory medicine, critical care, community rehabilitation, and neurosciences.

Prior to joining the Smart Rehabilitation team, Lucy worked as a Senior Physiotherapist within the Neurosciences Division at Sheffield Teaching Hospitals. In this role, she gained extensive experience across neurological intensive care, neuromuscular respiratory services, and neurorehabilitation. Lucy regularly worked with highly complex patients requiring both neurological and respiratory rehabilitation, including the management of tracheostomies and advanced respiratory needs within a high-pressure critical care environment. This role required strong clinical reasoning, adaptability, and effective communication within a multidisciplinary team to ensure safe, coordinated care and optimal patient outcomes.

Lucy has worked with individuals with complex neurological conditions, including those following major trauma, stroke, brain injury, and neuromuscular disease.

Lucy has a strong clinical interest in neurological rehabilitation alongside respiratory care. This was further developed during her most recent role within neuromuscular respiratory services, where she specialised in the management of long-term ventilation and respiratory support for people living with Motor Neurone Disease and other neuromuscular conditions. A key focus of this role was supporting individuals to maintain independence, optimise function, and improve quality of life through tailored rehabilitation, symptom management, and practical strategies to support daily activities such as mobility, transfers, breathing, and self-care.

Alongside her NHS experience, Lucy is also qualified in sports massage therapy and previously treated private clients prior to qualifying as a physiotherapist. This additional skill complements her rehabilitation approach, allowing her to provide holistic, patient-centred care.

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

A requirement of professional registration is undertaking and recording (CPD). Examples include courses in; Bobath concept introductory weekends (1-3), MNDA Respiratory workshop, L3 sports massage therapist, L2 gym instructor, Student Clinical Educator, Oncall Respiratory training and educator, Management of long term Neuromuscular Respiratory disease competencies.

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

- Neuro rehabilitation and major trauma
- Neuromuscular Disease
- Respiratory Care

### **Professional Affiliations:**

- Health and Care Professionals Council (HCPC)
- Chartered Society of Physiotherapy

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### **Additional Information**

Full UK clean driving Licence

CRB/DBS Checked