



## Lauren Howard

BSc(Hons) MSc

Case Manager

### Personal Statement

Qualifying in sports therapy in 2011, Lauren has over 13 years of experience working in injury rehabilitation in both private and public sectors across acute and community settings, as well as lecturing on undergraduate degree courses at the University of Northampton.

As a treating clinician, Lauren has worked with individuals following complex musculoskeletal, spinal and sporting injuries, assessing, planning and implementing comprehensive rehabilitation programmes. She successfully helped people return to their pre-injury state or facilitating graded return to physical and sporting activities. In the private sector Lauren managed her own business with responsibility for report writing, working closely with other healthcare professionals, assessing the efficacy of treatment plans and budgeting. Within the NHS Lauren has worked with patients who sustained spinal injuries, traumatic brain injuries, amputations and complex musculoskeletal injuries. She assessed patients' needs, prepared reports with recommendations, and coordinated appropriate provisions to ensure both patients and their families were fully supported through the early stages of traumatic injury, and to ensure a smooth and coordinated discharge into the community.

As a case manager, Lauren specialises in supporting clients following catastrophic injury or events. Her approach focuses on treating each person as an individual. This includes holistically assessing client needs, co-creating with the client immediate, short-term, and longer-term goals, sourcing and coordinating relevant rehabilitative services, advocating for a client's bespoke needs and liaising effectively with litigation and multidisciplinary healthcare teams.

Lauren participates in a range of continuing professional development by attending regular webinars, conferences and training courses relevant to her role and professional background.

### Areas of Expertise (Children and Adults)

- Musculoskeletal including soft tissue injuries
- Major and polytrauma
- Spinal fractures
- Spinal cord injuries
- Traumatic brain injuries
- Amputation, upper and lower limb
- Anxiety, post traumatic stress disorder

### Professional Registration and Memberships

- British Association of Sport Rehabilitators and Trainers (BASRaT) Registered Graduate Sport Rehabilitator
- Case Management Society of the United Kingdom (CMSUK)

### Qualifications

- Bachelor of Science (Honours) in Sports Therapy, University of Northampton
- Master of Science in Clinical Biomechanics (by research), University of Bedfordshire