

Charlie Winward, Neurological Physiotherapist

Charlie Winward MSc SRP is a qualified physiotherapist with 20 years experience in the assessment and treatment of patients with neurological disability. Charlie trained at the Middlesex School of physiotherapy in London and after a brief sojourn as a sports injuries physio she was introduced to the world of neurology and has remained challenged ever since.

Charlie has worked in a variety of acute and rehabilitation settings but the majority of her time has been in Oxford where she attained the position of Clinical Specialist at the Rivermead Rehabilitation Unit, Oxford – now the Oxford Centre for Enablement.

As part of the Rivermead physiotherapy team Charlie was responsible for teaching and educating therapists on specialised topics such as somatosensory function, clinical reasoning concepts, exercise in long term neurological conditions, spasticity, neurological shoulder pain, fatigue and outcome measures. She has a dynamic range of therapeutic skills including splinting and casting, gait training and soft tissue mobilisation. She has regularly taught students and senior clinicians at both a regional and national level.

As part of her clinical professional development Charlie has attended three Advanced Bobath courses, she received her Masters award in 2001 from Oxford Brookes University in Advanced Healthcare Practice, her City and Guilds in Counselling and is undertaking her Phd in fatigue and somatosensory dysfunction post stroke at Oxford Brookes University.

She has further developed her career by participating in several research projects and is the author of the Rivermead Assessment of Somatosensory Performance along with Professor Peter Halligan and Professor Derick Wade. Her research work has also included measuring fatigue in Transient Ischaemic Attack for the world known Oxford Vascular study at the Oxford Radcliffe Hospital with Professor Peter Rothwell.

Charlie is currently an affiliate member of the Movement Science Group at Oxford Brookes University led by Professor Helen Dawes. She recently completed a research study looking at physiotherapy support for exercise for people with long-term neurological conditions and has published an exercise handbook on the work (www.brookes.ac.uk/lifesci/lifepass).



Charlie's research work has been published in Stroke, Clinical Rehabilitation and Disability and Rehabilitation.

Charlie currently works as both a private practice clinician and researcher in neurological conditions. She has extensive clinical experience in assessing and treating patients with acquired brain injury, stroke and multiple sclerosis and understanding the long-term needs of patients with these disabilities.



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