

## Charlotte Turnpenny, Physiotherapist

Charlotte Turnpenny, MSc, BSc, MCSP, has been a qualified physiotherapist for 11 years. For the past 8 years Charlotte has been working within the field of neurology and neurosurgery. She is registered with the Health Professions Council (HPC) and a member of the Chartered Society of Physiotherapy (CSP). She is a member of the Association of Chartered Physiotherapists in Neurology (ACPIN) and the Multidisciplinary Association of Spinal Cord Injury Professionals (MASCIP).

In 2007 she obtained a Masters within the field of Neurological Physiotherapy at the University College London. This MSc included a marked evaluation of practical skills by senior Bobath tutors and written assessments of all aspects of neurological physiotherapy and development and completion of a research project

Charlotte has extensive experience in the management of a wide variety of neurological pathologies throughout their care pathway from the acute hospital through to the community. She has a particular interest in traumatic brain injury and incomplete spinal cord injury. She has managed neurological clients within the intensive care setting, inpatient wards, outpatients and within the

community in their own home. This gives her particular insight into how neurological impairments impact on clients throughout the whole rehabilitation process.

Within her NHS role Charlotte works as the lead physiotherapist in a busy regional neurosciences centre. She is extensively involved in training of staff and evaluation of clinical competencies for therapists and the multidisciplinary team. She is constantly working toward improving patient care in line with best practice guidelines such as the National Service Framework for Long Term Conditions, Stroke and Acquired Brain Injury Guidelines. This involves clinical audit, education and streamlining care pathways. She has lectured at university and on external courses on spinal cord injury early management and rehabilitation. She continues to train therapists, nurses and doctors in the management of unstable spinal patients with particular reference to orthotic management with collars and braces. She is also involved in re-designing the management pathway of spasticity patients within the inpatient setting.

Additional to her NHS role Charlotte provides rehabilitation for clients within their own home as the lead neuro-physiotherapist for a busy

local private practice. These clients include incomplete spinal cord injury, head injury, stroke, brain and spinal tumours, demyelinating disorders, encephalitis and other neurological disorders. She particularly enjoys rehabilitating more dependent clients who may require specialist equipment e.g. standing frames and also utilises experienced assistants where required to help patients to achieve their rehabilitation goals. Part of this process is teaching clients to manage their own condition and take charge of their own rehabilitation by developing exercise programs, which may include the use of local gym facilities. Assisting clients to regain control of their life is a primary goal of her treatment.

