

## Scott Hodder, Physiotherapist

Scott Hodder is a chartered physiotherapist with over 12 years experience covering all core clinical areas of physiotherapy practice within hospital, community and private settings. He specialises in the assessment, treatment and management of neuro-musculoskeletal conditions, orthopaedics and amputee patients. In addition, he has an honours degree in acupuncture and trained in the use of Cognitive Behavioural Therapy (CBT) Approach in the treatment of chronic and long-term conditions.

Following his physiotherapy training in 1997 at the University of the West of England, he spent 2 years at the John Radcliffe Hospital in Oxford building a foundation of experience in varying clinical disciplines. He then specialised in treating orthopaedic and musculoskeletal conditions at the Nuffield Orthopaedic Centre, Oxford. He spent a further year practicing outpatients physiotherapy, orthopaedics and cardiothoracics as a locum physiotherapist for the NHS and BUPA hospitals.

Scott then relocated to Bristol working as a full time Senior Physiotherapist in a Rehabilitation Centre specialising in physical rehab and chronic conditions. He led multidisciplinary (MDT) rehabilitation for neurological conditions, orthopaedics and complex case management.

Scott was responsible for leading in the development and implementation of the rehabilitation programme, the facilitation of effective communication networks between patients, family and the other professionals involved, community based home assessments and centre discharge planning. He was responsible for setting up appropriate service interventions including referring to external care agencies, adult community care and NHS services.

Alongside working in the field of rehabilitation Scott further developed his belief in individualised and holistic treatment of his patients by completing a further honours degree in Acupuncture at the University of Kingston in 2007. He then spent a year working on a voluntarily basis as a part-time acupuncturist for the Terrence Higgins Trust and HIV positive clients. He also started his own private practice within Westbury-on-Trym at the local GP Practice where he continues to work to date using both physiotherapy and acupuncture to treat patients holistically.

In the past year Scott has developed further interest in the treatment of long term conditions such as pain management, participating in the delivery of a multidisciplinary and CBT approach to chronic pain management in a group setting at Frenchay hospital, Bristol.



This included facilitating clients with increasing their ability to manage their condition independently, goal setting and teaching exercise based fitness programmes. He is currently working on a pilot study into the MDT and CBT approach to treating patients with weight management issues.

Scott Hodder is a member of the Chartered Society of Physiotherapy (CSP) and registered with the Health Professions Council (HPC). He has membership with the British Acupuncture Council (BAC), the Physiotherapy Pain Association, and is an Advanced member of the Acupuncture Association of Chartered Physiotherapists (AACP).



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