

Curriculum Vitae

MRS WENDY EMBERSON MCSP

Senior Consultant Physiotherapist
Director Stort Physio Limited

Registered Member of the Health and Care Professions Council
Member of the Chartered Society of Physiotherapy
Honorary Life Member of Physio First

1973 (November) Qualified as a Chartered Physiotherapist - Coventry/Birmingham

NHS

1974 Basic Grade Physiotherapist Coventry and Warwickshire Hospital

1974 - 75 Basic Grade Physiotherapist. St Oswald's Hospital Ashbourne Derbyshire

1975 - 76 Senior II Physiotherapist St Oswald's Hospital Ashbourne Derbyshire

1976 - 78 Superintendent Physiotherapist St Oswald's Hospital Ashbourne Derbyshire

[Collaboration with JCB Excavators Ltd in the design of their on – site Physiotherapy Department]
[Instigation and development of specialist unit for physically handicapped children at St Oswald's Hospital].

Working with Dr George Cochrane FRCP Consultant Rheumatologist for the Derby group of hospitals.

1978 - 80 Superintendent Physiotherapist, St Bartholomew's Hospital, London. Management and organizational responsibility for the provision of Physiotherapy Services for Barts. 35 full time physiotherapists, 3 Physiotherapy Assistants and 3 clerical staff.

INDEPENDENT SECTOR

1980 to date Bishops Stortford, Hertfordshire.

Private Sector - Consultant Physiotherapist of Stort Physio

Director of Stort Physio Limited

MAJOR POST GRADUATE EDUCATIONAL COURSES

1975 Short course on Orthopaedic Medicine – Dr J Cyriax, Manchester

1976 Full course on Orthopaedic Medicine – Dr J Cyriax, London

1978 – 80 Many and various City and East Hackney District Health Authority courses in Sports Medicine, Interferential Therapy(IFT), Ultrasound, Orthopaedics, Mobilisations. NHS
Upper Management courses.

Research programme on Biofeedback, and IFT

1981 to date

All OCPPP (The Organisation of Chartered Physiotherapists in Private Practice- now known as Physio First) National Conferences [except 1991]

Many and various OCPPP Regional courses

1989 Produced national conference for OCPPP on Children in Sport

1994 Various short courses in Mobilisation of the Nervous System – Louis Gifford FCSP

1996 Full course in Mobilisation of the Nervous System, Neuro Orthopaedic Institute – Louis Gifford FCSP

1998 Muscle Energy Technique of the Lumbar-Pelvis-Sacrum, Manual Therapy Seminars of the UK – Pete Emerson (Colorado, USA)
 Physiotherapy Educator Workshop – Brunel University
 Bond Solon Medico-Legal Training Courtroom Skills and Report Writing
 SOM (Society of Orthopaedic Medicine) & BIMM (British Institute of Musculoskeletal Medicine) Annual Conference – The Sporting Back

1999 Musculo-skeletal diagnostic ultrasound in Sports Medicine
 SOM & BIMM Annual Conference

2000 Physiotherapy Pain Association Annual Conference
 Acupuncture course – part 1 Dr Anthony Campbell (London)
 Advanced Course Lumbo-sacral Dynamics – Pete Emerson (USA)
 Acupuncture course – Part 2
 SOM & BIMM Annual Conference – Pain and the Performing Arts

2001 OCPPP and International Private Practitioners Conference
 SOM & BIMM Annual Conference – From Dysfunction to Pathology
 Physiotherapy Pain Association Seminar

2002 OCPPP Annual Conference – Keynote Prof Paul Hodges – Muscle Stabilisation and Core Stability latest research from Australia
 Chartered Society Congress – Keynote Prof Ronald Melzack – Neural networks and current management trends in chronic pain patients

2003 OCPPP Annual Conference - Turning Heads
 SOM & BIMM Annual Conference - Pain Perceptions & the Infrapatellar Tendon
 Intermediate Acupuncture course

2004 Physiotherapy Experienced Clinical Educator's Day - University of Hertfordshire
 Combined Conference Acupuncture Association of Chartered Physiotherapists & Physiotherapy Pain Association St Neots Cambridgeshire
 OCPPP Annual Conference – 3 days
 Hip and Groin Injuries – Prof Graham Smith
 SOM & BIMM Annual Conference

2005 Referring for MRI with confidence – OCPPP Education Programme Felixstowe
 Society of Orthopaedic Medicine Annual Conference
 Society of Expert Witnesses Annual Conference

2008 Level 1 and Level 2 courses in examination and treatment of cervicogenic headaches – Dean Watson PhD.
 Lorrimer Moseley course on chronic pain management
 Mark Comerford course on lumbar stabilization

2009 PhysioFirst Conference – 2 days - international conference on the latest developments of the spine

2010 PhysioFirst Conference – 2 days - international conference on the cervical spine

2011 PhysioFirst Conference – 2 days - international conference on research and clinical practice

2012 PhysioFirst Conference – 2 days - international conference on sporting injuries

2013 PhysioFirst Conference – 2 days - international conference on rehabilitation
 Hosted Dean Watson's International Headache courses.

2014 PhysioFirst Conference – 2 days - international conference on soft tissues
 Hosted Dean Watson's International Headache courses.

2015 Hosted Dean Watson's International Headache courses.

LECTURING EXPERIENCE

1977- 80 Various local and district lectures to physiotherapists on Orthopaedic Medicine.
1978 to date Began lecturing, nationally, to Chartered Physiotherapists and allied professions on Interferential Therapy (IFT). Numerous day courses.
1991 Keynote lecturer at National Conference OCPPP on IFT.
1991 to date Various local and national lectures to parents, schools and physiotherapists on Posture Syndrome. Various TV and radio appearances on national TV and radio
1997 Workshop leader – IFT and Asthma at National Conference OCPPP
1998 – April Workshop leader – Research, Asthma and IFT at National Conference OCPPP.
1998 Lecture on Medico-Legal Reporting, Cannons Sports Centre, London
1998 Lecture to Scottish Region OCPPP – Update on IFT
2005 Student Placements in the Private Sector – University of East Anglia
2006 Leadership – The Royal Marsden Hospital, London - invited lecturer as part of Masters course for Allied Health Professionals
2012 half day lecture on IFT for accelerated Masters degree students at Essex University.

CLINICAL INTERESTS

1978 to date

Began work with Interferential Therapy (IFT)

Various research projects into the effects of IFT at St Bartholomew's Hospital (SBH) London
Collaboration with Medical Research Department of SBH to produce first British IFT equipment.
Collaboration with Vessa Ltd and Spencers Ltd in the development of the guidelines for the new IFT equipment for physiotherapy purchasers.

1980 to date Collaboration with various IFT equipment manufacturers [SNS Bioengineering Ltd, Shrewsbury Medical Ltd etc] in the design and evaluation of new equipment.

1991 to date Began research project into Posture Syndrome with special reference to children.
Ongoing.

1995 Research pilot into the treatment of asthma with IFT. Ongoing.

2006 To date - Research project into the effects of acupuncture and dysmenorrhoea.

MAJOR CLINICAL SPECIALITIES

Orthopaedic medicine/musculoskeletal conditions

Dynamic sacro-pelvic dysfunctions

Interferential Therapy

Manipulation

Musculo-skeletal rehabilitation

Chronic pain management

PUBLICATIONS

1978 Series of articles on examination and treatment of the cervical spine – Therapy Weekly.

1980's Various full handbooks for IFT manufacturers.

1991 to date Various articles – national newspapers/magazines and regional/cable television on Posture Syndrome and physiotherapy including BBC Watchdog Healthcheck

1995 "Interferential Therapy Workbook" – textbook for physiotherapists.

1998 IFT Workbook first revision completed

1998 Article on Medico-legal reporting for In Touch/OCPPP

Currently working on a Self Help guides for the general public on musculo-skeletal conditions.

The first in the series of 9 is now available through Amazon – Whose Spine is it Anyway?".

PRIVATE SECTOR - GENERAL

Development of Stortford Grange Physiotherapy Centre from sole practitioner (1980) to rebranding to Stort Physio Limited (2012):

1 Consultant Physiotherapist

3 Clinical Specialist Physiotherapist

All Chartered Physiotherapists and Registered Members of the Health and Care Professions Council

1 TCM acupuncturist

1 Physiotherapy Assistant

1 Practice Manager

1 Receptionist/Credit Control

20000 patient base

- Work Experience Centre for W. Essex and E. Herts schools programme
- Adult re-training scheme participation 1991–1994.
- Research programme into Children's Posture Syndrome – 1990 to date
- Physiotherapist for the International Thai Boxing Federation – 1994/5
- Ongoing Clinical Educator and acknowledged Clinical Placement for 9 Universities for physiotherapy, sports therapy and sports rehabilitation undergraduates for the last 25 years.
- Founder member of the Cyriax Foundation.
- Past Chairman of Executive Committee, Cyriax Foundation.
- Associate member of the Society of Orthopaedic Medicine.
- Member of the Neuro-Orthopaedic Institute.
- Founder member of, and past Acting Treasurer for the Association of Medico-Legal Chartered Physiotherapists.
- Member of the Physiotherapy Pain Association
- Member of the Association of Chartered Physiotherapists in Sport and Exercise Medicine

- Member of the Bishops Stortford Business Connections – past Chairman.
- Member of the Bishops Stortford Chamber of Commerce committee 2017
- Regional Fellow of the Royal Society of Medicine
- Honorary Life Member Physio First awarded for work on IFT and contribution to the Physiotherapy profession

STORT PHYSIO ACADEMY 2012 to date

- 2012 Stort Physio Academy was started to provide both undergraduate and post graduate courses.
- 2013 and 2014 Hosting Dean Watson PhD courses on Headaches and Migraines. (2nd year) Dean Watson (Watson Headache Institute Australia) only lectures at Stort Physio Academy in the UK.

Currently developing:

- A 9 module post graduate teaching programme for physiotherapists which will ultimately become a Masters level course.
- The first module is scheduled for March 2017 on Clinical Reasoning

- Short courses on musculoskeletal conditions, examination and clinical reasoning for doctors and physiotherapists

MEMBERSHIP OF OCPPP/PHYSIOFIRST

(The Organisation of Chartered Physiotherapists in Private Practice)

1987 to 1995 Regional Officer for the North East Thames Region OCPPP - National Committee member.

1994 to 1996 Chairman of the Business Development Department of OCPPP

April 1995 to 1998 Honorary Secretary of OCPPP

Chairman of the Clinical Affairs Department of OCPPP

April 1998 to April 2003 Honorary Public Relations Officer of OCPPP

April 2008 Awarded Honorary Life Membership of PhysioFirst (OCPPP)

CHARTERED SOCIETY OF PHYSIOTHERAPY (CSP)

1998 to 2003 Member of the Clinical Interest Group Liaison Committee

2001 to 2004 Co-opted member of the Communications Group

2002 to 2003 Member of the Unexpected Effects steering group

2003 to 2006 Nationally elected member of the Learning and Development Committee

2009 to 2011 Alternate Member of Council of the Chartered Society of Physiotherapy

MEDICO-LEGAL EXPERIENCE

- Numerous Medico-Legal reports for individual patients over 27 years
- Expert Witness for CSP – Personal Injury, Electrotherapy, Orthopaedic Medicine, Professional Negligence
- Over 50 cases for a number of UK wide solicitors and the MDU – on Personal Injury, Orthopaedic Medical, post orthopaedic surgical, trauma cases and Professional Negligence.
- Founder member and first treasurer of the Medico Legal Association of Chartered Physiotherapists