



Employer Profiles – Claire Evans



Name: Claire Evans

Employer: Optimal Rehab + NHS

Job Title: Advanced Neuro physiotherapist

What is the story of your career to date?

I wanted to be a physio from age 14, I did lots of voluntary work and worked in nursing homes during my time in 6th form. I applied and got accepted at Bradford University where

I gained a BSc in Physiotherapy. My first post was at the Royal Liverpool hospital where I completed my basic grade rotation before taking a year off to go travelling. I then worked as a locum for a couple of years and started seeing some private clients as well. I decided then that I wanted to specialise in neuro. I have since worked all over the North West as well as Birmingham in all areas of neuro including critical care, neurology, neuro surgery, out patients, community, stroke and my current post in Stoke on Trent as team lead on a brain injury unit as well as running my own private practice in Cheshire.

What does a typical day look like for you?

My NHS days are long 9 hour days whereas my private days are much more varied. I treat patients with brain injuries, spinal injuries, spinal and brain tumours, MS, stroke etc. I might be working on teaching someone to get in and out of a car, enabling them to walk for the first time or teaching someone to put their make up on.

What skills do you think are important in your role?

Patience, being strong willed, organised, passionate about your job, good communication skills.

What advice would you give to someone who wants to do your job?

Gain the A level grades required, make sure your CV stands out, come and do voluntary work so you really know you want to be a physio, its not easy and it's not for everyone. It's not all about sports injuries there are many areas in which to specialise including neuro, orthopaedics, rheumatology, respiratory, paediatrics, burns, hydrotherapy, care of the elderly, mental health.

Does your employer offer volunteering/apprenticeship opportunities?

Yes, Haywood Hospital, Stoke on Trent, Staffordshire. 01782 715444

What is the best thing about your job?

It's different every day and you can change someone's life by enabling them to become more independent.

Where can I find out more?

www.csp.org.uk