



Mark Binfeld

Rehabilitation Manager

Base: Bracknell, Berkshire

Areas Covered: South East, Berkshire, Hampshire



Specialisms

Musculoskeletal

Orthopaedic Trauma

Polytrauma

Injury Expertise

- Physiological Trauma
- Major Trauma
- Pain Management
- Upper & Lower Limb Injuries

Clinical Experience

- Underpinned by anatomy and physiology, Mark is experienced in musculoskeletal injury management and has a specialist interest in lower limb conditions.
- Mark has over 15 years of experience working within both inpatient rehabilitation and in private settings.
- He has excellent experience in the management of differing types of traumatic injuries.

Rehabilitation Expertise

Rehabilitation Management

- Mark's knowledge within a multi-disciplined team allows him to communicate effectively with different clinicians to ensure a positive outcome for clients.
- His strong knowledge of the private and public healthcare systems supports his integrated approach to rehabilitation.
- He has a passion for creating goal-focused rehabilitation plans, using the latest evidence-based interventions to help achieve health, wellbeing, return to function and work outcomes.
- Mark's philosophy uses SMART goals to motivate his clients and deliver outcomes.

Vocational Rehabilitation

- Mark has a long history of returning Police Officers back to work after a variety of different traumatic injuries.
- He works with his colleagues to identify appropriate and timely vocational assessments.
- Working with employers, his focus is on agreeing a safe and sustainable return to work.

CPD & Training

- Emergency First Aid at Work
- The Shoulder: Complex Doesn't Have to be Complicated
- Cor-Kinetic Functional Therapeutic Movement - Part 1 (2015)
- Physical Activity & Exercise in the Management of Cardiovascular Disease
- British Association for Cardiovascular Prevention & Rehabilitation (BACPR)
- Physical Activity & Exercise in the Management of Cardiovascular Disease - Part 1 & 2

Memberships & Qualifications

- Registered with CMSUK
- BSc (Hons) Sport Rehabilitation
- MSc Strength & Conditioning
- British Association of Sport Rehabilitators & Trainers

For further information please call on 01698 207 755, or email helpis@proclaim-care.co.uk or visit proclaim-care.co.uk

