



Nick Hedley

Rehabilitation Manager

Base: London

Areas Covered: London



Specialisms

Orthopaedic Trauma

Polytrauma

Chronic Pain

Injury Expertise

- Acquired Brain Injury (Mild)
- Brachial Plexus

Clinical Expertise

- Nick qualified as an Accredited Exercise Physiologist in 2017 and completed a Masters of Physiotherapy in Australia in 2020. Since 2017 he has progressed his career in private practice in varied Musculoskeletal (MSK) settings.
- Special interests are in the areas of complex orthopaedic injuries, running functional rehabilitation programmes to achieve return to work outcomes.
- Nick has been involved in the design of specific rehabilitation programs for semi-professional athletes aged 18-21 to maximise sporting performance.

Rehabilitation Expertise

Rehabilitation Management

- Nick has six years' experience of private practice physiotherapy rehabilitation consulting, and exercise physiology work, at a sports clinic in Australia.
- Nick is experienced in rehabilitation of post trauma/injury clients who have sustained complex orthopaedic trauma, mild TBI, and brachial plexus injuries, creating goal focused rehabilitation programmes, accessing evidence-based interventions to achieve health, wellbeing, return to function and work outcomes, understanding the importance of short and long-term goal setting to help clients achieve realistic rehabilitation goals.

Vocational Rehabilitation

- Experience of delivering specific injury rehabilitation to assist clients achieve return to work, including functional assessments and workplace assessments.
- Using a client centred approach, with goal setting to engage and motivate clients, Nick is an effective problem solver using his experience and critical thinking training to support a timely return to work, where appropriate.

CPD & Training

- The Painful Shoulder: Complex Doesn't Have to be Complicated
- Emergency First Aid at Work
- The Manual to Great Therapy
- Sports MAP Network - Upper Limb Rehabilitation
- The Truth About Pain & Injury: A True Biopsychosocial Approach
- ACL Rehab & Return to Play with Tim McGrath

Memberships & Qualifications

- BSc Exercise Physiology
- MSc Physiotherapy
- HCPC registered
- Member of CMSUK
- Accredited Physiotherapist AHPRA

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

