



Anabelle Rigby

Rehabilitation Manager

Base: London

Areas Covered: London, South East



Specialisms

Complex Orthopaedic

Mild Traumatic Brain Injury

Complex Return to Work

Injury Expertise

- Musculoskeletal Injuries to Spine & Back
- Upper & Lower limb (plus Shoulder Injuries)
- Psychological Trauma
- Chronic Pain

Clinical Experience

- Anabelle is an experienced physiotherapist. She has worked in several clinical positions in New Zealand and Australia prior to moving to the UK.
- In these roles, Anabelle provided rehabilitation treatment for complex orthopaedic and musculoskeletal conditions.
- Anabelle has significant experience in treating people with back injuries, upper limb injuries including the shoulder, as well as soft tissue injuries to the knee.
- Anabelle has extensive knowledge of treatment plans and recovery timeframes and is very experienced in working with multi-disciplinary teams in order to manage the holistic needs of her patients.

Rehabilitation Expertise

Rehabilitation Management

- Anabelle has worked in a Rehabilitation Case Manager role since 2022. She can combine her clinical expertise with her knowledge of rehabilitation process and has successfully managed adults with complex musculoskeletal conditions, chronic pain and psychological trauma.

- She uses her clinical knowledge and experience of injury and rehabilitation to ensure that her clients have the best possible rehabilitation treatment in place to ensure an optimum and timely recovery.

Vocational Rehabilitation

- Anabelle is passionate about supporting her clients to return to work or meaningful activities. She has significant experience of working in Vocational Rehabilitation in Australia, providing return to work assessments and graded return to work plans to assist her clients back to meaningful employment.
- She applies a biopsychosocial approach, taking into consideration the biology or physiology of the underlying injury, in addition to addressing psychological and social contextual factors. This approach promotes independence and is supportive of a return to work.

CPD & Training

- Concussion in trauma rehab module.
- NZMPA – Certificate in Orthopaedic Rehabilitation
- Patterns of Pain Course
- Physio for Shoulder Instability Workshop
- ACL Prevention Workshop

Memberships & Qualifications

- Bachelor of Health Science, Physiotherapy
- Post Graduate Certificate in Health Science
- HCPC Registered
- Member of CMSUK

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

