



Katie Sehmi

Rehabilitation Manager

Base: Yorkshire

Areas Covered: North West, North East



Specialisms

Complex Orthopaedics

Musculoskeletal

Hand & Upper Limb

Injury Expertise

- Musculoskeletal Injuries to Upper Limb, Spine (not Spinal Cord), Pelvis & Lower Limb
- Shoulder & Brachial Plexus Injuries
- Hand Injuries
- Chronic Pain
- Return to Work

Clinical Experience

- Katie is an experienced physiotherapist and has worked in various roles in orthopaedic and musculoskeletal injuries.
- These roles have included senior physiotherapy positions in both the NHS and private healthcare, including the regional hand unit based at Leeds General Infirmary. In these roles, Katie provided advanced assessment and rehabilitation treatment for complex orthopaedic and musculoskeletal conditions including severe lower limb and pelvic injuries as well as complex hand and upper limb injuries including brachial plexus.
- Katie has extensive knowledge of treatment plans and recovery time frames and is very experienced in working with multi-disciplinary teams in order to manage the holistic needs of her patients.

Rehabilitation Expertise

Rehabilitation Management

- Katie is an experienced Rehabilitation Manager. 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 specialist 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

- Katie is passionate about supporting her clients to return to work or meaningful activities. She has significant experience of providing return to work assessments and creating graded return to work plans to assist her clients back to meaningful employment.
- She has a specialist interest in return to work.
- She applies a biopsychosocial approach, taking into consideration 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

- CMSUK Introduction to Case Management
- Diploma in Modern Applied Psychology
- CMSUK – Rehabilitation the Insurer Perspective
- ACPOHE Assessment of Fitness for Return to Work
- ACPOHE Introduction to Occupational Health
- CMSUK Goal Setting for Quality of Life & How to Create Meaningful Change

Memberships & Qualifications

- BSc (Hons) Physiotherapy 2003
- PG (Dip) Rehabilitation Studies (Distinction)
- PG (Cert) Advanced Musculoskeletal Physiotherapy Practice (Merit)
- 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

