



Alexandra Palin

Senior Rehabilitation Manager

Base: Manchester

Areas Covered: North East, North West, Wales



Specialisms

Complex Orthopaedic Trauma

Traumatic Brain Injury (Mild)

Psychological Trauma

Injury Expertise

- Complex Neurological Injuries
- Polytrauma
- Pelvic & Lower Limb Injuries

Clinical Experience

- Alexandra has been a Chartered Physiotherapist since 2016 and has worked across NHS rehabilitation and health assessment services including acute, inpatient, outpatient and community settings.
- She has assessed and rehabilitated people with mild traumatic brain injuries, stroke, polytrauma, musculoskeletal conditions and complex physical and mental health presentations.
- Alexandra has coordinated personalised, goal-based rehabilitation programmes, discharge planning, equipment provision, home visits and onward referrals to support functional recovery and independence.
- Her previous Clinical Standards Lead role included complex functional assessment, clinical audit, quality assurance, safeguarding, risk management, mentoring, training and service improvement.

Rehabilitation Expertise

Rehabilitation Management

- Alexandra applies strong clinical reasoning to assess function, identify barriers and develop evidence-based rehabilitation plans with clear, measurable goals.
- She works collaboratively with clients, families and multidisciplinary professionals, coordinating appropriate clinical, therapy and community input while maintaining clear communication and comprehensive reporting.
- She is experienced in reviewing complex clinical information, evaluating current

function and prognosis, monitoring quality and risk, and supporting safe, proportionate and outcome-focused decision-making.

- Through her clinical and case management work, Alexandra's experience has included working with GPs, multi-disciplinary health teams, social services, employers, Insurers and Solicitors.

Vocational Rehabilitation

- Alexandra has extensive experience of completing work capability and functional assessments for people with complex physical and mental health conditions, including face-to-face, remote and paper-based assessments.
- She considers the interaction between health, function, psychosocial factors and environmental demands to identify practical goals, support independence and inform sustainable rehabilitation and return-to-work planning.

CPD & Training

- Registered Functional Assessor on behalf of the DWP
- Level 4 Apprenticeship – Learning & Skills Mentor
- Pelvic Health Physiotherapy: Lower Bowel Dysfunction – POGP
- Taping & Strapping – Proactive Training
- Introduction to Case Management
- Flags Biopsychosocial Model: Applying to Rehabilitation Management
- Safeguarding Training

Memberships & Qualifications

- BSc (Hons) Physiotherapy – First Class
- Chartered Society of Physiotherapists
- Registered with the HCPC
- 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

