



Amanda Hughes

Senior Rehabilitation Manager

Base: Lincoln

Areas Covered: North East, Midlands

Specialisms

Complex Neurological

Traumatic Brain Injury (Moderate)

Psychological Trauma

Injury Expertise

- Chronic Pain
- Complex Orthopaedic Injury
- Spinal MSK Conditions (not spinal cord)
- Vestibular Presentations

Clinical Experience

- Amanda is a HCPC-registered Physiotherapist and Advanced Pain Practitioner. Since qualifying in 2005, she has gained experience across complex rehabilitation, persistent pain management, occupational health, elite sport and multidisciplinary clinical settings.
- She has managed people with complex orthopaedic, spinal and persistent pain presentations, considering physical, psychological, cognitive, social and occupational factors.
- Amanda has coordinated goal-based rehabilitation pathways, independently managed complex caseloads and worked with medical officers, spinal surgeons, therapy teams and wider care providers to restore function and support a return to activity.
- Her leadership experience includes team management, clinical supervision, mentoring, appraisal, service evaluation, audit, quality improvement, risk identification and escalation.

Rehabilitation Expertise

Rehabilitation Management

- Amanda uses advanced biopsychosocial assessment and clinical reasoning to identify barriers, risks and rehabilitation priorities, developing clear, proportionate plans focused on functional outcomes.
- She coordinates multidisciplinary input, communicates with internal/external stakeholders and provides clear clinical documentation to support safe, timely

decision-making.

- Her experience includes complex case management, rehabilitation planning, patient advocacy, risk management and monitoring progress across physical, psychological and occupational domains.
- Amanda's work has involved collaboration with NHS, military, tertiary care, occupational health and sporting professionals, alongside supporting colleagues through line management and clinical supervision.

Vocational Rehabilitation

- Amanda has extensive experience of planning rehabilitation to support a return to function/activity, employment and, within military settings, operational duties.
- She considers job demands, health presentation, psychosocial barriers, personal values and goals when developing sustainable return-to-work/performance plans.

CPD & Training

- ACT - Occupational Rehabilitation Interventions for Physiotherapists
- TQUK Certificate in Counselling Skills
- Vestibular Rehabilitation, including Cervicogenic Dizziness
- Tendinopathy Rehabilitation & Sports Trauma Management
- Introduction to Case Management
- Flags Biopsychosocial Model: Applying to Rehabilitation Management
- Safeguarding Training

Memberships & Qualifications

- BSc (Hons) Physiotherapy - 2:1, 2005
- Postgraduate Certificate Modules in Rehabilitation Studies, University of Bradford
- Registered with the HCPC
- Member of CMSUK & CSP

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

