

# Hello, welcome

## Kathryn Stephenson



### **Kathryn Stephenson** MSc , BSc. Associate Neurological Physiotherapist

#### **North West Based**

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#### **Professional qualifications**

- \* MSc Advanced Clinical Practice in Neuro Rehabilitation
- \* BSc Physiotherapy

### **Professional Memberships**

- \* Health and Care Professions Council Registration: PH101899
- \* Member of the Chartered Society of Physiotherapists: 093737

Kathryn is a highly experienced Specialist Neurological Physiotherapist with over 12 years of clinical experience within the National Health Service (NHS), including 8 years dedicated to specialist neurological rehabilitation services. She has extensive experience across the full neuro-rehabilitation pathway, from acute hospital settings to community based rehabilitation enabling her to deliver comprehensive, well-coordinated, and client centered interventions.

Currently based at Newcastle-Upon-Tyne Hospitals, Kathryn's current role involves completing detailed specialist neurological assessments, formulating and delivering bespoke rehabilitation programmes, and coordinating complex discharges for individuals with a wide range of neurological conditions. Her clinical caseload includes individuals with acquired brain injury, stroke, spinal cord injury, and other complex neurological presentations. She works closely with multidisciplinary teams, families and external agencies to ensure continuity of care and safe transitions between services.

Kathryn demonstrates advanced clinical reasoning skills and is proficient in a wide range of neurological assessment and treatment approaches, including Bobath and normal movement facilitation techniques. Her practice is underpinned by a strong commitment to evidence based care, goal orientated rehabilitation and individualised treatment planning tailored to each individuals functional needs, personal circumstances and long term outcomes.

She is passionate about ongoing professional development and maintaining high clinical standards. Kathryn has completed the Basic Bobath Course and recently achieved an MSc in Advanced Clinical Practice in Neuro Rehabilitation, further strengthening her expertise in complex clinical decision making and advanced assessment.

Kathryn is registered with the Health and Care Professions Council (HCPC), is a member of the Chartered Society of Physiotherapy (CSP), and is actively involved with ACPIN (Association of Chartered Physiotherapists in Neurology).

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## Clinical expertise and interests

Kathryn is Neurological Physiotherapy Specialist with extensive experience in the assessment, treatment and rehabilitation of individuals with complex neurological conditions. Her clinical practice encompasses acquired brain injuries, stroke rehabilitation and progressive neurological disorders. She has a strong focus on evidence based intervention, functional capacity restoration and maximising long term independence and quality of life.

Kathryn specialises in the delivery of individualised, goal directed rehabilitation programmes addressing motor recovery, cognitive challenges, and functional independence. She has significant experience working with clients with complex needs and collaborating with multidisciplinary teams to support safe sustainable outcomes.

Her clinical approach prioritises measurable functional improvement, return to activities of daily living, community access and where appropriate graded return to work, sport and recreation. Kathryn is committed to providing clear clinical reasoning, detailed documentation and outcome focused rehabilitation.

Outside of work, Kathryn enjoys hiking in the Lake District and is an avid runner. She also likes to travel, explore new places, and spend time with friends and family.

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## Career History

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| <b>Feb 26 - Present</b> | <b>Associate Specialist Neurological Physiotherapist</b><br>North Star Rehab                             |
| <b>Jan 18 - Present</b> | <b>Senior Neurological Physiotherapist</b><br>Newcastle Upon Tyne Hospitals                              |
| <b>Oct 15 - Feb 18</b>  | <b>Senior Physiotherapist in Older Peoples Medicine</b><br>County Durham and Darlington Foundation Trust |
| <b>July 13 - Oct 15</b> | <b>Rotational Physiotherapist</b><br>County Durham and Darlington Foundation Trust                       |