Hello, please meet Isabelle Ireland

North Star Rehab
Specialist neurological therapy

Isabelle Ireland
Associate Rehabilitation Assistant

North East Based
M 07513 230108
E enquiries@northstarrehab.co.uk
W www.northstarrehab.co.uk

Professional qualifications

* Student Physiotherapist
* 3rd Year student at Teeside University studying BSc (Hons) degree in Physiotherapy

Professional Memberships

* Royal College of Physiotherapists No: S068048 (Student)

Skills and Experience

Isabelle is an experienced and compassionate student who is currently in her 3rd year of the BSc Physiotherapy degree at Teeside University. She has worked with individuals with neurological rehabilitation needs across education, community and physical activity settings.

Isabelle has developed strong client centred skills through her placements and work experience, enabling her to build therapeutic rapport and adapt communication to meet diverse client needs. She is confident in clinical reasoning, assessment, and developing evidence based treatment programmes.

Isabelle has experience delivering individualised exercise programmes, leading group exercise and conducting hydrotherapy sessions. Her experience working with multidisciplinary teams has strengthened her ability to collaborate effectively with the whole MDT. She is competent in clinical documentation and her previous experience caring for an individual with Multiple Sclerosis enabled her to provide support with activities of daily living, transfers, and companionship, demonstrating her autonomy, compassion, and practical client care skills.

Interests

Isabelle is passionate about promoting holistic health and rehabilitation through evidence based physiotherapy. She enjoys leading group exercise and hydrotherapy sessions and has a particular interest in developing inclusive programmes that can meet the needs of patients with diverse abilities. Her international elective placement in the Philippines enhanced her cultural competence, adaptability, and ability to work effectively in unfamiliar healthcare environments.

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Safety and Compliance

Enhanced DBS (adults and children) certificate number - 01964117184 (on update service)
Professional insurance Policy – CSP student membership insurance
Clean UK Driving Licence with access to a car for work use.

Mandatory and additional training

Training	Level	Date	Award Body
The Personal Injury Journey		19 March 2026	NSR In-House
Health and Safety		18 May 2026	CSTF – H&S Group
Equality and Diversity		18 May 2026	CSTF – H&S Group
Preventing Radicalisation		18 May 2026	CSTF – H&S Group
Infection Prevention and Control		18 May 2026	CSTF – H&S Group
Information Governance		18 May 2026	CSTF – H&S Group
Fire safety		18 May 2026	CSTF – H&S Group
Moving & Handling		18 May 2026	CSTF – H&S Group
Infection prevention and control		18 May 2026	CSTF – H&S Group
Resuscitation (Adults)		18 May 2026	CSTF – H&S Group
Conflict Resolution		18 May 2026	CSTF – H&S Group
Safeguarding adults		18 May 2026	CSTF – H&S Group
Safeguarding children		18 May 2026	CSTF – H&S Group

Career History

April 26 - Present		**Rehabilitation Assistant** North Star Therapy Services Ltd
Nov 25 - Present		**Independent Physiotherapy Shadowing** NHS, Bishop Auckland General Hospital
Jan 24 - Present		**Physiotherapy Assistant (Bank)** Nuffield Health, Stockton-On-Tees
Sept 23 - Present		**BSc Physiotherapy** Teeside University