Hello, please meet Katie Oates

North Star Rehab
Specialist neurological therapy



Katie Oates BSc. (hons), MCSP
Neurological Physiotherapy Lead

Northeast Based
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Professional qualifications

* BSc (hons) Physiotherapy

Professional Memberships

* Health and Care Professions Council Registration: PH94524
* Member of the Chartered Society of Physiotherapists: 086469
* Member of Association of Chartered Physiotherapists Interest in Neurology.
* Member of European Huntington's Disease Network.

Katie is a highly experienced advanced neurological physiotherapist with over 16 years of clinical experience within the National Health Service (NHS), including 10 years working at a regional rehabilitation units across the Northeast. She has a broad skill set across the entire rehabilitation pathway, from acute hospital care to community-based services, allowing her to provide well integrated, evidence based and client focused care.

In her most recent NHS role, she leads the physiotherapy service within a regional Neuropsychiatry Outpatients service. This is focused on individuals with Huntington's Disease. Alongside this she also provides specialist physiotherapy assessments for those attending a Neuropsychiatric assessment and treatment inpatient unit, working with highly complex cases alongside a highly specialised MDT.

She leads on the provision of outpatient and community based neurological physiotherapy and physical rehabilitation for people with complex Neuropsychiatric needs, ensuring assessment and interventions are tailored to the individual's needs. This is alongside a highly specialist MDT providing regional and national care, with a focus on the complex management of Huntington's Disease.

Katie has advanced clinical reasoning skills and extensive experience in neurological physiotherapy assessment modalities and treatment techniques. Her approach is grounded in evidence-based practice, pushing the boundaries of treatment, but with a clear focus on goal setting, functional outcomes, and personalised rehabilitation strategies that reflect each person's needs and circumstances.

Katie is registered with the Health and Care Professions Council (HCPC) and is a member of the Chartered Society of Physiotherapy (CSP). She is also actively involved in ACPIN, providing a talk for them in Nov 2026 about Physiotherapy and Huntington's Disease.

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Clinical expertise and interests

Katie has extensive experience in assessing, treating, and rehabilitating clients with complex neurological and neuropsychiatric conditions. Her clinical work includes ABI, TBI, stroke recovery, and progressive neurological disorders. Katie has also worked as an Advanced Physiotherapist in a regional Major Trauma Rehabilitation service and can apply knowledge and skills learned to enhance the rehabilitation of the people she works with.

Katie also has advanced training in supporting people with behaviours that challenge, which may be of concern and behavioural management techniques. Katie has a keen focus on how these link with physiotherapy practice.

She is dedicated to continuous professional development and upholding high standards of clinical practice. Katie has developed advanced skills in vestibular rehabilitation and holds a strong interest in post-concussion management. Katie also has experience in management of Tempo-mandibular Joint Disorders (TMD), migraines and headache management with a focus on those with neurological injury or major trauma facial injuries. Katie is also proficient in Aquatic Therapy following completion of the Accredited Foundation course with ATACP.

Katie also has advanced management of falls prevention and management, positive risk-taking strategies in practice and prevention of restrictive practices.

Outside of her role she enjoys exercising, baking and true crime documentaries.

Career History

October 26 - Present	**Neurological Physiotherapist Clinical Lead** North Star Rehab
Feb 2022 - Present	**Advanced Physiotherapist (Band 7)** Neuropsychiatry Outpatients Dept, Walkergate Park Hospital. Centre for Neurological and Neuropsychiatric Rehabilitation.
Jan 2020 – Feb 2022	**Advanced Physiotherapist (Band 7)** Major Trauma Rehabilitation Service Royal Victoria Infirmary. - Newcastle
Nov 2015 – Jan 2020	**Specialist Physiotherapist (Band 6)** Neuro rehabilitation – rotational post, Walkergate Park Hospital.
Jan 2015 – Nov 2025	**Specialist Physiotherapist (Band 6)** Older peoples service Freeman Hospital – Newcastle
Nov 2010 – Jan 2015	**Rotational Junior Physiotherapist (Band 5)** Wansbeck General Hospital – Ashington.