



CAREER STORIES

LAUREN TOMLINSON

PHYSIOTHERAPIST

What is your role?

As a physiotherapist my role is to facilitate recovery through rehabilitation to maximise movement and function post operatively. Our aim is to promote patient health, well-being, and independence. I work on the inpatient therapy team at Wrightington Hospital where we assess and treat patients after trauma or elective surgery. We use a variety of treatment methods such as: exercise, education and advice, and orthotics. We use a holistic approach to patient care and set realistic goals for recovery. We have a large role in discharge planning and work closely with the multi-disciplinary team.

What is your career journey so far?

I started my career as a band 5 physiotherapist in June 2020. I had the opportunity to work within a variety of clinical areas on a rotational scheme. I have worked in musculoskeletal outpatients, orthopaedic inpatients, ICU and surgery and acute stroke rehabilitation. Additionally, I was redeployed during the COVID-19 pandemic to support nursing staff. Working in a wide variety of clinical settings has allowed me to develop a range of transferable skills. I realised I had a passion for orthopaedics and in October this year, I started my static band 6 physiotherapy role in elective orthopaedics at Wrightington hospital where I specialise currently.

Why WWL?

I have had excellent learning opportunities and have been supported throughout my career. There are many opportunities to develop professionally within the trust. I was attracted to the trust due to the breadth of the rotations and I had positive experiences on clinical placements as a student.