



# CAREER STORIES

## SIMON ATHERTON

### TEAM LEAD MSK OUTPATIENTS

#### What is your role?

I am a Lower Limb Specialist Physiotherapist and Team Lead in MSK Outpatients. My leadership role includes managing department operations within MSK Outpatients ensuring procedures are in keeping with trust/CQC standards. My clinical responsibilities involved assessing and rehabilitating patients with complex chronic conditions and individuals who may have undergone surgeries such as knee ligament reconstructions or repair of hip soft tissues. I also work in an Extended Scope Practitioner role within the Sports Knee & Young Adult Hip clinics respectively. This involves collaborating and supporting our Consultants within the Orthopaedic department by assessing and managing patient conditions.

#### What is your career journey so far?

After obtaining a degree from Edge Hill University in Sports & Exercises Psychology I studied Physiotherapy at the University of Central Lancashire. Following this I worked as a band 5 rotational Physiotherapist at Lancashire Teaching Hospitals (LTH) where I completed my core rotations spending time in medical, surgical, respiratory, and musculoskeletal (MSK) areas. I then enjoyed working as a senior MSK physiotherapist at LTH before taking the opportunity of a secondment as a Clinical Lead MSK Physiotherapist at Royal Preston Hospital for 1 year. This experience gave me the knowledge, skills, and confidence to successfully apply to my current post at Wrightington Hospital. Supplementing my work in the NHS I have also worked in the private sector in 1:1 clinics as well as lead Physiotherapist for a Professional Rugby League club.

#### Why WWL?

At Wrightington I am lucky to have the opportunity to work with well renowned Orthopaedic Consultants along with expert Physiotherapists. Our department has specialised equipment such as a hydrotherapy pool, anti-gravity treadmill, and isokinetic dynamometer which are really useful in optimising and recording patients' recovery.