

Anita Sinclair

Chartered Physiotherapist BSc (Hons)

Anita Sinclair has over 30 years' experience as a Registered Physiotherapist. She qualified in 1994 and obtained a Bachelors of Physiotherapy at the University of Wolverhampton and has a Diploma in Advance Practise from the University of West England Bristol in 2019. Anita has a broad range of experience working in various healthcare settings and facilitating rehabilitation for adults and children with neurological, respiratory and Orthopaedic conditions.

Anita current caseload includes clients with Acquired Brain Injuries, Cerebral Palsy, Spinal injuries and complex orthopaedic injuries in both adults and children.

Part of Anita's role involves liaising with the multidisciplinary teams including the treating healthcare professionals, Community OT's, Social Workers, District Nurses and Education Authorities to ensure that the client's needs are fully met and to the best possible standard. Anita has experience in setting up domiciliary care packages and managing the client care assessment process. She is also involved in negotiating with statutory services including local CCGs & Social Services to secure funding for her clients and Local Education Authorities.

Anita's current role as a Rehabilitation Case Manager involves providing case management services for adults and children throughout the UK. Through this role Anita has gained experience of working within the personal injury field, both on joint or single instruction and liaising with instructing parties effectively. Anita has a wide range of clinical and managerial experience and is registered with the HCPC, she is a full member of Chartered society of Physiotherapy (CSP) and a corporate member of the CMSUK.

Anita will cover most of the UK.

Employment History

Anita currently works as a Rehabilitation Case Manager for Complete Care Plus Services Ltd. Her role involves carrying out Immediate Needs Assessments and providing ongoing rehabilitation case management for adults and children with spinal injury, brain injury, complex orthopaedic injuries, amputees and cerebral palsy. Anita is also involved in setting up and case managing long term care packages through agencies or by assisting clients to recruit and manage their care staff directly. She is involved in organising and sourcing NHS continuing health funding for clients through liaising with the local ICBs, Education, and Social Services to ensure that the client's needs are met appropriately. Anita has experience in evaluating, planning and delivering care plans for clients with complex needs. She has experience from working in various clinical settings e.g. Complex neurological rehab and case management in the community, Acute Neurosurgical, ICU, Acute orthopaedic care and Palliative care for neurological.

Between 2010-2025, Anita worked as a senior Neurological Clinical lead in both Gloucestershire and Wiltshire community NHS services, working closely with the designated commissioning bodies to set up services for highly complex neurological patients in the community including neuro degenerative conditions, spinal cord, cerebral palsy and head injuries. In both settings as Clinical service lead, her responsibilities were to supervise and liaise with various multidisciplinary health and social teams in the acute and community sector, chair regular case management meetings, upskilling both clinical and non-clinical staff, coordinate services and hospital discharges for patients and their families, run joint clinics with the consultant Neurologists, arrange and monitor complex care packages in collaboration with CHC, and an advisor for the CHC and safeguarding board for complex neurological patients.

This allowed patients with complex neurological, and ventilation needs to be cared in the community, reducing length of stay in Hospital, delayed discharges and further potential admission. Overall becoming a highly cost effective and beneficial outcome for both the NHS and patients' quality of life.

Anita has also had the opportunity of working abroad, a clinical exchange placement in the community services in Edmonton Canada, worked in an acute hospital in Indiana, USA and a student clinical placement in a rehab centre for children in Tanzania East Africa giving her the experience in working in diverse settings and navigating various medical care models and systems.

Anita has experience in managing and supervising clinicians and has presented in various workshops and Neurology conferences particular on Neuro degenerative conditions and respiratory care. She has a diploma in Advanced Practise and is a non-medical prescriber which has allowed patients to get highly skilled assessments, timely medication and monitoring in the community.

She has experience in leading Quality improvement projects both in Wiltshire and in the borough of Swindon evaluating care & services for patients with Motor Neurone disease.

Expertise

- Effective case management & rehabilitation of clients with various injuries.
- Proactive approach to case management and ability to coordinate clients care and rehabilitation
- Clinical skills which enable her to train and supervise nursing and care staff
- Experience managing complex care packages and training skills
- Good relationship building with clients.
- Experience in staff training & risk assessments
- Dealing with Care Agencies.
- Accessing funding through statutory and private routes.
- Ensuring that instructing parties are kept updated with regards client's progress and recommendations made.
- Successfully supporting clients to return to and maintain employment in the open labour market after long-term absence.
- Knowledge of benefits and statutory services funding application process

Professional Bodies

Member of the Chartered Society of Physiotherapy

Member of the Association of Physiotherapists in Neurology

HCPC Registered

Corporate Membership of CMSUK