

Carl Smith

Mobile +44 (0)7930 904627
E-mail mail@carlsmith.co.uk
www.carlsmith.co.uk
www.physioshare.com

Date of Birth 23/11/1970

Key Skills

Clinical / Communication / Organisation / Development / Management
Computer (Excel, Word & Powerpoint, Web).

Key Attributes

Pro-active / Patient Focused / Results orientated / Self-motivated / Diplomatic /
Analytical / Reliable

Education

The East London University (Sept. 1998 – July 2001)

BSc (HONS) Physiotherapy (Grade 1st)

Nottingham Trent University (Oct. 1990 - Jul. 1993)

BSc (HONS) Sport

(Administration & Science) (Grade 2.1)

East Yorkshire College of F.E. (Sept. 1988 - Jul. 1990)

B.T.E.C. National Diploma in

Computer studies

Bridlington Upper School (Sept. 1983 - Jul. 1988)

One A level, Two AO levels, Seven O levels

Professional Registration / Other Relevant Qualifications

State Registration (HPC) No PH.61161

MCSP No 65692

AACP No 4082

ACPOHE No 1066

Work Experience

Royal Sussex County Hospital,
Eastern Road
Brighton
BN2 5BE

Occupational Health Physiotherapist May 2008 – Present

Working within the trusts occupational health department as a member of a multi-disciplinary team. Providing an assessment and treatment service for staff working within the hospital. Also provide work place assessments including display screen equipment.

Milligan & Hill
16 St Helens Place, London, EC3A 6DF

Freelance Ergonomic Services December 2007 – Present

Providing work station and access to work assessments as required.

Performance Physiotherapy
4 Mandeville Place
London W1U 2BG

Senior Physiotherapist – Self Employed March 2004 – May 2008

Clinic based sports physiotherapy. Also work within Occupational Health for Unilever UK and for performance musicians at the Trinity School of Music. Experienced in treating upper limb disorders affecting neck, shoulder and arm function, acute sports injuries and general musculoskeletal dysfunction of the upper and lower limbs, low back pain treatment and management. MDT working environment.

Other Training

Introduction to Applied Ergonomics – ACPOHE approved

Acupuncture for sport

Osteopathic Techniques for physiotherapists – Part 1, Part 2

Mulligan Concept Nags, Snags, MWM's

Specific Soft Tissue Mobilisation

AACP Approved Acupuncture

Modified Pilates for Physiotherapists Matwork Level 1

Soft Tissue Manipulation Workshop (Leon Chaitow)

The London College of Massage - Practitioner

Research

Nuffield Foundation research bursary obtained to study the contractile characteristics of the quadriceps femoris muscle - Summer 2000

Other Previous Relevant Posts

Sports and Conditioning trainer
Chris Lane, tennis and health club

Health and Fitness Manager
Withdean Sports Complex, Brighton

Referees

[As Requested.](#)

Additional Information

My personal interests include travel and sports. I enjoy and participate regularly in triathlons. I hope to eventually complete a full Ironman. I maintain my fitness throughout the year with a variety of training strategies including Yoga and Pilates and maintain a strong commitment in aiding athletes, sports enthusiasts and those interested in health and fitness to maximise their performance potential.