

Sian Midwinter MSc MCSP



CHARTERED PHYSIOTHERAPIST

HIGHLIGHTS

Chartered & passionate advanced physiotherapist with over 14 years of experience, HCPC registered and CSP member. Providing excellent rehabilitation for cardiovascular and respiratory clients. Passionate about improving care, preventing illness, and empowering others.

CORE STRENGTHS & VALUES

Cardio-respiratory care
Learning disabilities
Older adults
Patient centred care
Holistic approach
Complex assessments
Clinical decision making
Health promotion
Communication skills
Leadership

CONTACT DETAILS

midwinterphysiotherapy.co.uk
sian@midwinterphysiotherapy.co.uk
25 Jupiter Road, Evesham, WR11 3FJ
@midwinterphysio
@lungphysio_uk
07723 541664



Midwinter Physiotherapy

OVERVIEW

Midwinter Physiotherapy - Founder

2014 - present

Sian specialises in respiratory and cardiovascular physiotherapy but has diverse skills that allows her to assess and treat most conditions.

- Experienced in leading and developing Pulmonary & Cardiac Rehabilitation
- Assessing and treating routine & complex cardio-respiratory patients
- Working closely with the MDT to ensure integrated, seamless care
- Promoting self management and ensuring safe, effective healthcare
- Has developed the business to have 2 physiotherapists and a physiotherapy assistant to support local and national clients running clinics, virtual consultations & home visits
- Receives referrals nationally from cardiac consultants for breathing pattern disorders and other complex conditions
- Aiming to meet the needs of people with respiratory and cardiovascular problems that struggle to receive treatment in mainstream healthcare.

CCG contract

Nov 2020-present

Commissioned to see PMLD client with respiratory problems 3 x week

Spectrum Days- Droitwich - contract

Dec 2021 - present

Assessing and treating adults with PMLD

The Myriad Centre - Worcester - contract

July-Dec 2021

Assessing and treating adults with PMLD

Home Farm Trust, Evesham - Specialist Physiotherapist - contractor

2014 - present

Supporting residents with Profound and Multiple Learning Disabilities by developing treatment plans and staff guidelines to prevent premature mortality and promote quality of life.

Worcestershire Health & Care Trust - Community Physiotherapist - Locum

July 2020-Feb 2021

Working with EBBI Neighbourhood Team providing physiotherapy care in the community for housebound patients, providing a variety of complex assessments and treatment plans.

Fernhill House Care Home - Chartered Physiotherapist in Elderly Care - contractor

2018 - 2020

Worcestershire Acute Hospitals NHS Trust - Specialist Respiratory Physiotherapist

2013-2019

Complex assessment and treatment of community respiratory patients, mostly with COPD, and developing detailed individualised treatment plans. Leading and auditing Pulmonary Rehabilitation and pursuing accreditation. Team lead with managerial responsibilities, service development, education, recruitment and mentoring. Working closely with consultants, GP's, pharmaceuticals and CCGs to improve integrated care.

South Warwickshire NHS Foundation Trust - Senior Rotational Physiotherapist

2010-2013

Aneurin Bevan Health Board - Junior Rotational Physiotherapist

2008-2010

EDUCATION

Coventry University

Non Medical Prescribing MSc module Sept 2015-May 2016

Leeds Metropolitan University

MSc Physiotherapy (Pre-registration) - Merit 2006-2008

The University of Exeter

BSc (Hons) Exercise and Sports Sciences 2000-2003 2:1

INTEREST GROUPS

Chartered Physiotherapists working with Older People (AGILE)
Association of Chartered Physiotherapists in Respiratory Care (ACPRC)
Association of Chartered Physiotherapists for People with Learning Disabilities