

Hannah Cresswell

Physiotherapist

March 23, 2026

Gareth Rhys-Morgan

Nuffield Health

Dear Gareth,

I'm applying for the MSK Physiotherapist role at Nuffield Health Cardiff. I've been a Band 6 MSK physio at University Hospital of Wales for the last two and a half years, managing 18-22 patients a day with a focus on sports injuries and post-surgical rehabilitation, and I'm looking to move into a role where I can combine NHS-level clinical rigour with the pace and patient engagement of private practice.

At UHW, I developed the ACL rehabilitation pathway that now manages 35 post-operative patients, with 89% meeting return-to-sport benchmarks at 9 months. I presented this at the CSP Welsh Regional Conference in 2024. I'm also a qualified injection therapist, having delivered 120+ corticosteroid and hyaluronic acid injections in the past year. My MSc in Sports Rehabilitation from Cardiff University, completed alongside full-time clinical work, keeps me current on evidence-based approaches. On top of the NHS role, I provide pitch-side physio for the Cardiff Blues academy, covering training and match days during the season.

I actually started my career at Nuffield Health Cardiff as a physio assistant, so I know the facility, the team culture, and the patient population. Coming back as a qualified Band 6 with surgical, sports, and injection therapy skills feels like the right fit. I'd love to discuss the role in more detail.

Best regards,

Hannah Cresswell