

Hannah Cresswell

Physiotherapist

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HCPC-registered physiotherapist with five years of experience in musculoskeletal and sports physiotherapy. Currently a Band 6 MSK physio at a busy NHS outpatient clinic seeing 18-22 patients a day. I also run an evening private clinic two days a week working with local rugby and athletics clubs. Completed my MSc in Sports Rehabilitation in 2024 and qualified as an injection therapist for corticosteroid and hyaluronic acid injections.

EXPERIENCE

Band 6 MSK Physiotherapist, Cardiff and Vale University Health Board – University Hospital of Wales, Cardiff *Jan 2023 – Present*

Outpatient MSK physiotherapy clinic at University Hospital of Wales, one of the largest in South Wales.

- Manage a caseload of **18-22 patients per day** with conditions including back pain, shoulder impingement, post-surgical rehab, and sports injuries
- Run the **ACL rehabilitation pathway** — managing 35 post-operative patients through 9-12 month rehab programmes
- Qualified injection therapist — deliver **corticosteroid and hyaluronic acid injections** for shoulder, knee, and hip conditions (120+ in the past year)
- Supervise **2 Band 5 rotational physiotherapists** and 4 final-year BSc placement students per year

Band 5 Rotational Physiotherapist, Aneurin Bevan University Health Board – Royal Gwent Hospital, Newport *Jan 2021 – Dec 2022*

Two-year rotational programme across MSK outpatients, respiratory, orthopaedic inpatients, and community rehabilitation.

- Completed **4 rotations** (6 months each) gaining broad clinical experience across acute and community settings
- Managed post-operative hip and knee replacement patients — average length of stay reduced from **4.2 to 3.1 days** during my orthopaedic rotation
- Delivered **respiratory physiotherapy** on ICU and acute wards during winter pressures, managing 12-15 patients daily

Physiotherapy Assistant, Nuffield Health – Cardiff, Cardiff *Sep 2019 – Dec 2020*

Worked as a physio assistant in the gym rehabilitation and hydrotherapy facility.

- Supervised exercise programmes for **15-20 patients daily** covering post-surgical rehab, chronic pain, and falls prevention
- Ran the **hydrotherapy pool sessions** — 6 group classes per week for arthritis and fibromyalgia patients

EDUCATION

MSc in Sports Rehabilitation, Cardiff University, Cardiff *Sep 2022 – Jun 2024*

Part-time alongside clinical work. Dissertation on *return-to-sport decision-making after ACL reconstruction in amateur athletes*. Graduated with Merit.

BSc (Hons) in Physiotherapy, Cardiff University, Cardiff *Sep 2016 – Jun 2019*

First Class Honours. 1,000+ hours of clinical placement across NHS and private settings. Won the Welsh Institute of Sport prize for best performance in the sports medicine module.

SKILLS

Musculoskeletal assessment & treatment, Sports injury rehabilitation, ACL / post-surgical rehabilitation, Corticosteroid & hyaluronic acid injection therapy, Manual therapy & joint mobilisation, Exercise prescription & programming, Respiratory physiotherapy (ICU & acute), Ultrasound & electrotherapy modalities, Clinical supervision & student mentoring, Outcome measures (DASH, ODI, KOOS)

CERTIFICATIONS

HCPC Registration – Physiotherapist, Health and Care Professions Council *Sep 2019*

Injection Therapy Qualification, Cardiff University / CSP *Mar 2024*

CSP Membership, Chartered Society of Physiotherapy *Sep 2019*

LANGUAGES

English (native), Welsh (conversational)

PROJECTS

ACL Rehabilitation Pathway – University Hospital of Wales

Jun 2023 – Mar 2024

Developed a standardised 9-12 month ACL rehabilitation pathway for the MSK outpatient department.

- Created a **phase-based protocol** with objective return-to-sport criteria at each stage
- Currently managing **35 patients** through the pathway — 89% meeting return-to-sport benchmarks at 9 months
- Presented at the **CSP Welsh Regional Conference 2024**

Post-Op Length of Stay Reduction – Royal Gwent Hospital

Jan 2022 – Jun 2022

Quality improvement project to reduce length of stay for elective hip and knee replacement patients.

- Introduced a **day-zero mobilisation protocol** — patients seen by physio within 4 hours of surgery
- Average length of stay reduced from **4.2 to 3.1 days** over 6 months

REFERENCES

Dr Rhian Edwards, MSK Physiotherapy Lead, Cardiff and Vale University Health Board, rhian.edwards2@wales.nhs.uk, +44 7700 900 143

Mark Williams, Band 7 Senior Physiotherapist, Aneurin Bevan University Health Board, mark.williams18@wales.nhs.uk, +44 7700 900 672

EXTRA CURRICULAR ACTIVITY

Physiotherapist – Cardiff Blues Academy Rugby

Sep 2023

Provide pitch-side and clinic-based physiotherapy for the Cardiff Blues academy squad (U18 and U20). Cover 2 training sessions and match days weekly during the season.

Volunteer – Parkrun Cardiff

Jan 2021

Regular pacer and occasional first aider at Bute Park Parkrun. Completed 140+ parkruns and paced the 25-minute group for 2 years.