

Mrs Ruth Poppleton CV

PRINCIPAL PROFESSIONAL SPECIALISMS

SPECIALIST PAEDIATRIC PHYSIOTHERAPIST
BSC (HONS) MSC

QUALIFICATIONS & ACCREDITATIONS

- BSc (Hons) Sports, Health and Exercise Sciences, University of Wales, 2011
- MSc (pre-reg) Physiotherapy, University of Birmingham, 2013

SPECIAL INTERESTS

- Specialised assessments with patients aged 0-18 years
- Complex Neurological Disability
- Cerebral Palsy
- Multi-injury trauma
- Musculoskeletal Injury
- Neurorehabilitation
- Therapeutic Rehabilitation
- Intellectual Disability

PAST & PRESENT POSITIONS

- **Clinical Lead Physiotherapist**, Lancashire and South Cumbria NHS Foundation Trust, 2024 - Present
- **Specialist Paediatric Physiotherapist**, Lancashire and South Cumbrian NHS Foundation Trust, 2023 -2024
- **Specialist Paediatric Physiotherapist**, Hereford and Worcestershire Health and Care Trust, 2021-2023
- **Senior Paediatric Physiotherapist**, Birmingham Women's and Children's NHS Foundation Trust, 2016-2020
- **Paediatric Physiotherapist**, Royal Wolverhampton NHS Trust, 2015-2016
- **Rotational Physiotherapist**, Royal Wolverhampton NHS Trust, 2013-2015

ADDITIONAL TRAINING

- Evidence-based treatment of Children with Cerebral Palsy
- Hydrotherapy and Pool evacuation
- Acupuncture Foundation Course
- Serial casting
- CP integrated pathway Scotland (CPIPs) assessment
- Sports and Therapeutic Taping
- Osteopathic Techniques and Spinal Manipulation
- Deep tissue and Stretching techniques
- Sports and Therapeutic Massage

MEMBERSHIPS OF PROFESSIONAL ORGANISATIONS

- Registered member of the Health and Care Professionals Council (PH103287)
- Member of Chartered Society of Physiotherapy
- Member of Association of Paediatric Chartered Physiotherapist