

## Natalie Miller

Neurological Physiotherapist

Based in: West Lancashire

### Areas of expertise

Adult neurophysiotherapy  
Elderly rehabilitation  
Stroke  
Multiple sclerosis  
Parkinson's disease  
Guillain-Barré syndrome  
Transverse myelitis  
Muscular dystrophy  
Foot drop  
Ataxia  
Diabetic neuropathy  
Postural management  
Gait training  
Hydrotherapy  
Upper limb rehabilitation  
Bespoke exercise and training programmes  
Advice on aids and adaptations  
Education and training  
Yoga and mat pilates

### Qualifications

BSC Physiotherapy London Southbank University, 2022  
Level 3 Mat Pilates, Active IQ, 2016  
Level 3 Personal training, Active IQ, 2016  
Level 3 Yoga, YMCA, 2014  
BA Hons Dance, 2013

### Memberships & registrations

Health Professions Council (HCPC)  
Chartered Society of Physiotherapy (CSP)



### Profile

Natalie Qualified as a Physiotherapist in July 2022 with a history of working across all three core areas in the hospital & health care industry.

She has a background in neurology, medical and elderly care, working with people in both acute and rehabilitation settings.

Natalie enjoys working with clients to improve their quality of life and help them to attain their personal goals. As an experienced exercise professional, she has practised as a Personal trainer, Yoga and Pilates teacher within Health clubs since completing her diploma in 2013. This experience helps to inform her physiotherapy practice.

Natalie is skilled in exercise prescription, goal setting, person-centred planning, and coaching, taking the time to understand the needs and priorities of each individual client, motivating, supporting and empowering them to achieve their rehabilitation potential.

# Professional Pathway

## Current role

Natalie joined Neurocare Physiotherapy in April 2024, bringing her wide-ranging experience and her physiotherapy skills to her role, working with clients across Lancashire, in clinics, in the community and in their own homes, providing treatment tailored to each client's individual needs and rehabilitation goals.

Natalie offers assessment, treatment and management advice for clients with a wide range of neurological injuries and conditions.

## Career history

### July 2022 - April 2024

#### Rotational Physiotherapist, West Cumberland Hospital

Completing 4-month rotations in a hospital setting, Natalie worked in musculoskeletal, stroke rehabilitation and acute medical wards. She was also on call for respiratory patients. During this time, she worked with various neurological conditions and established an interest in developing her specialism within Neuro Physiotherapy.

### 2016 - 2022

#### Rehabilitation Support Worker, Whipps Cross Hospital and West Herts Hospital

In this role, Natalie supported physiotherapists and occupational therapists in a varied acute hospital setting to deliver exercises to patients. She worked with patients with a variety of neurological conditions including stroke, Parkinson's disease, and multiple sclerosis.

### 2013 - 2016

#### Freelance Exercise professional

Natalie delivered personal training sessions to clients in a holistic style to help individuals to achieve their health and well-being goals.

Alongside personal training, Natalie delivered yoga and Pilates classes for groups of up to 30 people with a wide range of abilities, including clients with neurological conditions such as Parkinson's disease and multiple sclerosis, to help individuals live an independent life.

As a personal trainer, Natalie developed extensive skills in exercise prescription and goal setting and became adept at supporting clients to maintain independence and improve daily function.

**Natalie's recent training record is available on request.**