

Emma Bumpstead

BSc (Hons) Physiotherapy

e-mail: eb@benholden.net



Position – Case Manager

Based near Colchester, Essex

Professional Registration & Memberships

- Case Management Society UK (CMSUK) –
Membership No. 25-11144-P
- Health and Care Professionals Council (HCPC) –
Registration No. PH105592
- Chartered Society of Physiotherapy (CSP) –
Membership No. 096095



[Click here](#) to watch a short video about me.

Skills & Experience Summary

Emma is a physiotherapist and case manager with experience supporting individuals with complex injuries, including polytrauma and brain injury. She has worked across a range of settings including acute hospital, community, and case management environments, often supporting clients from the early stages of rehabilitation through to longer-term recovery in the community.

Emma has extensive experience working within multidisciplinary teams, coordinating and delivering rehabilitation programmes tailored to individual needs. She regularly liaises with a range of professionals including therapists, support providers, insurers, and solicitors, ensuring a cohesive and goal-focused approach to rehabilitation.

Emma has experience completing comprehensive assessments, developing and implementing rehabilitation plans, and monitoring progress to achieve optimal outcomes. She is skilled in sourcing and coordinating appropriate services, as well as managing rehabilitation budgets in a proportionate and cost-effective manner.

Emma has produced detailed and professional reports within both clinical and medico-legal settings, demonstrating a clear understanding of the litigation process and the importance of accurate, evidence-based recommendations.

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Emma has also worked in case management roles supporting individuals with a wide range of conditions, advocating for client needs and ensuring that care and rehabilitation are delivered to a high standard.

Continuous Professional Development (CPD)

To maintain high standards of service by our team members, Ben Holden Ltd provides regular in-house training and attendance of annual statutory and mandatory refreshers. As part of CPD, members regularly attend external events/courses and maintain a personal CPD Folder. All staff are subject to regular supervision and mentoring sessions.

Employment History

May 2026 – Present

Ben Holden Ltd

Case Manager

May 2025 – Present

Breakthrough Case Management

Associate Case Manager

2023 – February 2025

IPRS Health

Clinical Case Manager

2021 – 2023

Career break to support family

2020 – 2021

Maximus

Registered Healthcare Professional

2019 – 2019

National Guardian Office (CQC)

Regional Liaison Lead (East of England) – 6-month contract

2018 – 2019

Ipswich Hospital and Anglian Community Enterprise MSK

Senior Physiotherapist Locum

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2017 – 2018

Essex Cares Ltd

Regional Lead Physiotherapist

2016 – 2017

Benfleet Private Clinic

Physiotherapist

2014 – 2017

Southend University Hospital

Physiotherapist

Personal Summary

Emma enjoys spending her free time outdoors, where she is often found gardening or practising recurve archery. Her very handsome Bernese Mountain Dog, Bernie, keeps her busy! Emma greatly values time spent with her husband, friends and family.

[CLICK HERE: to Submit an Enquiry or Instruction](#)