

Kat Smith

MCSP & BSc (Hons) Physiotherapy

e-mail: ks@benholden.net



Position - Case Manager and Physiotherapist

Based near Colchester, Essex

Professional Registration & Memberships

- British Association of Brain Injury Case Managers (BABICM) – **Membership No.7661**
- Chartered Society of Physiotherapy – **Membership No. 071371**
- Health and Care Professions Council (HCPC) – **Registration No. PH68392**
- ACPIN (Association of Chartered Physiotherapists interested in Neurology)



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

Skills & Experience Summary

Kat qualified with a BSc (Hons) in Physiotherapy in 2004 from the Manchester School of Physiotherapy. Kat has gained experience in all areas of acute and community physiotherapy over the past 18 years. She developed her interest in neurological rehabilitation whilst working at several London teaching hospitals providing neuro rehab within critical care, inpatient neurology and outpatient neurology. During her time within the NHS Kat was appointed as Team Lead for Medicine and Oncology services, which involved supervising a large team of physiotherapists and therapy assistants, alongside close working with service leads, bed management and discharge services.

Further pursuing her interest in neurorehabilitation, Kat moved into the independent sector in 2013, providing community neurorehabilitation to adults, predominantly following TBI/ABI, cerebral palsy, spinal cord injury and stroke. During this time, she was frequently appointed by Case Managers to provide rehabilitation services for their clients, gaining experience within this sector and working closely with case managers and other professionals to optimise clients' potential.

Whilst working within the independent sector Kat also became highly experienced in the provision of adjuncts within neurological rehabilitation, such as Saebo orthoses and Functional Electrical Stimulation, and has a good market knowledge of current products beneficial within physical neurorehabilitation.

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Kat joined Ben Holden Ltd as an associate case manager in 2022 to continue working to support adults following catastrophic injury.

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.

Disclosure & Barring Service (DBS) – Enhanced Certificate

To remain up to date and enable regular annual rechecks our team members are all registered with the online Update Service

Employment History

April 2022 – Current

Ben Holden Ltd

Case Manager/Physiotherapist

March 2015 – November 2022

Kids Therapy Works

Director

February 2013 – March 2022

Physio@Home Ltd

Director & Lead Physiotherapist

2010 – 2013

Colchester Hospital University NHS Foundation Trust

Team Lead & Highly Specialist Physiotherapist (Band 7)

2009 – 2010

Colchester Hospital University NHS Foundation Trust

Specialist Physiotherapist (Band 6)

2008 – 2009

Guy's and St Thomas' Hospital NHS Foundation Trust

Specialist Physiotherapist (Band 6)

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2006 – 2008

St Mary's Hospital, Imperial College Healthcare Trust

Specialist physiotherapist (Band 6) & rotational physiotherapist (Band 5)

2004 – 2005

Rotational physiotherapist (Band 5)

Ipswich Hospital NHS Trust

Personal Summary

Kat enjoys spending time with her husband, two young children and friends and family. She finds great benefit and enjoyment in meditation and vinyasa yoga. In her spare time she enjoys spending time outdoors walking the dog (particularly in the Yorkshire Dales and Lake District!), growing vegetables in the garden, cooking and listening to live music.

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