

# Lucy Stephens

BSc Hons Physiotherapy, PG Dip Advancing Professional Practice, MSCP,  
PG Cert Teaching in Higher Education

I qualified as a Chartered Physiotherapist in 2009 and began my career at Sheffield Teaching Hospitals. Here I gained a range of rotational experience before specialising in acute and chronic cardiovascular respiratory conditions and worked as a Clinical Specialist in the Critical Care department.

During this time I gained extensive experience in treating a range of patients in inpatient settings helping to rehabilitate from critical illness, head injury, and general surgery. I have also managed a number of patients in outpatient settings with chronic respiratory conditions and more recently following the effects of COVID.

## I HAVE SPECIALIST AND EXTENSIVE EXPERIENCE IN

- Complex respiratory management
- Critical Illness recovery
- COPD
- Bronchiectasis
- Pulmonary fibrosis
- Cystic fibrosis

- Long COVID
- Spinal Injuries
- Head injury
- Intensive Care Acquired Weakness
- Recovery from Acute lung injury and ARDS

My interest is in assessing and adapting a patient's breathing and improving airway clearance where needed. I enjoy helping patients to understand their condition better to enable them to manage it, whether this is an acute episode or longer term condition. I use a variety of evidence based techniques, equipment and rehabilitation to achieve results and reach individualised goals. I am also passionate about ensuring movement and activity are central to a patient's rehabilitation and recovery.

I work as a Senior Lecturer and BSc Physiotherapy Course Leader at Sheffield Hallam University. Continuing my professional development is integral to my professional values and I regularly attend specialist respiratory and rehabilitation courses to keep up to date. I am in the process of finishing my Masters degree.

I am a member of:

