

Rachel Young

BSc Hons MCSP

I qualified as a Chartered Physiotherapist in 1995 and specialised in neurology through a rotational post at the Royal Hallamshire Hospital in Sheffield. This involved both hospital and community settings.

I HAVE SPECIALIST AND EXTENSIVE EXPERIENCE IN

- Traumatic acquired brain injury
- Stroke
- Progressive neurological conditions

- Complex disability
- Complex respiratory management

I combine therapeutic movement facilitation with individualised exercise programmes to optimise physical performance for people with complex neurological changes. As a member of the Register of Exercise Professionals, I enjoy supporting people in exploring activity options that suit their individual goals and preferences.

I am an associate lecturer on the physiotherapy and sport science programmes at Sheffield Hallam University.

I have completed BBTa Bobath training and level 3 exercise prescription for complex conditions. I also completed an MSc in Neurological Physiotherapy in 2003 and I am currently studying towards a doctorate focussed on accessible exercise following stroke.

I am a member of:

