

Wheel of Health Clinical Profile

Lizzy McWilliams

Senior Clinical Associate | Physiotherapist

Role	Senior Clinical Associate
Profession	Physiotherapist
Professional registration	HCPC registered Physiotherapist
Region	Sussex
Specialist focus	Complex physical disability, neurological rehabilitation and 24-hour postural management

Professional profile

Lizzy McWilliams is a Physiotherapist with over 10 years' experience across a wide range of healthcare specialties. She developed an early passion for neurological conditions and complex physical disability and currently works in an Allied Health Professions lead role in the NHS. Lizzy is committed to evidence-based practice, with published research and conference presentation experience. Her clinical expertise includes complex physical disability, neuromuscular respiratory risk, muscle tone, pain assessment in non-verbal patients, postural management programmes, movement and rehabilitation programmes, orthotics and pressure management.

Specialist clinical expertise

- Complex physical disability and neurological rehabilitation
- 24-hour postural management programmes
- Neuromuscular respiratory risk assessment and management
- Muscle tone, pain and movement management
- Pressure management and specialist postural equipment
- Orthotics and collaborative working with orthotists
- Leadership, service development and evidence-based practice

Contribution to Wheel of Health

Lizzy brings physiotherapy expertise and a strong rehabilitation perspective to Wheel of Health. Her focus on movement, respiratory risk, tone management and advocacy complements the company's seating and posture specialism, supporting holistic recommendations for people with complex needs and learning disabilities.

Clinical experience

Dates	Role / organisation	Relevant focus
July 2022 - Present	Band 8 Allied Health Professions Lead for Physical Health, Sussex Partnership NHS Trust	Provides AHP leadership within physical health services.
April 2018 - Present	Band 7 Community Learning Disability Physiotherapist, Sussex Partnership NHS Trust	Manages complex caseloads involving congenital neurological conditions, physical disability, mobility, falls and respiratory management.
2016 - 2018	Band 7 Neurology Physiotherapist / Team Lead, Edgware Community Hospital	Led physiotherapy team, managed neurology caseload and supported service development.
2015 - 2016	Band 6 Neurology Physiotherapist, Guy's and St Thomas' NHS Trust	Managed complex neurology and rehabilitation patients and supervised staff and students.
2012 - 2015	Band 5 Rotational Physiotherapist Roles	Rotations across intensive care rehabilitation, stroke, neurology, orthopaedics, musculoskeletal, cardiology, respiratory and outpatients.

Education and qualifications

- First Class Honours Degree in Physiotherapy, University of Central Lancashire
- Postgraduate training in frailty, multiple sclerosis, dementia, palliative care, cerebral palsy, neurology splinting and management

Professional registration and memberships

- Health and Care Professions Council - Physiotherapist
- Chartered Society of Physiotherapy

Governance and quality assurance statement

Lizzy works within Wheel of Health's clinical governance framework and maintains appropriate professional registration, professional indemnity, continuing professional development and standards of documentation, communication, safeguarding and professional accountability. This supports consistent, person-centred assessment, clinically reasoned recommendations and high-quality reporting across Wheel of Health services.