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## Professional Profile

### PERSONAL INFORMATION

Name	Karl Welborn	
Position	Director and Consultant Lead Occupational Therapist	
Address	The George Road Clinic, 22 George Road, Edgbaston, Birmingham, B15 1PJ	
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Karl Welborn graduated from Coventry University with a first class degree with honours in Occupational Therapy. He has since studied at Masters level in the field of leadership and innovation. He has over 14 years of dynamic experience working in healthcare and is the Director and Consultant Lead Occupational Therapist for NPP Occupational Therapy.

Karl has built and leads a team of more than 10 private associate Occupational Therapists within the company, all with a variety of skill, expertise and knowledge. Additionally, Karl is the lead Advanced Occupational Therapist for a national award winning stroke service within the NHS, where he leads a team of Occupational Therapists, assistants and apprentices in the areas of Hyper-Acute, Acute and In-patient Neurological Rehabilitation and Community Stroke Rehabilitation Services.

Karl has competed in top level sport for many years, representing Great Britain in Triathlon and continually performing as an elite athlete in national road races. He understands the importance of engaging in meaningful occupations. The passion and drive he finds within sport is translated into his everyday practice as a Director and Consultant Lead Occupational Therapist, empowering individuals to reach their optimum level of performance, motivating them to reach levels otherwise deemed unreachable.

Karl has worked with clients from all walks of life and has a wealth of experience working across a broad spectrum of specialities including:

- Community Rehabilitation
- Acute Medicine
- Trauma & Orthopaedics
- Acute Rehabilitation
- Hospital Admission Avoidance
- Surgery
- Respiratory
- Intermediate Care
- Stroke Rehabilitation (Hyper-acute/Acute/In-Patient Rehabilitation/Community Rehabilitation)
- Neurology
- Private Occupational Therapy Practice
- Health related exercise for children
- Referral Programme Consultant (Exercise provision for specialist populations)

Karl's working experience, education and personal qualities provide individuals with a thorough Occupational Therapy experience, helping them achieve personal goals and going beyond perceived occupational performance restrictions (Set Goals Not Limits).

## KEY SKILLS

- Holistic assessment and treatment formulation for enhanced occupational performance recovery
- Sensory Modality Assessment and Rehabilitation Technique
- Injection Therapy for Spasticity Management (currently under mentorship), Karl will be one of the first Occupational Therapists in the country to do this
- Lycra Garment Assessor/Prescriber
- BOBATH Normal Movement (Basic BBTA/Introductory BBTA) – Research title: *“The Power of the Foot: Will Improved Foot-Ground Interaction Improve Functional Reach and Grasp”*
- Neuropsychological Assessment Qualified for Behavioural Assessment of Dysexecutive Syndrome / Test of Everyday Attention / Doors and People
- Braintree/Brainwave-R Cognitive Rehabilitation
- The Positive Behavioural Support Approach
- Constraint Induced Movement Therapy
- Medico-Legal Expert Witness Specialist Assessor
- Sports Massage
- Swedish Body Massage
- Exercise provision for Specialist Populations
- Health and Fitness for children 4-16 years
- Sports Coaching
- Hands on rehabilitation
- Early rehabilitation provision for the complex client
- ADL equipment prescriber
- High levels of communication and responsiveness
- Collaborative working for best client care

## AREAS OF EXPERTISE / OTHER USEFUL INFORMATION

- Head Injury
- Stroke and Neurology
- Complex Rehabilitation
- Spasticity Management in Occupational Pursuits (Bottom-Up/Top-Down approach)
- Service user engagement
- Medico Legal
- Currently sitting on the Stroke Associations Expert Panel
- Application of Normal Movement patterns during meaningful occupational pursuits
- Constraint Induced Movement Therapy Programme Design and Provision
- Cognitive-Perceptual Assessment and Rehabilitation
- Upper limb rehabilitation with an armoury of approaches
- Fatigue Management
- Teaching and Lecturing at University
- Co-ordinates University student placements
- Sourcing out one to one and group supervision and clinical supervision
- Karl was nominated for NHS Trust employee of the year
- Karl was also part of the NHS Trust nomination for Innovation of the year and team of the year
- Karl was part of the national Beacon Award winning stroke service
- Nominated for Life after Stroke Award
- Presented at the Regional Stroke Conference on 'The Problems We Cannot See'
- Presented at the Stroke Associations Life After Stroke Centre 'Ask The Expert'

## EDUCATION

- Birmingham City University - Innovation and Leadership - MSc Module
- Coventry University – Occupational Therapy – BSc (Honours) First Class
- IPSEN and Merck Injection Therapy in Spasticity Management Training, with 1:1 Mentorship
- Constraint Induced Movement Therapy
- Sensory Modality Assessment & Rehabilitation Technique
- Medico Legal Expert Witness Specialist Assessor Trained
- Managing Behaviours that Challenge in Brain Injury – The Positive Behavioural Support Approach
- BBTA – Basic BOBATH Concept
- BBTA – Introductory 3 week course to the BOBATH concept with completed research
- Braintree – Understanding Cognitive Rehabilitation
- Braintree – Applying cognitive rehabilitation for professionals
- Sandwell College – Science (sports) – National BTEC Diploma
- Sandwell College – Sports Massage
- Sandwell College – Swedish Body Massage
- Sandwell College – Health and Fitness level 3
- YMCA – Health related fitness for children
- The Wright Foundation - Referral Programme Consultant qualification

## EMPLOYMENT HISTORY

- Director and Consultant Occupational Therapist for NPP Occupational Therapy
- Private Occupational Therapy associate for NPP Neuro Group / Creative Neuro Rehabilitation
- Advanced Occupational Therapist Stroke, Neurology and Rehabilitation - SWBH NHS Trust – August 2013 - Current Position
- Senior Occupational Therapist – SWBH NHS Trust – July 2010 – August 2013
- Occupational Therapist – Sandwell PCT – September 2008 – July 2010
- Sponsored Occupational Therapy Student – SWBH NHS Trust – September 2005 – September 2008
- Rehabilitation Assistant Stroke and Rehabilitation – SWBH NHS Trust – March 2003 – September 2005
- Referral Programme Consultant Exercise on Prescription – Sandwell PCT – August 2005 –August 2008

## REFERENCES

References available upon request.