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PROFESSIONAL PROFILE

Personal Information

Name	Karl Welborn	
Position	Director and Consultant Lead Occupational Therapist	
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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 master's level in the field of leadership and innovation and Injection Therapy (Neurology). He has over 17 years of dynamic experience working in healthcare and is the Director and Consultant Lead Occupational Therapist for NPP Occupational Therapy.

Karl has great knowledge of working in the National Health Service where he was clinical lead for Occupational Therapy in the hyper-acute, acute and community stroke, neurology and complex rehabilitation services. Karl worked alongside medical and neurological consultants helping shape services within healthcare that went on to win a national beacon award. Karl has built a team of more than 10 private associate Occupational Therapists within the company, all with a variety of skill, expertise and knowledge.

One for always driving himself, the company and the profession of Occupational Therapy forwards Karl is one of the only Occupational Therapists in the country to be actively managing spasticity through the injection of Botulinum Toxin Type-A. He also has a strong interest in cognitive and perceptual rehabilitation where he has presented at national conferences to a variety of professionals on 'the problems we cannot see'.



Karl has worked hard to allow NPP Occupational Therapy to be the first company to introduce a 'fast track specialist Occupational Therapist' scheme whereby an education and working programme has been set up to invest in enabling passionate Occupational Therapists to enhance skills in neurological rehabilitation over a shorter time frame than traditional Occupational Therapy career pathways. Karl not only provides thorough, thoughtfully and justified rehabilitation plans he regularly completes medico-legal assessments and reports for personal injury and clinical negligence claims.

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 sports are 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:

- Neurological Rehabilitation
- Brain Injury
- Stroke Rehabilitation (Hyper-acute/Acute/In-Patient Rehabilitation/Community Rehabilitation)
- Private Occupational Therapy Practice
- National Health Service
- Medicine
- Trauma & Orthopaedics
- Surgery
- Respiratory

In addition to the traditional Occupational Therapy areas covered Karl has a variety of experience working within other fields which he has found have a lot of translation to helping his clients today. This includes:

- Personal Training
- Health related exercise for children
- Exercise on prescription consultant
- Coaching

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



Key Skills

- Holistic assessment and treatment formulation for enhanced occupational performance recovery
- Medico-Legal Expert Witness Specialist Assessor
- Injection Therapy for Spasticity Management (Botulinum Toxin)
- 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
- 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

Area of Expertise / Other Useful Information

- Brain Injury
- Poly Trauma
- Stroke and Neurology
- Complex Rehabilitation
- Spasticity Management and injection therapy (Botulinum Toxin)
- Medico Legal
- Currently sitting on the Stroke Associations Expert Panel
- Application of Normal Movement BOBATH approach
- Constraint Induced Movement Therapy
- Cognitive-Perceptual Assessment and Rehabilitation
- Kinesio-Taping
- Upper limb rehabilitation
- Fatigue Management
- Housing adaptations
- Posture and seating
- Teaching and Lecturing
- 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 team in the NHS
- Nominated for and finalist - Life after Stroke Award
- Presented at the Stroke Conference on 'The Problems We Cannot See'



Education

- Coventry University – Injection Therapy (Neurology) – MSc Module First-Class
- Birmingham City University – Innovation and Leadership – MSc Module First-Class
- Coventry University – Occupational Therapy – BSc (Honours) First Class
- Medico Legal Expert Witness Specialist Assessor Trained
- IPSEN and Merck Injection Therapy in Spasticity Management Training, with 1:1 Mentorship
- Constraint Induced Movement Therapy
- Sensory Modality Assessment & Rehabilitation Technique
- Managing Behaviours that Challenge in Brain Injury – The Positive Behavioural Support Approach
- BETA – Basic BOBATH Concept
- BETA – 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 Ltd
- Private Occupational Therapy associate for NPP Neuro Group Injection Therapy Clinics
- Advanced Occupational Therapist Stroke, Neurology and Rehabilitation – SWBH NHS Trust – August 2013 – October 2019
- 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
- Personal Trainer