



Short Curriculum Vitae 2016

Qualifications:

- BSc (Hons.) Occupational Therapy, University of the Witwatersrand, 1997.
- Accredited Hand Therapist (British Association of Hand Therapists), 2008 & 2013.
- European Certified Hand Therapist (European Federation for Society of Hand Therapists), 2014

Post Graduate Training:

- Extended Scope Practitioner competency training under Associate Professor Bo Povlsen, Consultant Trauma & Orthopaedic Surgeon, Guy's & St Thomas NHS Foundation Trust, 2005 & 2006.
- Masters Unit: *Extended Scope Practice: Establishing Therapist-led Clinics- A Feasibility Study*, London South Bank University, U.K., 2005.

Professional Memberships:

- Health Professionals Council of South Africa (1997).
- Health Professionals Council, United Kingdom (1999-2010).
- British Association of Hand Therapists (1999).
- South African Society of Hand Therapists (2011).

Previous Positions:

- Guy's & St. Thomas' NHS Foundation Trust, London, U.K., Highly Specialist Occupational Therapist, Plastics Trauma & Orthopaedics (Hand Therapy) and Extended Scope Practitioner 2002-2010.
- Independent private practice with practicing privileges at London Bridge Hospital, London, UK, specializing in injuries and diseases affecting the hand and upper extremity since July 2002.
- Director of Hand Therapy Consulting Ltd (United Kingdom) 2004-2010.

Current Position:

Director of Hand Therapy Consulting (South Africa) 2011- Current.
Hand Therapy Consulting provides specialist assessment and rehabilitation of traumatic hand and upper extremity injuries, including medico-legal assessments and reports.

Courses Attended:

- Cutting Edge Practice Management, Impact Learning, 2014
- Assessment of Hand Function and Sensory Relearning after Peripheral Nerve
- Injury to the Hand, London, U.K., 2010
- Kinesio Taping, London, U.K., 2010
- Shoulder – Assessment & Treatment, London, U.K., 2010
- Imaging of the Hand, Pulvertaft Hand Centre, Derbyshire, U.K., 2008



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- Theoretical and Practical Ultrasound, London, U.K., 2008
- Philadelphia Hand Unit Education Tutorial, Philadelphia, USA, 2008
- BAHT Level II: The Thumb, London, U.K., 2007.
- BAHT Level II: Splinting, Dublin, Ireland, 2007.
- BAHT Level II: Trauma, Swansea, U.K., 2007.
- Theoretical and Practical Ultrasound and TENS by Professor Tim Watson, Chelsea & Westminster Hospital, London, U.K., 2006.
- Ionising Radiation (Medical Exposure) Regulations 2000 Referrers Training Course, London, U.K., 2006.
- Advanced Excel Training, London, U.K., 2005.
- Court Room Skills Training, Bond Solon Training, London, U.K., 2003.
- Excellence in Legal Report Writing, Bond Solon Training, London, U.K., 2003.
- Leading an Empowered Organisation, London, U.K., 2003.
- Neoprene as a Splinting Material, London, U.K., 2003.
- A New Technique for Casting Motion to Mobilise Stiffness London, U.K., 2003.
- Pulvertaft Hand Therapy Course, Derbyshire, U.K., 2003.
- Anatomy of the Upper Limb & Hand Course, Hand Clinic, Windsor, U.K., 2002.
- BAHT Level I, London, U.K., 2002.

Congresses Attended:

- South African Society for Surgery of the Hand (SASSH) 47th Annual Congress, Pretoria, 2015
- South African Society for Surgery of the Hand (SASSH) 46th Annual Congress, Drakensburg, 2015
- South African Society for Surgery of the Hand (SASSH) Refresher Course Anatomy and Biomechanics, Congenital Abnormalities, CP, Stroke and Brain Injury, Tetraplegia and Tendon Transfers, South Africa, February 2015.
- 44th Annual Congress of the South African Society for Surgery of the Hand, Kwa Maritane, South Africa, September 2013.
- 12th Triennial Congress of the IFSSH & 9th Triennial Congress of the IFSHT, New Delhi, India, March 2013.
- HPCSA Practitioner Roadshow Seminar, October 2012.
- 43rd Annual Congress of the South African Society for Surgery of the Hand, Durban, September 2012.
- South African Society for Surgery of the Hand (SASSH) Refresher Course Trauma & Sport Related Upper Limb Injuries, South Africa, 2012.
- 42nd Annual Congress of the South African Society for Surgery of the Hand (SASSH), Sun City, South Africa, 2011.
- 8th Triennial Congress of the International Federation of Societies for Hand Therapy (IFSHT), Orlando, USA, 2010.
- 10th Annual Hand Surgery Symposium Philadelphia, Pennsylvania, 2008
- 7th Triennial Congress of the International Federation of Societies for Hand Therapy (IFSHT), Sydney, 2007
- Pulvertaft Hand Therapy Course, Pulvertaft Hand Centre, Derby, 2006
- Casting Motion to Mobilise Stiffness, Guy's & St Thomas' NHS Foundation Trust, London, U.K., 2005
- 10th Congress of the Federation of European Societies for Surgery of the Hand (FESSH) and the 8th Congress of the European Federation of Society of Hand Therapists (EFSHT), Goteborg, Sweden, 2005



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- 6th Congress of the International Federation of Societies for Hand Therapy (IFSHT), HeriotWatt University, Edinburgh, U.K., 2004
- Pulvertaft Hand Therapy Course, Pulvertaft Hand Centre, Derby, U.K., 2003

Promotion of Continued Professional Development:

Initiated and implemented the following courses at Guy's & ST Thomas' NHS Foundation Trust, London, U.K.:

- Shoulder – Assessment and Treatment by Clare Seymour, Chartered Physiotherapist, February 2010
- Ultrasound for Hand Therapists by Professor Tim Watson, December 2008
- Casting Motion to Mobilise Stiffness, by Judy Colditz, November 2006

International Presentations:

- 12th Triennial Congress of the IFSSH & 9th Triennial Congress of the IFSHT, New Delhi, India, Evaluation of an evidence-based patient pathway for non-surgical and surgically managed metacarpal fractures, March 2013.
- 8th Triennial Congress of the International Federation of Societies for Hand Therapy (IFSHT), Orlando Florida: *Development and implementation of a hand therapy extended scope practitioner clinic to support the 18-week waiting list initiative*, June 2010
- 10th Triennial Congress of the International Federation of Societies for Surgery of the Hand (IFFSH) & 7th Triennial Congress of the International Federation of Societies for Hand Therapy (IFSHT), Sydney: *The use of CMMS (Casting Motion to Mobilise Stiffness) to regain digital flexion following Dupuytren's fasciectomy*, March 2007
- 10th Triennial Congress of the International Federation of Societies for Surgery of the Hand (IFFSH) 7th Triennial Congress of the International Federation of Societies for Hand Therapy (IFSHT), Sydney: *Work Related Upper Limb Disorder (WRULD): Pain and functional capacity assessment before and after treatment in keyboard and mouse users who remain at work*, March 2007.
- Judy Colditz Guy's & ST Thomas' CMMS Hand Therapy Course, *Clinical Application of the CMMS Technique*, November 2006.
- Lead ESP Clinician Presentation to the Guy's & St. Thomas NHS Foundation Trust Clinical Governance meeting to obtain ratification for the *Physiotherapy and Occupational Therapy Radiological and Blood Test Investigations Policy*, July 2006.
- Guest Speaker at Pulvertaft Hand Therapy Course, Derby: *Casting motion to mobilise stiffness – the secret to unlocking digital stiffness*, May 2006.
- European representative: *International Casting Motion to Mobilise Stiffness (CMMS) panel* at the 6th Congress of the International Federation of Societies for Hand Therapy (IFSHT) meeting at the Heriot-Watt University, Edinburgh, June 2004.
- Professional appearance on BBC I production of City Hospital (London), October 2003.



National Presentations:

- South African Society for Surgery of the Hand (SASSH) 47th Annual Congress, Pretoria, 2016
CMMS Technique for rehabilitation following a crush and degloving injury of the hand.
- South African Society for Surgery of the Hand (SASSH) 46th Annual Congress, Drakensburg, 2015
Development of an Extended Scope Therapist-Led Traumatic Wrist Clinic
- 44th Annual Congress of the South African Society for Surgery of the Hand, Kwa Maritane, September 2013: Evaluation of an Evidence-Based Patient Pathway for Non-Surgical & Surgically Managed Metacarpal Fractures.
- 43rd Annual Congress of the South African Society for Surgery of the Hand, Durban, September 2012: Management of Flexor Tendon Injuries Zone I-IV: Rationale for Change.
- 43rd Annual Congress of the South African Society for Surgery of the Hand, Durban, September 2012: Casting Motion to Mobilise Stiffness: The Secret to Unlocking Digital Stiffness.

Publications:

- Midgley (2016) The Casting Motion to Mobilise Stiffness technique for rehabilitation after a crush and degloving injury of the hand *Journal of Hand Therapy*; 29 323-333.
- Midgley & Toeman (2011) Evaluation of an evidence-based patient pathway for non-surgical and surgically managed metacarpal fractures. *Hand Therapy*, 16: 19-25.
- Toeman & Midgley (2010) Hand Therapy management of metacarpal fractures – an evidence based patient pathway. *Hand Therapy*; 15(3):87-93.
- Midgley (2010) The use of CMMS (Casting Motion to Mobilise Stiffness) to regain digital flexion following Dupuytren's fasciectomy. *Hand Therapy*; 15: 45-51.
- Rose and Probert (2009) Development and implementation of a hand therapy extended scope practitioner clinic to support the 18-week waiting list initiative *Hand Therapy*; 14: 95–104.
- Povlsen B and Rose RL (2008) Managing Type II Work Related Upper Limb Disorders In keyboard and mouse users who remain at work: A case series report *Journal of Hand Therapy*; 21:69-79.
- Povlsen B and Rose R (2007), Work Related Upper Limb Disorder (WRULD): Assessment and Treatment, 10th Congress of the International Federation of Societies for Surgery of the Hand & 7th Congress of the International Federation of Societies for Hand Therapy, Medimond S.r.l Volume ISBN 978-88-7587-329-5.
- Rose R.L. (2007) The Use of CMMS (Casting Motion to Mobilise Stiffness) to regain digital flexion following dupuytren's fasciectomy, 10th Congress of the International Federation of Societies for Surgery of the Hand & 7th Congress of the International Federation of Societies for Hand Therapy, Medimond S.r.l Volume ISBN 978-88-7587-329-5.
- Povlsen B, Probert S, Rose R (2004): Use of the "Typing Capacity Cycle" Test as an assessment tool for keyboard users with work related upper limb disorder. *Brit. J. Hand Therapy* 9; 84-87.

Posters:

Therapies Research Day, Centre for Postgraduate Professional Education, St Thomas' Hospital, London

- Development and implementation of a hand therapy extended scope practitioner clinic to support the 18-week waiting list initiative, November 2009
- The use of CMMS (Casting Motion to Mobilise Stiffness) to regain digital flexion following Dupuytren's fasciectomy, November 2007



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- Managing Type II Work Related Upper Limb Disorders in keyboard and mouse users who remain at work: A case series report, November 2007

Awards:

- Best Read Paper at the 43rd Annual Congress of the South African Society for Surgery of the Hand. The paper was judged according to: Originality; quality of content and presentation; clarity; value and logical deduction.