



## Fiona Swift

Physiotherapy Assistant  
Practitioner

### What does your job entail?

Supporting the Physiotherapy Service by implementing programmes of care assisting in a range of organisational patient care and admin duties independently. Assess and implement exercise programmes for identified patient groups.

### How did you get into this line of work?

This was a post advertised internally within the trust and I progressed through the Physiotherapy Department from Band 2 to Band 4.

### Outline your career to date

I began in Physiotherapy in 2009 as a Band 2 Rotational Physio Assistant and was delighted to get a permanent post as a Band 4 in MSK in 2015. I continue to enjoy Musculoskeletal (MSK) and further my development in work and outside to widen my knowledge in MSK Physiotherapy.

### Tell us about your qualifications and training

QCF level 3 and 4 Physio. Inhouse in-services and staff training courses. VTCT level 3 in Swedish Massage and Indian Head Massage. Guild Beauty Reflexology.

### What qualities are required for your job – personal and professional?

Good communication skills, decision making, analytical and judgement skills, teamwork, planning and organisational skills, physical fitness, mental effort and training skills.

### What is the best advice you've ever received?

What's for you won't go past you.

### What do you like to do in your spare time?

Playing netball, walks with family, night out with friends, reflexology, and massage.

### Tell us an interesting fact about yourself?

I'm a mum of three under four. I started a social netball club recently for women over 25 and currently have 35 members.

### Who has inspired you most in your life?

My mother, a constant support, motivator, and influencer to my achievements to date.

### What advice would you give your 16-year-old self?

Don't panic that you haven't a clear career path. Not everyone has to attend university to do well in life. Do not be afraid to take risks, you have plenty of time.