



## Julie Whittle

Physiotherapy Assistant  
Practitioner

### What does your job entail?

I manage my own caseload of patients implementing and progressing exercise programmes and anti-gravity treadmill treatments. I complete both one to one treatments and support group exercise classes. I carry out administration, organisational, stock management and housekeeping roles.

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

During my teenage years, I provided a caring role for my elderly grandparents and so from this I knew that I wanted to pursue a career in healthcare. I get a great deal of satisfaction from helping others and completed various healthcare-based courses and applied for a job in the trust.

### Outline your career to date

I started my career working in the Meadows Day Centre, Portadown as a Rehabilitation Support Worker and made the move to work as a Physiotherapy Assistant 23 years ago. In 2017 I progressed into my current role as a Physiotherapy Assistant Practitioner with the Musculoskeletal Team.

### Tell us about your qualifications and training

After my GCSEs, I completed both intermediate and advanced GNVQs in Health and Social Care courses and then moved on to obtain a HND in Caring and an Open University module in Understanding Health and Social Care. Within my job I have completed RQF levels 3 and 4 and other various courses and in-service training.

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

Be able to work both independently and as a team member. Have excellent planning, organisational and decision-making skills. Be caring, patient, empathetic and understanding. Have good communication and written skills.

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

Choose a career that you will enjoy and feel passionate about doing. Something that makes you smile and feel good about yourself.

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

I am married with two children and enjoy spending time with family and friends. I enjoy swimming, walking, cooking and shopping. I love having a family holiday to look forward to where I can be at my happy place, beside the sea.

### Tell us an interesting fact about yourself?

I often have to don a pair of wellington boots and help out on the family farm.

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

I value the work ethic and dedication that my mum and dad instilled within our family home as I was growing up. They both inspired me to work hard, give your best and never give up.

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

Stay positive and take one day at a time. Never be afraid to talk any problems or worries through as a problem shared is a problem halved. There is something out there for everyone, so most importantly, be happy.