



Natalie
Verlaque

Paediatric
Physiotherapist

Can you give us a brief outline of your work history?

I graduated in 2011 and worked in a private physio clinic for one year. I then got a job as a physio and rotated around all the different departments in the hospital and community for a few years before deciding what I wanted to specialize in. I loved paediatrics and have worked in community paediatrics, special schools, and child development clinics where I still work today. I also work in the Neonatal Unit in the hospital.

What made you decide this career path?

I was sporty and loved the idea of treating acute injuries on the sports field. However, I never imagined that I actually did not enjoy this type of physio and would end up in paediatrics, which I love.

How did you train for this role/educational route?

I went to Glasgow Caledonian University and completed a four-year physiotherapy degree. I would recommend anyone to go overseas and get the real uni experience; it was the best four years!

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

As a paediatric physiotherapist, you have to have the following qualities:

- Personal - have good people and communication skills, be empathetic and patient - have the imagination to make therapy fun!
- Professional - be organised and work well within a team.

What does a typical day involve?

A typical day would involve assessing babies and children aged 0-5 who have difficulties and their development is delayed. I work together with an occupational therapist and speech and language therapist to assess and provide therapy for these babies and children. I can be out visiting children in their homes or at school to check their standing frames and other equipment. Some children receive hydrotherapy in the warm pool. One day a week, I go to the Neonatal Unit to assess tiny premature babies and provide advice to their parents and staff, which can help to promote brain development at that early stage.

What do you like best about your job?

I love working with children of all different ages, playing with them, and helping them to reach their developmental milestones, e.g., crawling and walking. It's a very rewarding job.

What advice would you give anyone thinking of doing your job?

I would very much encourage someone to try a career in physiotherapy. There are so many different types of physio you can be, which are all so different, so there is a specialty for everyone. It is a very rewarding job helping people and knowing you have made a difference in their life.