

CURRICULUM VITAE

Thomas Gareth Carlyle Mitchell

Specialist Chartered Physiotherapist

**Extended Scope Practitioner specialist in
Hand and upper limb injuries**

**CHARTERED PHYSIOTHERAPIST AND REGISTERED WITH THE
HEALTH AND CARE PROFESSION'S COUNCIL (CSP HCPC)**

The White House Medico-Legal Services*Part of the White House Physiotherapy Group*

1976

The White House Clinic,
3 Sandygate Park,
Sheffield
S10 5TZ**Date of Birth**

17 July

Nationality

British

Marital Status

Single

Driving License

Full

Telephone 0114 2630525**Facsimile** 0114 2630525**Mobile** 07970 195275**Emails** info@white-house-clinic.co.uk**Website** www.white-house-clinic.co.uk**Location**

Located in Sheffield – although provides national coverage for medicolegal reporting and assessments. Desktop reporting and clinical or home assessments available.

Medicolegal experience

Medicolegal Obligations

He is a trained Medicolegal Expert with an established practice and administrative support. He has undertaken a large volume of personal injury work and is highly experienced in medical negligence of physiotherapy cases. He has prepared reports for both claimant and defendant, is fully conversant with the implications of the Civil Justice reforms Part 35, for experts and has attended court. He understands his overriding duty as an independent expert is to the Court.

Mr Mitchell is conversant with the CPR rules Part 35 and is aware of his obligations as an Expert Witness. He has attended court and undertakes in the region of 30-40 cases per year.

Background

I am a highly motivated, experienced, confident and reliable Physiotherapist with an aptitude for verbal communication and professional development. I bring a strong work ethic and enthusiasm to my projects, and have extensive experience of working in a variety of challenging environments, including education and the elite sporting environment. I am a full-time clinician in the Private sector, co-owning three clinics, and am passionate about post-graduate physiotherapy education, having founded my own successful course company in 2015.

Until 2014 I was both a sports, and a private MSK physiotherapist. I worked at the highest level of elite sport for the English Institute of Sport, GB Boxing, professional football and wheelchair Rugby. I have achieved MSc level education with a Masters in Sports injury in 2006, and have presented research for the ACPSM, the FA, and the Royal College of Surgeons following publishing of work into football pitch surfaces in 2006 in the Journal of Biomechanics. I have also provided physiotherapy at World Championships, European Championships and the Paralympic Games. The

past seven years have seen me move away from the sporting environment and into more of the manual therapy field.

I aim to work as a clinical academic, through becoming teacher, advocate, publicist and ambassador for the Mulligan Concept.

EDUCATION

2016 Certified Hand Therapist (British Association of Hand Therapists) Completed level II hand splinting and management, assessed through written examination and case study report (86%).

2010 Certified Mulligan Practitioner (UK) Ten two-day monthly modules and passed practical exam (80.5%)

2005-2006 MSc Sports Injury (Medicine), School of Medicine, University of Sheffield.

Merit. Study included definition and diagnosis of sports injury; rehabilitation and prevention of injury; inter-disciplinary treatment of sports injury; biomechanics and technology in sport; sports physiology; statistics. Member of Professor Rolf's research group at the Sheffield Centre for Sports Medicine.

1995-1998 BSc Hons Physiotherapy, Faculty of Medicine and Health Sciences, University of Nottingham,
Degree Classification 2:1

CURRENT EMPLOYMENT

Jan 2010-Onwards: Joint Owner/Director, Remedy Physio (private clinic), Sheffield and Chesterfield

Daily private physiotherapy for the public is provided by myself and six other practitioners from three sites with a case load of 250 patients per week. We also provide Student MSK support for Sheffield University and Staff support for Sheffield University.

November 2015-onwards: Clinical Specialist for Wrist and Hands, One Health Group

Lead clinician for the One Health Group Hand Hub. Point of contact between surgeons and the wider network and specialising in the delivery of post-surgical rehabilitation for hand and wrist injuries, fabrication of thermoplastic splints, and setting of treatment protocols.

October 2015-onwards: Co-Owner/Director Remedy Courses:

Course company specialising in the delivery of international musculoskeletal (MSK) physiotherapy lectures in the North of England. Luminaries so far featured include:

Brian Mulligan, Sarah Ann Counsell, Dr Toby Hall, Ed Wilson, Chris Littlewood, Adam Meakins, George Chia, Chris Worsfold and Richard Norris. Bookings made for the year ahead with Prof Gwendolin Jull, Benoy Matthews and Jeremy Lewis

We also have composed, and teach on, the Remedy MSK Seminar Series (ten two-hour lecture series) assisting young physio's and GP's in their assessment and management of MSK disorders. This is a hugely popular course, which is now being offered in different locations in the UK.

PREVIOUS ROLES

April 2013-September 2015 English Institute of Sport Physiotherapist with GB Boxing (0.6 of full-time).

Permanent member of the medical team led by Dr Mike Losemore and Ian Gatt delivering physiotherapy and medical provision to the elite GB programme within their demands of performance and accountability.

Feb 2011- March 2016 Contractor Physiotherapist GB Boxing.

Responsible for the training and competition physiotherapy needs of the squad. Multiple overseas competitions included, notably as main practitioner for the GB Lionhearts World Series Boxing team 2012-15.

July 2009 - 2015 Medical Lead, British Open GB Para Tennis, Lawn Tennis Association

Base Camp medical lead selecting and managing team comprising of a doctor, two physiotherapists, and a sports masseur for the annual British Open event.

May 2013-Dec 2016 Classification Advisor Great Britain Wheelchair Rugby.

Consultancy role to oversee international classification strategy, produce athlete portfolios, defend offensive protests and produce protests of other nations athletes through communication with GB performance analyst and coaches.

Aug 2010-12 Base Camp Physiotherapist, Paralympic World Cup, Manchester

Oct 2005-Nov 2011 Lead Physiotherapist, Great Britain Wheelchair Rugby, UK.

National Governing Body lead physiotherapist, for Paralympics, Beijing 2008, European Championships 2007, World Championships, Vancouver 2010 & New Zealand 2006 (plus numerous other international tournaments).

In addition to competition duties, treatment and rehabilitation the role included:

- long-term athlete training supervision
- training, selection and appraisal of physiotherapy staff
- strategic planning on screening and injury prevention
- clinical lead on classifications, protests and appeals

Jan 2007- May 2008 Senior Clinician, Sportswise East Sussex Centre of Sports Medicine

Full-time senior MSK and sports private practitioner at Sportswise, East Sussex Centre of Sports Medicine headed by Dr Nick Webborn, Chief Medical officer of GB Paralympics. Both private clinic and local EIS approved centre

April 2009- Sept 2009 British Cycling, GB Para Cycling Team,

Competition physiotherapist, role with the elite Para Cycling squad in international competition and training camps. Attended elite competitions in Spain, France and Norway.

Sept 2004 - Sept 2005 Full-time Squad Physiotherapist, Sheffield United Football Club

Responsible for the match day first-aid for Reserve Team games and treatment and rehabilitative responsibilities for the first team squad whilst continued clinical leadership for SUFC Academy.

April 2002 - Sept 2005 Full-time Head Academy Physiotherapist, Sheffield United Football Club

Responsible for youth team physiotherapy, injury and rehabilitation management. Other duties including:

- training and mentoring manager of five physiotherapy staff and seven-day programme
- match day support for all academy fixtures
- data collection for the Football Association's 'Audit of Injuries' and 'Anthropometric Measurements Audit'
- internal audit and injury prevention protocols

Sept 1998 - Rotational Physiotherapist, Sheffield Community Health NHS

March 2002 Trust.

Three nine-month rotations were completed in GP Out-patients, Community Rehabilitation and Neurological Rehabilitation 3

PUBLICATIONS and PRESENTATIONS

Kirk, R. F.; Noble, I. S. G.; Mitchell, T G C.; Rolf, C.; Haake, S. J.; Carré, M. J., High-speed observations of football-boot-surface interactions of players in their natural environment. Sports Engineering 2007, Vol. 10 Issue 3, p129

Oral Presentation, 30 minutes (joint with I. S. G Noble, co-researcher) -The Football Association and Royal College of Surgeons, Edinburgh, International Joint Conference

on Sport Injury, Daventry, Northamptonshire, UK, Saturday 7th July, 2007, A comparison of shoe interaction on natural grass and new generation artificial turf

Oral Presentation, 7 minutes - The Association of Chartered Physiotherapists in Sports Medicine National Conference, From Plinth to Podium, London, Sunday 8th July, 2007, A comparison of shoe interaction on natural grass and new generation artificial turf

Oral Presentation, 30 minutes, Planning For Success in Sport, SISM Sport Medicine Conference, Mayo, Ireland, Saturday 19th February 2007, Audit of Injury in Sporting Teams

Oral Presentation 60 minutes, Audit of Injury in boxing and the use of acupuncture in the management of Wrist and Hand injuries, English Institute of Sport, Sheffield 5th September 2015

Oral Presentation 30 minutes, Management of Wrist and Hand Injuries, One Health Group 4th April 2016

PROFESSIONAL COURSES MANUAL THERAPY

2002 MacKensie Part A, Rotherham

2006 Mulligan Concept basic courses- Linda Exelby, Cardiff

2007 Lorimer Mosely Explain Pain, Bognor Regis

2008 NOI group Mobilisation of the Neural system, Robbie Blake and Tim Beames, London

2009 Manual concepts 8-day certificate in Spinal Manual Therapy, Toby Hall and Kim Robinson, Cork

2010 The Mulligan Concept, 8 blocks of two days Certified Mulligan Practitioner training for the Mulligan Concept, Sarah Counsel, Cardiff

2010 Examined by Sarah Counsel and Linda Exelby and Certified Mulligan Practitioner status achieved

2011-16 Continued biannual two-day updates for the Mulligan Concept, Sarah Counsel, Cardiff

2014 Toby Hall Headaches and the Upper Cervical Spine, Sheffield

2015 Brian Mulligan Masterclass, Sheffield

2016 MACP Manipulation training of the lumbar, thoracic and cervical spine, Jay Cookson, Sheffield

2016 Toby Hall Headaches and the Upper Cervical Spine, London

2016 IFOMPT conference Glasgow - 5 days

2016 Study day on refining hand technique in the Mulligan Concept with Robbie Blake, Sheffield

2016 Mulligan Concept Mock exam and CMP training with Sarah Counsel, Cardiff

OTHER PROFESSIONAL COURSES

March 2016 BAHT Level 2, Splinting of the Wrist and Hand, London

November 2013 Immediate care in Sport, RFU, Twickenham

November 2010 Acupuncture for Pain Relief; 80 hour course, G Chia

March 2010 FA Pitchside Trauma Tony Denton, SUFC

March 2009 British Paralympic 6th Annual BPA Sports Science, Medicine and Coaching Conference Loughborough

Jan 2009 Simplifying diagnoses and treatment of the shoulder by Eyal Lederman, London School of Osteopathy

Feb 1998- 'Acupuncture for Pain Relief'; 80-hour course, Val Hopwood, AACP

TEACHING EXPERIENCE

The Remedy MSK Series: Ten two-part evening seminars for Physiotherapists and GP's covering all areas of the body in terms of:

1. Red flags
2. Essential components of the Subjective and Objective assessment process
3. Clinically indicated diagnostic interventions
4. Clinically indicated physiotherapy interventions including manual therapy
5. Common pathology affecting each area
6. Principles of the Mulligan Concept in treatment of MSK disorders

10-11 September The Upper Cervical Spine and Headache, London, assisting Toby Hall

28-30 January 2017 The Mulligan Concept, Upper Quadrant, assisting Yuval David, Belgium

2-4 December 2016 The Mulligan Concept, Lower Quadrant, assisting Yuval David, Belgium

Jan- Dec 2015 Hosted the Parts I-IV of the Mulligan Concept (8 days) with Sarah Counsel. Assisted on two part 1 courses, one part 2 course and the part 3 course.

Pending courses

10-12 March 2017 The Mulligan Concept, CMP training with Yuval David, Paris

9 & 16 April 2017 The Mulligan Concept, Basic course with Robbie Blake

4-5 May 2017 The Mulligan Concept, NAGS and SNAGS with Ed Wilson

11-12 May 2017 The Mulligan Concept basic course with Robbie Blake

PROFESSIONAL ORGANISATIONS

Member of the Chartered Society of Physiotherapists (CSP)

Member of the Health Professions Council (HPC)

Member of the Acupuncture Association of Chartered Physiotherapists

Member of the British Association of Hand Therapists

Pending: Member of the Manipulative Association of Chartered Physiotherapists- I am working my way through their portfolio pathway to full membership

INTERESTS

I am a keen cyclist, dinghy sailor, and sing with the Sheffield Philharmonic Chorus as a tenor. Throughout my twenties I promoted music and art events in my spare time and in 2010 was in charge of artist liaison for the WARP 20 international music festival in Sheffield.