



Luke
Senior MSK Clinician

"I really enjoy helping people to get better."

Meet Luke, a senior MSK Clinician. He describes his career progression and focus on helping people with persistent pain.

What attracted you to PAM Physio Solutions?

I studied sports rehabilitation at university and went into occupational health as the work I had with private clinics after graduating was a bit here and there. I wanted something with more structure and found I really enjoy helping people to get better and manage conditions so they can stay in work. I joined PAM Physio Solutions after four years of working for another occupational health provider as there were no opportunities for career progression there.

How has your career progressed since then?

The career development provided by PAM Physio Solutions is amazing. The CPD is always up-to-date and we're supported to keep up with papers and emailed about what courses are available. We also have CPD speakers come in and are encouraged to discuss our thinking with each other. I joined PAM Physio Solutions as an MSK clinician a year ago and have just been promoted to senior MSK clinician. That means I get to manage my own team, as well as continuing to help people.

What do you like most about your job?

I particularly like helping people with persistent pain. Some approaches to physiotherapy look

at the scan and say clinically these are the parameters. We say there are all these other contributing factors, so you can't just address the problem with exercise. We look at how the individual feels about movement and try to re-engage them with the things they enjoy doing to take a more holistic (biopsychosocial) approach to rehabilitating them. It's great when they get better.

What do you find most challenging?

If someone has three months paid sick leave and doesn't like their job, it can be difficult to motivate them to get back to work. In that case, you have to remember that even though we're there to help the individual, the contract is from their employer. So you might have to have a challenging conversation with them about the fact that they are fit for work. That can be challenging but the senior managers and clinicians are always there to provide support.

Why would you recommend working for PAM Physio Solutions?

I work from home four days a week and in clinic one day a week, but that hasn't stopped me from building good relationships with my colleagues. You feel really valued and get sent copies of nice feedback from clients you've helped. I've been entered into our monthly recognition award and the benefits are great. I just got my travel insurance and glasses through work. Most important of all, you feel really supported, on both a professional and personal level.