

Anna Rubio, Committee Member



Job Title : Advanced Practice Physiotherapist, Orthopaedic Physiotherapy Practitioner, First Contact Practitioner in Primary Care.

Place of Work : Frimley Health NHS Foundation Trust in Surrey.

Anna completed her undergraduate BSc Physiotherapy degree in 2001 and went on to complete her junior rotations at King's College Hospital, London. She then worked as a Senior musculoskeletal physiotherapist at St George's Hospital, London, before moving into an Advanced Physiotherapy Practitioner role in 2010, initially at Guy's and St Thomas' and now at Frimley. She completed her MSc in Advanced Neuromusculoskeletal Physiotherapy in 2013, and has presented her research, a systematic review of acupuncture treatment for shoulder pain, at the Physio UK conference 2017 as well as at the APPN study day in 2018.

Anna's APP role was initially in MSK assessment and triage, and now also involves clinics within Orthopaedics and Primary Care. She led on GP communication and education whilst at GSTT. She is team lead for the Farnham First Contact Practitioner service which she has helped to set up in Hampshire. She is closely involved in her Trust's ongoing development of the First Contact Practitioner role, and, in particular, training and development into these roles. She is an active member of the CSP FCP network group.

Anna also sits on the Frimley Health NHS Trust Clinical IT strategy board, where she represents the Trust's Allied Health Professionals in ensuring clinician-led decision making around implementation of technology and influencing provision of new and innovative systems.

Away from work Anna loves spending time with her young family, and when she gets the chance, enjoys running, the gym and the odd bit of skiing!

Why I joined the committee: I have become more and more interested over the years in the context of the Advanced Practice Physiotherapist role within healthcare as a whole but particularly in the NHS. I think there is such huge value in the skills and expertise of those who are in these roles, and in the care they provide to patients. I wish to help raise the profile of Advanced Practice Physiotherapists to all our peers and stakeholders and ensure that APPs out there feel supported and motivated to continue to progress themselves and their teams.
