

ENDINGS AND BEGINNINGS

This has been a year of change for the Physiotherapy team at PRRT.

In January 2019 Margaret Murdock our Clinical Lead retired. Maggie joined the Trust in the year 2000, its fledgling days!

She was the first clinician to provide services both at Maryfield and at Newforge for a period of time. Since those early days the service has continued to grow and develop and Maggie was instrumental in that process.

Most of all however she was a passionate physiotherapist, determined to provide the best possible service to our client's or as she called them 'her boys' (sorry ladies). Her priority was always the client in front of her, her clinical and diagnostic ability were second to none but her real skill was in establishing a good clinical relationship, bringing the best out of her clients, so that together they could achieve the best possible outcome. We will miss her both professionally and personally but we wish her a long and very happy retirement. It certainly looks like she has made a good start!



“ HER PRIORITY WAS ALWAYS THE CLIENT IN FRONT OF HER ”

We are delighted that Hazel Moore one of our clinical specialist physiotherapy team was appointed to the new role of Clinical lead and deputy Head of Physiotherapy. Hazel has been with the Trust for 5 years so is well placed to assume these extra responsibilities.

In April we were delighted to welcome Helen McGaughey to our Physiotherapy team and we look forward to working with her to continue to develop the breadth and



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range of Physiotherapy services we deliver to our clients

Helen qualified from the University of Ulster, Jordanstown in 2006 and has spent the last 13 years working for the NHS.

She has gained valuable experience in the assessment and treatment of complex musculoskeletal, neurological, orthopaedic and chronic pain conditions and subsequently specialised in musculoskeletal rehabilitation.

Helen is a highly skilled and motivated physiotherapist able to treat a wide variety of conditions including spinal pain, sciatica, headaches, joint pain, soft tissue injuries and nerve pain. She delivers a high level of expertise with post graduate training in manual therapy, spinal manipulation, acupuncture, Pilates, hydrotherapy, cognitive behavioural therapy and pain management.

She has a special interest in injury prevention, exercise prescription and chronic pain management as part of a holistic approach to a client's care.

Whilst Helen brings years of experience to PRRT she is very much looking forward

to the challenge that her new role brings and in particular working with the other specialities within PRRT. She recognises the complex needs of PRRT's client group and the opportunity to develop as a clinician.

Helen has always been involved in sport and worked for Queens University Belfast Rugby Club for 6 years providing assessment and treatment for both the men's and ladies teams.

When not working she can be found playing badminton, out running, doing circuit training or watching Ulster Rugby.

**By Morna McGibbon
Head of Physiotherapy**



**Police Rehabilitation & Retraining Trust
Maryfield
100 Belfast Road, Holywood, Co. Down
BT18 9QY
Tel: +44 (0)28 90 427788
Email: Admin@prrt.org
Web: <http://www.prrt.org>**

PRRT is based at Maryfield, Holywood and provides psychology, physiotherapy, personal development and training to the retired police population. PSNI employees can access our healthcare services via referrals from PSNI occupational health. Serving officers can access personal development and training directly.

Contact PRRT on Telephone: 029 9042 7788 | Email :servicesadmin@prrt.org | Website: [PRRT.org](http://www.prrt.org)



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