



**Clark Medico Legal  
Physiotherapy**  
*Proven Expertise, Neutral Opinion*

**Curriculum Vitae of:** Dr Nicholas Clark  
**Date:** 19.02.2024  
**Specialist Field:** Physiotherapy

## Name

Nicholas Clark, PhD, MCSP, MMACP, CSCS

Consultant Chartered Physiotherapist

## Higher Education Qualifications

2014	PhD Rehabilitation Science	University of Pittsburgh, US
2007	Post-Grad. Diploma Clinical Biomechanics	Staffordshire University, UK
2002	MSc (Post-reg.) Physiotherapy - Manual Therapy	University College London, UK
1999	BSc (Hons) Physiotherapy	University of East London, UK
1996	BEd (Hons) Physical Education	University of Greenwich, UK

## Professional Memberships and Registration

Chartered Society of Physiotherapy	Full Member (MCSP)
Health and Care Professions Council	Registered
Musculoskeletal Association of Chartered Physiotherapists	Full Member (MMACP)
Advanced Practice Physiotherapy Network	Full Member
Association of Trauma and Orthopaedic Chartered Physiotherapists	Full Member
Chartered Physiotherapists in Occupational Health and Ergonomics	Standard Member
Chartered Physiotherapists in Sport and Exercise Medicine	Full Member
US National Strength and Conditioning Association	Full Member
Medico Legal Association of Chartered Physiotherapists	Full Member

## Professional Post-Registration Training - Relevant to Assessment and Diagnosis Procedures

2020	IR(ME)R Certification: DXA Scanner Operator	University of Essex, UK
2012	Medical Imaging for Physical Therapists (M-Level)	University of Pittsburgh, US
2009	Blood Tests for Physiotherapists	M&K Update, UK
2007	IR(ME)R Certification: Diagnostic Imaging	Staffordshire University, UK
2007	Applied Diagnostic Imaging (M-Level)	Staffordshire University, UK

## Professional Qualifications - Relevant to Exercise Rehabilitation Interventions

2020	Certified Kettlebell Trainer
2020	Certified TRX Suspension Training Qualified Trainer
2018	Certified Personalised Blood Flow Restriction Training Practitioner
2000	Certified Strength and Conditioning Specialist (CSCS; Olympic lifting, power lifting, plyometric and agility training)
1993	Certified Fitness Instructor (Free weights, resistance training machines, circuit training, endurance training)

## Professional Specialisms

My scope of practice spans several clinical contexts including the **NHS, private practice, amateur and professional sports, industry, emergency services, and the British Armed Forces**. My general scope of practice and specialism are in the fields of **musculoskeletal physiotherapy, orthopaedics, sports and dance injuries, occupational health, and military injuries**. My individual scope of practice and specialism within the fields just mentioned is for the **lower back, hip, knee, ankle, and foot**.

I can comment on and provide an opinion concerning accepted professional and regulatory standards of practice in the context of reasonable and responsible physiotherapy clinical practice. Comment and opinion can also be provided for condition and prognosis reports. Comment and opinion can further be provided in the context of patient/client disability assessments relative to the Equality Act and Employment Tribunal cases.

## Medico Legal Practice Portfolio

To date, instructions on behalf of Claimants and Defendants have included civil litigation matters for initial screening, **client examination and full report preparation for condition and prognosis reports**, and **full report preparation for liability and causation in physiotherapy clinical negligence cases**. Matters arising within recent instructions include, for example:



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- Performing an inappropriate first assessment and evaluation of findings
- Recommending and administering inappropriate interventions
- Delayed diagnosis, causing harm, and prolongation of a patient's symptoms
- Incorrect interpretation of imaging findings and their inaccurate translation and explanation to a patient
- Failure to act in a responsible way that was likely therapeutically beneficial for a patient
- Determining the need for long-term (>12 months) rehabilitation and lifelong physiotherapy management

### Example Present and Past Clinical Practice, Teaching, and Leadership Positions

Aug. 2019 - Present	Lecturer (Full-Time); MSc Advanced Musculoskeletal Assessment and Practice; MSc (Pre-reg.) Physiotherapy; BSc (Hons) Physiotherapy University of Essex, Colchester, UK <i>This position includes teaching the ethics and standards of physiotherapy professional practice and the theory and practice of patient clinical assessment, diagnosis, and treatment.</i>
Sept. 2018 - Dec 2023	Programme External Examiner; MSc Sport and Exercise Medicine (Post-reg.) Cardiff Metropolitan University, Cardiff, UK <i>This position involved external examiner and quality assurance responsibilities for a post-registration degree programme for medical doctors and Chartered Physiotherapists.</i>
<b>Mar. 2018 - Present*</b>	<b>Consultant Physiotherapist (Part-Time Private Practice)</b> The Rehab Lab, Chelmsford/Colchester/London, UK <i>This position involves the clinical assessment, diagnosis, and treatment of self-presenting patients with complex lower body pain and injury, and providing second opinions to patients referred from other Chartered Physiotherapists and healthcare practitioners.</i>
Mar. 2018 - Aug. 2021	Visiting Lecturer; MSc Physiotherapy (Post-reg.) University College London, London, UK <i>This position involved teaching qualified and experienced Chartered Physiotherapists about the physiology, clinical reasoning, treatment, and management of osteoarthritis.</i>
Sept. 2014 - Jul. 2019	Senior Lecturer (Full-Time); MSc Physiotherapy (Pre-reg.); MSc Sport Rehabilitation (Pre-reg.); MRes Sport, Health, Applied Science; BSc (Hons) Sport Rehabilitation St Mary's University, London, UK <i>This position included teaching the theory and practice of patient clinical assessment, diagnosis, and treatment, and direct supervision of students in the university public clinic.</i>
<b>Jun. 2014 - Jun. 2017*</b>	<b>Consultant Physiotherapist (Part-Time Private Practice)</b> Complete Physio Clinics, London, UK <i>This position included the clinical assessment, diagnosis, and treatment of self-presenting patients, and patients referred directly from Orthopaedic Surgeons and Physicians, with complex lower body pain, injury, or surgery.</i>
Aug. 2009 - Aug. 2013	Research Associate, Lecturer, Clinical Specialist Physical Therapist (Full-Time) University of Pittsburgh, Pittsburgh, US <i>This position included teaching Master's and Doctoral students clinical anatomy, advanced orthopaedic assessment and diagnosis concepts/procedures, and rehabilitation practices.</i>
<b>Jan. - Jul. 2009*</b>	<b>Physiotherapy Musculoskeletal Outpatients Department Manager (Full-Time, Band 8a)</b> East and North Hertfordshire Primary Care NHS Trust, Hertfordshire, UK <i>This position included responsibility for managing the day-to-day clinical operations of 17 Chartered Physiotherapists across three clinical sites and maintaining a clinical caseload of local community patients with complex musculoskeletal and orthopaedic conditions.</i>



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**Jan. - Jul. 2008\***

**Physiotherapy Service Development Consultant, Clinical Specialist (Fixed-Term, Band 7)**

Ministry of Defence, Queen Elizabeth Memorial Health Centre, Tidworth, UK

*This position involved leading the re-design of the Musculoskeletal Physiotherapy service for British Army soldiers, from receipt of a GP's/surgeon's paper referral through to discharge to return-to-duty, and included a pathway for referral for diagnostic imaging and blood tests.*

Since qualifying in 1999, I have held other **Band 5 to Band 7 clinical positions in London NHS teaching hospitals** (e.g., Royal Free Hospital; St Thomas' Hospital; Guy's Hospital). Since 2002, I have held teaching and examining positions on post-registration, advanced physiotherapy degree programmes (e.g., University College London; King's College London).

### **Example Present and Past Professional Leadership Roles**

Present and past professional leadership roles and responsibilities span clinical practice/teaching/supervision/examining, professional special interest group involvement, and research. **For clinical teaching/supervision/examining in the NHS, I have been a Principal Clinical Educator for physiotherapy Master's degree (post-registration) students and a Clinical Examiner for the Musculoskeletal Association of Chartered Physiotherapists (MACP).**

For special interest group involvement, I was Co-Founder and Chair of the Association of Chartered Physiotherapists in Exercise Therapy. For research, I have been a grant application reviewer for the Medical Research Council, have been a Co-Editor for scientific journals (e.g., Musculoskeletal Science and Practice; Isokinetics and Exercise Science), and am an article reviewer for nine clinical journals (e.g., Physiotherapy Theory and Practice; Physical Therapy in Sport).

### **Peer-Reviewed Scientific and Clinical Journal Publications and Conference Presentations**

Since 2001, I have had 39 peer-reviewed full articles and 15 peer-reviewed abstracts published covering clinical reasoning principles, clinical risk mitigation in rehabilitation, the spine, and the limbs. These articles have been published specific to musculoskeletal physiotherapy, orthopaedics, sports injuries, occupational health, and military injuries.

Since 2001, I have presented 27 original research peer-reviewed presentations at national- and international-level conferences on topics including clinical reasoning principles, clinical risk mitigation, and rehabilitation of the lower body in musculoskeletal physiotherapy, orthopaedics, sports injuries, occupational health, and military injuries.

### **Invited Book Chapters and Conference Presentations**

Since 2010, I have been the lead author for three invited book chapters covering topics related to musculoskeletal physiology following injury, clinical reasoning principles, and treatment and rehabilitation. The book chapters include: '*The Physiology of Disuse, Immobilisation, and Low Load Environments*', In- A Comprehensive Guide to Sports Physiology and Injury Management (2020); '*Management of the Sensorimotor System*', In- Grieve's Modern Musculoskeletal Physiotherapy (2015); '*The Knee*', In- Sports Rehabilitation and Injury Prevention (2010).

Since 2000, I have been invited to deliver 23 presentations at professional meetings and occupational health conferences (e.g., Musculoskeletal Association of Chartered Physiotherapists; British Association of Sport and Exercise Medicine; European Society for Sports Traumatology, Knee Surgery, and Arthroscopy; British Fire and Rescue Services; British Army). Topics have included clinical reasoning principles, clinical risk mitigation, and lower body rehabilitation in musculoskeletal physiotherapy, orthopaedics, sports injuries, emergency services injuries, and military injuries.

### **Expert Witness Training and GDPR**

I hold the **Cardiff University Bond Solon (CUBS) Expert Witness Civil Certificate**. This certificate required completing **Bond Solon** expert witness training and assessment in civil law and procedure, report writing, courtroom skills, and cross-examination. In addition, I have completed **Medico Legal Association of Chartered Physiotherapists (MLACP)** expert witness training including being a medico-legal expert from a Judge's perspective, liability, causation, and report writing.

Other Bond Solon expert witness training (e.g., **General Data Protection Regulations for Expert Witnesses**) and **Medico-Legal Society** continuing professional development has also been undertaken. I am listed in the **National Register of University Certificated Expert Witnesses** as well as the **Medico Legal Association of Chartered Physiotherapists** and the **National Expert Witness Agency (NEWA)** experts' directories. My **Information Commissioner's Office (ICO)** reference number is ZB338126 (Tier 1).