



Adem Sogular – Interim Head of Therapies

Adem graduated from the University of Hertfordshire with a BSc in Physiotherapy. Soon after, he started his clinical practice in the NHS working in the specialty of musculoskeletal outpatients with the Oxleas NHS Trust, in Kent. While also working on a part-time basis with the Brentford Football Club Academy.

From the NHS Adem moved into a lead role with Barnet FC, as Lead Academy Physiotherapist and Head of Medical - this role also saw him work with the first team. This role was followed with time spent with the West Ham FC Academy.

Since leaving football, Adem has been working in private practice at the Institute of Sport, Exercise & Health (ISEH), part of HCA Healthcare UK. During his time at ISEH, he was promoted to Lead Outpatient Physiotherapist. Adem has recently joined the department as Interim Head of Therapies at London Bridge Hospital to progress his career further.



Kelly Delawa – Outpatient Lead Physiotherapist

Kelly initially undertook a sports science degree which she obtained in 2000 and then moved back to London to study physiotherapy at St George's medical school. Kelly graduated in 2003 and started her career working in the NHS in a number of hospitals and GP settings across London and Surrey.

Kelly started at London Bridge Hospital following a year out travelling across the Far East, Australasia and North America.

Throughout Kelly's career she has had a keen interest in lower limb injuries and rehabilitation. This started at an undergraduate level where she provided sports science support to a professional clubs youth football team and undertook her dissertation reviewing the effect of medial collateral ligament taping on motor performance. Over the years Kelly has continued to undertake a number of lower limb postgraduate courses including Masters modules in Neuromusculoskeletal Physiotherapy.

In April 2019 Kelly became the Outpatient Lead Physiotherapist whereby her main role is to oversee the operational management of the outpatient Physiotherapy department. Kelly still continues to undertake some clinics.

In her spare time Kelly pursues her interest in travel & sports psychology and enjoys practising yoga and Pilates.



Emma (Lena) Redfern – Clinical Lead Physiotherapist

Since graduating from Kings College London in 2004 Lena started her career in the NHS in North East London gaining valuable experience across physiotherapy, whilst also working and playing for the Brixton Topcats Basketball team. Lena's has had a wonderfully varied career spent mostly in London with a three year stint in New Zealand working in private physiotherapy clinics in Auckland and two National League Rugby Union and League teams.

For the last 10 years Lena has worked at London Bridge Hospital, developing close links with many Consultants, Doctors and Therapists at HCA and externally. As a keen basketball player Lena has an interest in helping sports practicing professionals with musculoskeletal problems in optimising their performance and recovery. She enjoys treating a wide variety of musculoskeletal problems, including post-surgical rehabilitation, oncology, sporting injuries and other acute injuries using her large repertoire of treatment skills in manual therapy, acupuncture and dry-needling, exercise, manipulation and phototherapy.

Lena keeps her practice up to date by attending lectures, courses, teaching sessions and taking part in audits and quality improvement within the department.

In her spare time Lena enjoys travelling and chasing after her two children.



Kelly Johnson – Highly Specialist Lower Limb Physiotherapist

Having qualified from the University of Brighton in 2003, Kelly joined the physiotherapy team at Crawley Hospital, in West Sussex. She completed rotations in all physiotherapy departments, before specialising in musculoskeletal outpatients in 2007. She moved to London in 2010, working in private physiotherapy clinics, a large central London NHS trust and in community outpatient centres. She started working for HCA at the Princess Grace Hospital in 2015, before transferring to London Bridge Hospital in 2018.

Throughout her career, Kelly has worked hard to develop her skills assessing and treating patients with musculoskeletal problems. She particularly enjoys working with people with lower limb problems, and in rehabilitation for sport. She performs running assessments, and is qualified to use acupuncture. She also treats people during and after treatment for cancer, with a focus on those who have had a breast cancer diagnosis. This may involve work to loosen scar or other soft tissues, pain relief or a return to fitness and function in everyday tasks.

In her spare time, Kelly is a keen rugby fan and enjoys ballroom and Latin dancing.



Victoria Reboledo – Highly Specialist Upper Limb Physiotherapist

Victoria has been working as a Physiotherapist since 2009. She specialised in different fields including Paediatrics and Musculoskeletal Physiotherapy. She has studied a PDg in Sports Physiotherapy in the University of Bath and a Masters in Strength and Conditioning. She has developed a special interest in upper limb conditions, temporomandibular disorders, performing arts and functional movement screening, having completed several PDg courses about these subjects. Victoria has worked in a variety of hospitals and private clinics, including the Royal Academy of Dance. She has also worked as a mentor, as a lecturer in Sports Physiotherapy and Physiology, and online courses. Victoria is also working as a Clinical Educator at King's College London University.

Victoria's approach involves putting the patient at the centre of what she does, designing a tailor-made plan for each individual. She thinks that Physiotherapists are in a privileged position to change people's lives and get them back to do what they love, and she has developed a comprehensive set of skills to fulfil this mission.



Ashleigh Hamilton – Highly Specialist Spinal MSK Physiotherapist

Ashleigh was trained in Australia at Griffith University and holds a Bachelor of Exercise Science and Psychological Science as well as a Masters in Physiotherapy with distinction.

Ashleigh started her career working in an Australian private practice and worked extensively with local rugby teams as a physiotherapist and sports trainer. Since graduating Ashleigh has undertaken further education to advance her skills in the area of mat pilates, sports physiotherapy, advanced sports taping and osteoarthritis.

In 2019, Ashleigh moved to London where she commenced work in musculoskeletal outpatients for Guys and St Thomas' NHS foundation Trust. During this time she was additionally involved in hydrotherapy, group rehabilitation classes and community rehabilitation. Following her 2 years in the NHS, Ashleigh found herself working in private hospitals including Highgate Private Hospital and The London Clinic, where she completed both outpatient and inpatient orthopaedic roles.

Ashleigh is currently working at the Shard as our Highly Specialist Spinal Physiotherapist. Ashleigh developed her special interest in spinal physiotherapy when she was working with rugby teams at the start of her career. She has since gone onto develop this interest working with chronic pain in the NHS and post-operatively in private hospitals. Her treatment approach combines both hands on and exercise therapy for injury rehabilitation. Outside of work Ashleigh enjoys traveling, gardening and music.



Pedro Toscano – Senior Physiotherapist

Pedro completed his degree in Physiotherapy with first-class honours in Lisbon, Portugal, in 2013, and has undertaken several post-grad certifications and training mainly around Orthopaedics and sports, including a diploma in Football Medicine by FIFA.

He is currently a Senior Musculoskeletal Physiotherapist at the Physiotherapy at the Shard within HCA Healthcare.

After his training and hospital rotations in Portugal, Pedro worked in a semi-professional football and hockey club providing rehab and pitch-side physio, as well as in Portuguese NHS surgeries and clinics treating a wide range of patients and conditions from Paediatrics to Neurology and Respiratory.

In 2016 Pedro decided to start a new adventure and moved to London, seeking new and exciting challenges as a physio, and enjoying London's vibrant culture and its amazing people.

Since then, he has worked across a number of different private practices and alongside some brilliant physios and consultants, from whom Pedro has gained invaluable experience, gaining further training and skills in a range of areas such as spine and shoulder rehab, sports rehab, and Clinical Pilates.

More recently Pedro has attended training for rehab in rheumatology conditions, and took a 6 week certification course on Psychology, which gave him valuable skills on the management of chronic pain conditions that have a significant impact on patients' quality of life, such as arthritis, fibromyalgia and whiplash.

When Pedro is not motivating his patients and helping them to get better, or studying to get better at doing so, he likes to spend his time cycling, participating in outdoor activities and travelling around to new places, or trying to improve his guitar skills with frustrating slow progress!



Neyomi Kothary – Senior MSK Physiotherapist

Neyomi began her physiotherapy career working at a leading private hospital in Mumbai, India in 2017. She has worked with various recreational athletes and cricketers from the Indian Premier League at her time in the hospital and has a special interest in treating MSK and sports injuries. She helped develop a Strength and Conditioning program for patients suffering from cardiovascular, respiratory, neurological and musculoskeletal conditions at the hospital. Alongside this, she also has experience in working on field at marathons, badminton and squash tournaments.

She got her Masters in Sports Medicine from Queen Mary, University of London, UK in 2019 and shortly after, has been working in various private physiotherapy practices around London. She also acquired her Pilates training last year and has conducted virtual and in person classes since.

She adopts a multidisciplinary and holistic approach to treating her patients and helps them achieve their personal goals on the road to recovery.



Antony Hylton - Senior MSK Physiotherapist

Antony has been qualified for 20 years and after working in NHS hospitals, including senior outpatient rotations at St Mary's in Paddington, Antony began working in private practice, at a clinic on Fleet Street; in a private health club and then for HCA at the Lister hospital, where he became Clinical Lead. He then moved into occupational health; setting up and delivering a new OH rehabilitation service at HCA whilst taking on a part time role as a back care advisor/trainer (also for HCA). Since 2008 Antony has also been working in the field of ergonomics and wellbeing, working with a number of companies to help manage their staff health by delivering training and seminars and carrying out workplace assessments and advising on equipment and practices. He has continued to work as an Occupational Health physiotherapist and is currently the OH physio at the Royal Opera House. Antony has recently started clinics at Physiotherapy at the Shard, where he is able to treat all musculoskeletal problems.

Antony is fit and active. He has played basketball for England, won a scholarship to study and play in the US, and is now a keen runner, completing the London Marathon in 2017 and training with his local running club in Kent.

Antony has a strong passion for the promotion of health and wellbeing, in all aspects. He has a practical approach to problem solving and creating client focused solutions. He is committed to employing evidence-based practice and keeps abreast of prevailing theories and research so that information delivered is current. His reading is diverse so as to have a breadth of understanding of most issues relating to health. This includes sleep, nutrition, mental wellbeing and strength and conditioning training.



David Baker – Highly Specialist Hand Therapist

David graduated from Oxford Brookes University as an Occupational Therapist in 2003, and since 2004 has been specialising in the field of hand therapy. He has gained valuable experience working in both the public and private sectors. In 2010 David was honoured a studentship, granted by the national institute for health research, to undertake a masters of research in Clinical Practice. He graduated with merit in 2011.

David has a wealth of experience treating various hand conditions and injuries affecting tendons, nerves, bones, ligaments and other soft tissues. He is particularly interested in the treatment of acute trauma injuries following accidents and sporting injuries, but also enjoys the management of individuals experiencing work related upper limb disorders (WRULD), commonly known as RSI. He is proficient at fabricating bespoke splints using thermoplastics and neoprene. He is also a qualified ergonomic (workstation) assessor.

In his spare time he enjoys photography and travelling the globe.



Greg Sullivan – Highly Specialist Hand Therapist

Greg graduated from The University of Birmingham in 2005 and completed his physiotherapy rotations in the NHS. He moved to Australia in 2009 and started working as a hand therapist in Sydney. In 2012 he began working at the renowned Sydney Hospital Hand Unit and completed the prestigious and highly competitive Sydney Hospital Hand Therapy Clinical Fellowship in 2013. He has been a Certified Hand Therapist (CHT) since 2014.

Greg returned to the UK in 2017 and worked as a Senior Specialist Hand Therapist at St Mary's Hospital, one of London's major NHS trauma centres. He started working in private practice at HCA Healthcare in 2019, where he continues his passion for treating a range of acute and non-acute hand and wrist conditions.



Sarah Ali – Highly Specialist Neuro & Vestibular Physiotherapist

Sarah graduated from the University of Birmingham in 2011 with BSc (Hons) Physiotherapy and started work at King's College Hospital as a Junior Physiotherapist. After this, Sarah went on to work at The Royal National Orthopaedic Hospital at Stanmore and rehabilitated patients undergoing the most complex orthopaedic surgeries in the country, including amputees on the Cancer Sarcoma Pathway. Here, Sarah developed a passion for complex upper limb rehabilitation and complex pain management, where she worked and trained with nationally and internationally renowned physiotherapists and consultants.

Sarah then joined HCA Healthcare UK, first at The Wellington Hospital in Acute Neurological Rehabilitation. Here, her passion for upper limb rehabilitation helped to transform the post-stroke care upper limb pathway, with the introduction of a complex neurological shoulder clinic for all patients with a shoulder dysfunction. In addition, Sarah aided the re-introduction of the inpatient pain management pathway for patients suffering with complex long-term pain.

Sarah joined London Bridge Hospital in August 2018 and is currently working with neurological outpatients and inpatients. Sarah now also lectures Physiotherapy at St. Mary's University on the BSc and MSc programme.

Within all hospital settings, Sarah ensures quality control and best practice of all new pathways and treatment ideas through the constant use of audits and case studies and has presented audit data trust-wide at Stanmore, case series nationally at Queens Square and key note speech for Knee KG.



Carly Christensen – Specialist Neurological Physiotherapist

Carly is a highly experienced physiotherapist, with over 13 years of clinical experience in both the NHS and the private sector. Having spent the early part of her career in Australia, teaching Clinical Pilates in private practice and working as a physiotherapist in a large teaching hospital in Melbourne. She gained a wide range of clinical experience in Acute Neurosciences, Stroke Rehabilitation and Neurosurgery. She has been working in the specialist field of Neurological Rehabilitation over the last 8 years, with experience in diverse clinical presentations and complex neurological disorders including;

- Stroke
- Spinal cord injury
- Prolonged Disorders of Consciousness,
- Complex trauma
- Traumatic Brain injury
- Peripheral nerve injuries and GBS
- Long-term neurological conditions

Carly is also a medical classifier for British Para Athletics and has gained a wide range of experience assessing and classifying athletes with congenital and acquired neurological conditions, limb deficiency and amputees.

Carly has a specialist interest in clinical gait analysis and recovery of walking. Carly completed a PG Certificate in Clinical Gait Analysis and Orthotics Studies at the University of Strathclyde. Utilising specialist skills such as Functional Electrical stimulation (FES), orthotic intervention, splinting and hydrotherapy in gait rehabilitation. Carly is also highly experienced in Robotics and the use of Assistive Technology in rehabilitation, having qualified as a Hocoma approved Lokomat trainer and experienced user of RT300 Functional Electrical Stimulation bike and Hocoma Erigo. Carly is also a trained AACP acupuncture therapist.

Carly joined HCA Healthcare UK in 2014, initially at the Wellington Hospital in the Acute Neurological Rehabilitation Unit. During her time at the Wellington Hospital, she transformed the orthotics service taking the lead in implementing a multi-disciplinary Gait and Orthotics Clinic in conjunction with a highly specialised Orthotist with expertise in lower limb biomechanics and carbon fibre orthotics. The clinic specialises in clinical gait analysis and the assessment and treatment of patients with complex neurological disorders requiring orthotic intervention. Since then, Carly has recently joined the team at the Shard and brings a wealth of clinical expertise to the team.



Rene Maree – Highly Specialist Respiratory Physiotherapist

Rene is experienced in the treatment of clients with breathing pattern disorders and long-term respiratory conditions and has worked in respiratory care both in the NHS and the private sector for many years.

Rene completed a Care of Respiratory Patient module at the University of Surrey and a certification in the Bradcliff Breathing Method. She has gained extensive experience in treating clients both in the NHS and private practice, supporting people to achieve their goals.



Jo Moody – Senior Oncology Physiotherapist

Having qualified from the University of Southampton in 2008, Jo joined the physiotherapy team at West Suffolk Hospital. She completed a number of rotations across physiotherapy departments, before specialising in musculoskeletal physiotherapy. Upon moving to London in 2015, she joined the HCA physiotherapy department at London Bridge Hospital.

Throughout her career, Jo has developed extensive experience assessing and treating patients with musculoskeletal conditions. In her current role at London Bridge Hospital, she is focused on supporting patients during and after cancer treatment. Her treatment sessions focus on patients' individual needs to support their return to everyday fitness and function. Sessions include exercise programmes, education and manual treatments. She also supports the inpatient oncology team at Guys Cancer Centre.

Alongside her work at London bridge, Jo works at the University College Hospital's Pain Management Centre. This department is a nationally recognised centre of excellence for people with longstanding pain. In this role, Jo forms part of a highly specialised multi-disciplinary team to support patients to resume activities they used to enjoy and maximise their quality of life in the presence of pain.

In her spare time, Jo enjoys socialising over a cup of coffee and is a keen gym enthusiast, regularly attending Wattbike and yoga classes.



Gillian Bernard – Physiotherapy Administrator

Gill has worked for the Physiotherapy Department at the Shard since 2015 as a Physiotherapy Administrator. For the first 5 years she was a Bank member of staff then became permanent. Her role is to support the team with all admin tasks as well as liaising closely with our Consultants and their secretaries.

Prior to coming to London Bridge Hospital, Gill previously worked in the Retail sector, the Banking sector and the Education sector for 28 years combined. These roles required a high level of customer service and caring to the needs of the individuals which she has been able to bring to the Physiotherapy department.

Gill is definitely a 'social butterfly' and enjoys nothing better than getting together with friends and loved ones over good food & wine. She also enjoys travelling and tries to escape to the sunshine several times a year.