

Alumni profiles - Catherine Lee

BSc (Hons) Physiotherapy 2002

**Extended Scope Practitioner NHS Birmingham East and North
Rugby Football Union for Women as sessional Physiotherapist**

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What are your career experiences since graduating from the University of Birmingham?

I took a junior rotational job at Dudley Group of Hospitals after graduation and spent six years there progressing to Senior 1 in outpatients. In November 2006, I completed injection therapy training within pain service at Dudley. In October 2008 I moved to NHS Birmingham East and North as Extended Scope Practitioner in Orthopaedic Triage which involves assessing and diagnosing a variety of spinal and lower limb conditions,

Since 2003, I've also been involved in rugby firstly with Walsall RUFC and since 2005 with West Midlands Women's Squads. From this have had the opportunity to work with England squads from U18 to Senior level and have involvement in this year's World Cup.

What is the best thing about what you are doing now?

I love the variety that my job offers and that two days are never the same. I also enjoy the opportunities that working in Physiotherapy provides. I never expected to be working in Elite sport with the potential to be selected to travel to the 2016 Olympics with the Rugby 7s squad.

What was the best thing about your time as a student here?

Forming lifelong friendships with people on the course, forming a personal and professional network around the country.

In what way did living and studying in Birmingham live up to your expectations?

Birmingham was an up and coming city when I applied and 10 years on it has certainly lived up to its promise. And why I am still living here almost eight years after graduating! The course was well structured and looking back, was the best foundation I could have had for working life, despite not particularly enjoying the long hours when other friends were out or in bed!

What advice would you give to current students studying on your degree programme?

Work hard, especially in anatomy! You'll appreciate it once you're working believe me. Also, take on board every clinical opportunity you're given, your clinical educators are a huge source of practical knowledge, use them!

How did you grow as a person by coming to University? Did it change your life in any way?

University made me a stronger and more confident person and much better equipped to do a job that requires you to be able to communicate with a wide variety of people. It also made me appreciate my mum a whole lot more!