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# Alumni profiles - Oliver Needham

## BSc (Hons) Physiotherapy 2005

**Specialist Advisor – Physiotherapist, Ingeus Workdirections**

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

I firstly got a Physiotherapist assistant job at South Birmingham PCT working with children with learning disabilities, this was a team I knew as I had a student placement during my team which probably helped me to get the job. After doing this for six months I got my first Junior Physiotherapy post at University Hospital Birmingham in June 2006. This was an excellent experience and provided me with a wide range of rotations covering all things from Respiratory and Military Trauma to Sporting Injuries and care of the Elderly. I left this post in December 2008 after 2.5 years as a Junior to take up a post as a Specialist Advisor at Ingeus, Workdirections which is in the private sector. This was a tough decision but the new job has provided an interesting change as it involves providing advice, education and rehabilitation for clients who are on health related benefits and looking to improve their function in order to return to work. I also started working three days per week for Aston Villa Football Club in August 2008 as an Academy physiotherapist, this has provided me we extra exposure to the treatment and prevention of sporting injuries working with young athletes.

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

Seeing a huge variety of patient groups and the freedom to continue to change the type of work within this profession.

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

Met loads of great people who I am still good friends with today, got to play lots of sport and socialise regularly and hopefully learnt the skills to provide me with an exciting career!

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

It exceeded them, halls were brilliant fun and again it was an opportunity to meet lots of people and there was always something fun going on. I loved the city also which is probably why I still live in the area!

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

Start your dissertation early! The deadline comes round before you know it and it takes forever to get a final draft you are happy with. Also help each other through placements, especially in the second year when they seem to go on forever!

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

I learned how to be independent and to look after myself. I also feel that I grew in confidence due to studying the course I chose.

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