

## Mrs Sheeba Rosewilliam MSc PT

Lecturer

**[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)**

### Contact details

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### About

Sheeba Rosewilliam is a lecturer in the School of Health and Population Sciences- Division of Nursing and Physiotherapy since 2008. She is a growing researcher with special interest in stroke rehabilitation therapies and multidisciplinary goal setting for patients with stroke. She works closely with the local NHS hospital stroke MDT for her current research in patient-centred goal setting. Apart from her research she contributes to teaching with special focus on neurological rehabilitation and research within the school for both physiotherapy and nursing students.

### Qualifications

- Currently doing a PhD.
- MSc Physio 2001
- BSc Physio 1993

### Biography

Sheeba Rosewilliam was born in south India and completed her undergraduate physiotherapy course in 1993 from Christian Medical College, Vellore, India.

She completed her masters in physiotherapy from Dr.MGR medical University Chennai, India in 2001. With several years of clinical experience as a physiotherapist she moved into teaching physiotherapy at universities in India where she worked till 2004. She began her research career in Keele University UK where she worked on a clinical trial investigating the effects of electrical stimulation on the severely disabled stroke patients in UHNS. Following the completion of her project she moved into full time teaching and research at the university of Birmingham where she has moved her research focus to efficient goal setting processes for stroke patients as a part of her PhD studies.

### Teaching

#### Teaching Programmes

- **[BSc Physiotherapy \(/undergraduate/courses/sportex/physiotherapy.aspx\)](/undergraduate/courses/sportex/physiotherapy.aspx)**
- **[MSc Physiotherapy \(/postgraduate/courses/taught/sport-exercise/physio-pre-reg.aspx\)](/postgraduate/courses/taught/sport-exercise/physio-pre-reg.aspx)**
- **[BSc Nursing \(/undergraduate/courses/med/nursing.aspx\)](/undergraduate/courses/med/nursing.aspx)**

### Postgraduate supervision

Currently supervising Post graduate (MSc) students interested in qualitative investigation in the field of stroke rehabilitation.

### Research

#### RESEARCH THEMES

Stroke Rehabilitation

- Goal setting process and patient centredness
- Rehabilitation Therapies for upper limb of stroke patients.
- Electrical stimulation.

#### RESEARCH ACTIVITY

Between the years 2004-2008 she worked on developing therapy protocols for standardisation of therapy for stroke patients based on local practice. She investigated the effects of electrical stimulation on the stroke upper limb in a large single blinded RCT.

She moved on to qualitative research with community dwellers with disability for Advantage west midlands project.

She also has conducted qualitative research exploring Goal setting processes within the multidisciplinary stroke rehabilitation team. She is currently pursuing this aspect of her research in University hospital Birmingham as a part of her PhD.

### Other activities

- Hub leader for National Physiotherapy research network-West midlands.

## Publications

Rosewilliam S, Roskell C A, Pandyan A D(2011). A systematic review and synthesis of the quantitative and qualitative evidence behind patient-centred goal setting in stroke rehabilitation. **Clinical Rehabilitation**. Accepted for publication in issue 25.7 (July 2011)

Malhotra S, Pandyan AD, Rosewilliam S, Roffe C, Hermens H (2011). Spasticity and contractures at the wrist after stroke: time course of development and their association with functional recovery of the upper limb. **Clinical Rehabilitation** 25: 184-191. Published online 4 October 2010.

DOI: 10.1177/0269215510381620

Sheeba B Rosewilliam, Catherine Bucher, Christine Roffe, Anand D Pandyan (2009). An approach to standardize and quantify routine upper limb therapy for stroke subjects: the Action Medical Research Upper Limb Therapy protocol  
**Hand Therapy**; 14:60-68. DOI: 10.1258/ht.2009.009017

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