



Professional Profile

PERSONAL INFORMATION

Name	Bridie Cooper	
Position	Physiotherapy Assistant	
Address	Sandford House, 6-7 Lower High Street, Stourbridge, DY8 1TE	
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PROFILE

I am a friendly and compassionate Specialist Physiotherapy Assistant with over four years' experience, with a real passion for helping people regain their independence, confidence and enjoyment in everyday life. I thrive on building positive relationships with patients, keeping them motivated and celebrating their achievements—big or small. Alongside my clinical experience, I hold qualifications in Fitness Instructing, which support my understanding of exercise, rehabilitation and promoting active lifestyles. I pride myself on being approachable, kind and dedicated to delivering high-quality, patient-centred care every day.

KEY SKILLS

- Empathy, kindness and a positive approach to motivate and support others.
- Friendly and adaptable communication with patients of all ages and backgrounds.
- Always keen to learn and develop skills and my understanding.

AREAS OF EXPERTISE / OTHER USEFUL INFORMATION

- Experience and knowledge in Neurology, Rehabilitation, Acute Medicine, Respiratory, Trauma and Orthopaedics, Oncology and Paediatrics.
- Mobility Assessments, Equipment aids, Parkinson's, Gait Analysis, Mental Capacity Assessments & DOL's, MMSC, Functional Neurological Disorders, COPD, Renal, Care of Elderly, Diabetes,

EDUCATION

- L2 Fitness Instructing and Exercise.
- L3 Uniformed Public Services.
- 5x GCSE's all above Grades C/B.