



LEENA NAJIA

CURRICULUM VITAE



Leena qualified as a Physiotherapist from the University of Cumbria in 2017. She is a member of the Chartered Society of Physiotherapists, registered with the Health and Care Professions Council, a member of the Association of Chartered Physiotherapists in Neurology and of the Aquatic Therapy Association of Chartered Physiotherapists.

Leena decided from the start of her professional career that her passion lay with neurological conditions. As a rotational physiotherapist, she spent time on the stroke ward and the surgical ward. Following almost a year working in the NHS, she decided in order to further strengthen her neurology she would branch out into the private sector taking a post as a neurological physiotherapist.

In private practice, Leena worked with individuals with a wide range of neurological conditions including, stroke, acquired brain injury, MS, Parkinson's, Cerebral Palsy and post-operative brain tumours. Her current role in the NHS has also allowed Leena to deepen her skills working with learning disabilities and complex behavioural management.

Leena has a special interest in aquatic physiotherapy (hydrotherapy). Having completed the foundation course in aquatic physiotherapy, Leena went on to develop and lead the hydrotherapy service treating a wide range of individuals, with various different needs such as neurology, MSK and paediatrics.

Leena has experience supervising and supporting therapy assistants and support workers within a wide range of settings, in order to help provide a 24-hour approach to rehabilitation. Leena finds that working with support staff encourages a holistic approach to rehabilitation by encouraging clients to participate outside of sessions to maximise rehabilitation, work towards their functional goals and ultimately feel more empowered.

Leena is a firm believer that movement is medicine and has taken the lead on developing group exercise challenges within acquired brain injury (ABI) units. Leena ensures the challenges are accessible to all clients in order to encourage physical activity for all individuals regardless of ability. She set up activity groups such as walking clubs and circuit training classes for individuals with neurological deficits in order to further ingrain the movement culture within rehabilitation settings. Leena wants to ensure physical activity is present as a day to day normality for clients.

Alongside engaging in recent and relevant CPD to ensure appropriate evidenced based practice, Leena has been involved in hosting various training sessions and written various blogs online on topics such as Recovery of the Upper Limb, benefits of circuit training and hydrotherapy theory and practical sessions.

Leena enjoys working within an interdisciplinary team and appreciates how therapists can work together succinctly to provide all encompassing treatment.

Leena is a firm believer that a holistic approach to rehabilitation not only provides better clinical outcomes, but also motivates the clients to help themselves achieve the best possible quality of life.