

CURRICULUM VITAE
of

ROMY TUDOR (BSc Hons, PG Cert, MPOGP), legal name ROSEMARY BALL

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DATE of BIRTH

30/11/1972

NATIONALITY

British

EDUCATION

DATE

INSTITUTION

QUALIFICATION GAINED

Sept 2005 – Jan 2007

University of Bradford

PG Certificate Continence for
Physiotherapists: Merit

Sept 1998 – June 2001

University of Brighton

BSc (Hons) Physiotherapy: 2.1

Sept 1992 – June 1996

University of Manchester

BA (Hons) English/Social Sciences: 2.1

PROFESSIONAL EMPLOYMENT

CURRENT

Jan 2023 to present day. Band 7 Team Lead Pelvic Health Physiotherapist, Sussex Community Foundation Trust, Southlands Hospital, Shoreham By Sea BN43 6TQ

Key responsibilities:

- Running a weekly postnatal multidisciplinary Perineal Tears Clinic with consultant and specialist pelvic health midwife reviewing obstetric anal sphincter injuries and perineal injury issues
- Managing a wide outpatient caseload of bladder and bowel problems, pelvic floor dysfunction, pelvic organ prolapse, maternity musculoskeletal problems, pelvic pain and the sensitive issues of sexual pain as well as providing pre & post-operative advice
- Assisting Clinical Service Lead in managing Band 6 physiotherapists within team, including training, clinical supervision and appraisals
- Liaison with wider multidisciplinary team at urogynaecological meetings
- Managing antenatal and postnatal musculoskeletal care on obstetric wards, outpatient obstetrics and urogynaecology of adult men and women, trans and non-binary people and children (including internal examinations).
- Group work - pelvic girdle pain classes
- Teaching undergraduate physiotherapy and midwifery students about pelvic health
- Participating in midwifery training days about pelvic health
- Leading in service training sessions within the pelvic health physiotherapy team and for the wider musculoskeletal team

Returned from overseas June 2022

NEW ZEALAND EMPLOYMENT

1. April 2017 – May 2022. Pelvic Health Physiotherapist, Pelvic Physiotherapy, Auckland Urogynaecology, Birthcare, 20 Titoki Street, Parnell, 1052 Auckland

Key responsibilities:

- Private pelvic health physiotherapy clinic within a consultant-led MDT urogynaecology setting. Managing a wide caseload of bladder and bowel problems, pelvic floor dysfunction, pelvic organ prolapse, maternity musculoskeletal problems, pelvic pain and the sensitive issues of sexual pain as well as providing pre & post-operative advice
- Ward work on Birthcare – running a postnatal physiotherapy class and assessing and treating any postnatal musculoskeletal issues. Designing and single-handedly managing all Birthcare remote pelvic health physiotherapy services during Covid lockdown periods 2020/2021

2. Nov 2018 – May 2022. Triage Clinician Allied Health, Community Central, Counties Manukau District Health Board, 3/19 Lambie Drive, 2104 Auckland

Key responsibilities:

- Providing a skilled and clinically safe triage and coordination service within Allied Health community setting
- Managing a variety of complex and unpredictable problems and issues related to a wide range of clinical activities and systems across the continuum of care.
- Using initiative and problem-solving skills to develop innovative approaches to issues while also identifying clinical needs and risks.
- Assessment, prioritization and re-evaluation of clinical concerns regarding patients.
- Identifying interdisciplinary skills and implementing change to reflect best practices whilst influencing patient outcomes within contractual and budgetary constraints.
- Contributing to the integration and interdisciplinary development of the service – liaison with all other MDT members – District Nurses, Occupational Therapists, Social Workers, Speech & Language Therapists, Dieticians and NASC coordinators, as well as external agencies and professional forums – to enhance patient outcomes.
- Working within the professional standards required within CMH and provision of clinical leadership and expertise in service delivery
- Working with Continence District Nurses to design a triage pathway for assessment of continence patients, and ongoing liaison in the community 2020

PREVIOUS NZ

1. 2017-2018. Pelvic Health Physiotherapist, MSOP, Middlemore Hospital, Hospital Road, Otahuhu, Auckland 2025.

Key responsibilities:

- Public health clinic. Managing a wide caseload of bladder and bowel problems, pelvic floor dysfunction, pelvic organ prolapse, maternity musculoskeletal problems, pelvic pain and the sensitive issues of sexual pain as well as providing pre & post-operative advice
- Maternity and gynaecology ward cover, seeing both ante and postnatal musculoskeletal problems, pre and post gynaecological surgical issues, mobility and rehabilitation.

2. 2017. Pelvic Health Physiotherapist. Auckland City Hospital, 2 Park Road, Grafton, 1023 Auckland

Key responsibilities:

- Casual hours on maternity and gynaecology wards, seeing both ante and postnatal musculoskeletal problems, pre and post gynaecological surgical issues, mobility and rehabilitation.

National Health Service (NHS) employment history UK

1. April 2015 – August 2016 - Band 7 Clinical Specialist Physiotherapist in Pelvic, Obstetric & Gynaecological Physiotherapy (POGP), Worthing Hospital, Western Sussex Hospitals NHS Trust (WSHT), Worthing, West Sussex BN11 2DH

Key responsibilities:

- Assisting Clinical Lead in managing Band 6 physiotherapists within team, including training, clinical supervision and appraisals
- Managing in-service training programme for team
- Liaison with wider multidisciplinary team at monthly urogynaecological meetings
- Managing post operative physiotherapy care on gynaecology wards, antenatal and postnatal musculoskeletal care on obstetric wards, outpatient obstetrics and urogynaecology of adult men and women, and children (including internal examinations).
- Group work - pelvic girdle pain classes, antenatal and postnatal hydrotherapy classes, postnatal stability classes
- Working at strategic level with clinical commissioning group and coastal West Sussex GP gynaecological leads to set up Continence Triage Referral System
- Team involvement in Pelvic Girdle Pain research project

2. Nov 2007 – Feb 2014 – Team Lead Clinical Specialist, POGP, WSHT

Key responsibilities:

- Managing a mixed skill team of 6 specialist physiotherapists across 2 hospital sites
- Training, clinical supervision and appraisals within team
- Additional regular liaison with St Richard's Hospital POGP Dept and Clinical Lead
- Central liaison point for wider MDT – midwifery dept, consultants and continence nurse advisors
- Development and maintenance of all local policies and procedures
- Managing post operative physiotherapy care on gynaecology wards, antenatal and postnatal musculoskeletal care on obstetric wards, outpatient obstetrics and urogynaecology of adult men and women, and children (including internal examinations).
- Group work - pelvic girdle pain classes, antenatal and postnatal hydrotherapy classes, postnatal stability classes and parentcraft education.
- Clinical educator lead role with both undergraduate and postgraduate students
- Working at strategic level with clinical commissioning group and coastal west Sussex GP gynaecological leads to set up Continence Triage Referral System
- Management of complete patient information development and regular review
- Team involvement in Pelvic Girdle Pain research project
- Interviewer role for posts inside and outside of team
- Development of Perineal Tears Triage Clinic with Consultant Obstetrician

3. June 2005 – Nov 2007 – Band 6 Physiotherapist, POGP, WSHT

Key responsibilities:

- Managing post operative physiotherapy care on gynaecology wards, antenatal and postnatal musculoskeletal care on obstetric wards, outpatient obstetrics and urogynaecology of adult men and women, and children (including internal examinations)
- Group work - postnatal hydrotherapy classes and parentcraft education
- Assisting Band 7 colleagues with any aspects of team administration: development of patient literature, patient treatment pathways
- Taking part in regular audit
- Managing Continence Triage Clinic with Consultant Gynaecologist

Jan 2003 – June 2005 – Band 5 Physiotherapist, POGP, WSHT

July 2002 – Jan 2003 – Band 5 Physiotherapist – junior rotations WSHT

Sept 2001 – June 2002 – Band 5 Physiotherapist – junior rotations, Princess Royal Hospital, Brighton & Sussex Universities Hospitals NHS Trust, Haywards Heath, West Sussex RH16 4EX

Part time UK private work history

2006-2016 worked privately as a Clinical Specialist Physiotherapist in a variety of settings:

- The Hove Clinic, 40 Wilbury Road, Hove BN3 3JP
- Nuffield Health Brighton Hospital, Warren Road, Woodingdean, Brighton BN2 6DX
- PhysioPlus, 41 Boltro Road, Haywards Heath, West Sussex RH16 1BJ
- Goring Hall Hospital, Bodiam Avenue, Goring by Sea, West Sussex BN12 5AT

Additional experience

- POGP tutor for Female Urinary Dysfunction Foundation Level Course since 2024
- APC registered in NZ 2017-2022
- PNZ member in NZ 2017-2022
- HCPC registered in UK 2001-2016 and again from 2023 to current
- POGP full member since 2007 and current
- Reviews Editor for POGP Journal 2015 - 2025 – member of Journal Committee and reviews books and products
- Chartered Society of Physiotherapy (CSP) member 2001-2016
- Pelvic Girdle Pain RCT pilot study research project with POGP team 2011-2013
- Member of Continence Steering Group within Western Sussex Hospitals Trust 2007-2016
- Women's Health representative for Physiotherapy Staff Development Committee 2006-9
- Area representative with team for Southeast region of POGP 2004-8
- Regular attendance at Southeast regional POGP meetings
- Chartered Society of Physiotherapy (CSP) steward 2004-6
- Organisation of clinical lectures and courses for in-service training, continual development of women's health patient literature, policies and services
- Organisation of clinical courses running on-site with external trainers and attendees
- Monthly attendance at team in-service training sessions covering wide range of POGP topics within women's and men's health
- Presentations to team members, other physio teams, GPs, consultants, midwives and other healthcare professionals
- Consistently involved with audit and validated outcome measures

RELEVANT PROFESSIONAL DEVELOPMENT TRAINING, COURSES & QUALIFICATIONS

Team Pelvic Health Physiotherapy Study Day	May 2025
Perineal Repair and Repair of Anal Sphincter Injuries	Jan 2025
Pelvic & Perineal Health student midwifery training	
Trauma & The Pelvic Floor – Serafin Upton - Online	July 2023

Male Pelvic Pain – Bill Taylor - Online		May 2022
NZ representative for international webinar 4th Trimester Care		Feb 2022
Around The World APTA Pelvic Health - Online		Feb 2022
Return to run postpartum - Grainne Donnelly Online		Sept 2021
• Diastasis Rectus Abdominis - Grainne Donnelly Online		Aug 2021
• Pelvic, Women's & Men's Health SIG annual conference, Wellington		April 2021
• Pelvic floor training in Prostate Online Cancer – clinical & research based Jo Milios		May 2020
• Continence NZ Men's Health Education Day Auckland		Sept 2019
• Advanced Manual Techniques Level 3 Tauranga		Oct 2018
• Auckland Regional Pelvic Health Physiotherapy Auckland Meeting		June 2018
• Advanced Manual Techniques for the Pelvic Tauranga Pain Patient		Jan 2018
• Pelvic Health Study Day Auckland		Aug 2017
• Greenlane Clinical Centre POGP Team Meeting Auckland and Education Day		July 2017
• Greenlane Clinical Centre POGP Team Meeting Auckland & Pelvic Pain presentation		Nov 2016
• Breast Cancer Survivorship course Michelle Lyons	Worthing	Feb 2016
• POGP Annual Conference	Harrogate	Sept 2015
• CSP South East Regional Meeting 1 st place Poster award for Self-Management	Worthing	Sept 2015
• POGP Annual Conference – presented Pelvic Girdle Pain Research Project results	Bristol	Sept 2013
• Clinical Mentor & Assessor for Postgraduate Student placement from University of Bradford	Worthing	April 2013
• Pelvic Girdle Pain RCT Pilot Study research project	Worthing	2011-2013
• Advanced Manual Therapy of the Pelvic Floor course	Worthing	April 2012
• National Pelvic Group Study Day on The Management of Rectocele	Bournemouth	October 2010
• Clinical Mentor & Assessor for Undergraduate Student placement from University of Brighton	Worthing	Aug 2010
• POGP Annual Conference	Solihull	Sept 2008
• POGP London Regional Meeting – Pelvic Pain Workshop	London	June 2008
• Menopause Study Day	London	March 2008
• POGP Pilates Workshop	Oxford	Jan 2008
• POGP Annual Conference	Cardiff	Sept 2006
• Postgraduate Certificate Continence	Bradford	Sept 2005– Jan 2007
For Physiotherapists		
• POGP Annual Conference	Nottingham	October 2005
• Domestic Violence Workshop	Worthing	January 2005
• Jo Laycock Bladder Course	Penrith	December 2004
• Pelvic Girdle Pain Workshop	Worthing	October 2004
• Jo Laycock Bowel Course	Haywards Heath	March 2004
• Sexual Dysfunction Workshop	Surrey	November 2003

REFEREES

1. Isabella D'Almeida, Clinical Service Lead Pelvic Health Physiotherapy, Sussex Community Foundation Trust, Worthing Hospital, Lyndhurst Road, Worthing BN11 2DH – i.dalmeida@nhs.net
2. Lynsey Hayward, Consultant Gynaecologist, Auckland Urogynaecology, 20 Titoki Street, Parnell, 1052 Auckland, New Zealand – Lmhayward@gmail.com