

Mr. Russell S. Cruz, MCSP, HCPC, PTRP

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PERSONAL STATEMENT

As a highly experienced Physiotherapist, I have developed my skills as a Clinician utilising evidenced based practice and sound clinical judgement to deliver treatment. I have extensive experience in MSK, Sports Injuries and Orthopaedic conditions. I have worked closely with the Consultants and involving patients in their care and deciding on their onward referral if required.

In my years from my previous post I have developed a special interest in Shoulder, Knee and Chronic Spinal pain and I have established a Specialist Knee and Shoulder Clinic at Spire Dunedin working closely with the local specialists in the area.

I have also been briefly involved as a Sports Physiotherapist with Basingstoke town's Rugby club as well as the Basingstoke Bisons Ice Hockey team.

EMPLOYMENT:

Physiotherapy Manager

Spire Dunedin Hospital, Reading RG1 6NS

April 2016- present

<https://www.spirehealthcare.com/spire-dunedin-hospital/>

Located in central Reading, Spire Dunedin Hospital has earned a long-standing reputation for providing first class private medical care to patients in Berkshire and the Thames Valley. The hospital prides itself on its wide range of services that are all provided by specialist doctors and nurses in a relaxed and comfortable environment

Responsible for the overall running of the Physiotherapy Department and direct Clinical contact. Part of the role is to maintain high standards of patient care and maintaining good relationships with the referring Consultants and GP's.

Private Independent Physiotherapist

Reactivate Physiotherapy and Sports Medicine Clinic

Beechdown Health and Fitness Club

<http://reactivate-physioclinic.co.uk>

Self Employed Physiotherapist at Basingstoke's Premiere Private Health and Fitness club. Manages own patient caseload mainly MSK and Sports related injuries.

November 2015- April 2016

Senior Outpatient MSK/ Orthopaedic Physiotherapist

The Hampshire Clinic www.BMIhealthcare.co.uk

Basingstoke, Hampshire

August 2001- November 2015

BMI The Hampshire Clinic in Basingstoke, Hampshire is part of BMI Healthcare, Britain's leading provider of independent healthcare with a nationwide network of hospitals & clinics performing more complex surgery than any other private healthcare provider in the country. In addition to the inpatient facilities, there is a comprehensive outpatient department including MRI unit, x-ray, health screening and a physiotherapy and hydrotherapy complex.

My principal duty is primarily the provision of an effective Musculoskeletal service in an outpatient setting. I manage a busy caseload mainly Musculo-skeletal conditions, Orthopaedic and Sporting related injuries.

I have worked closely with Orthopaedic Consultants as Lead Physiotherapist for shoulder dysfunctions and following shoulder surgery. I am also well experienced in the Rehabilitation of the injured knee also following complex reconstructive and joint replacement surgery.

I have also worked extensively with Pain Management Consultants and Spinal Consultants in assessing patients to deliver effective patient management, teaching patient self management skills as well as exercises and core rehabilitation.

**Private Physiotherapist
MS paraplegic patient**

Onboard the largest private residential ship. The WORLD.

<http://aboardtheworld.com/>

May 2003-June 2003.

Responsible for The graded exercise therapy for a sole patient with Multiple Sclerosis. who happens to be the Godmother of the ship.

Private Physiotherapist

HRH Prince Bandar Bin Abdulaziz Al-Saud

Riyadh, Kingdom of Saudi Arabia

January 1999-January 2000

https://en.wikipedia.org/wiki/Bandar_bin_Abdulaziz_Al_Saud

Responsible for Chronic Pain Management and Exercise Therapy.

Clinical Supervisor

Healthreach PT and Rehab Center

Dagupan City, Philippines

Nov. 1997- Dec.1998

Primary patients are those with Neurological conditions ie: Stroke/Spinal cord injuries and sports injuries

PT Instructor/Lecturer

(Electrotherapy/ Patient Handling)

Pines City Educational Center (Now Pines City Colleges)

Baguio City, Philippines

July 1997-October 1997

PT lecturer on Electrotherapy and Patient Manual handling.

Clinical Supervisor/Internship Coordinator

Coordinates with various affiliated PT Clinic locations for student training.

University of Baguio

October 1996-May1997

Staff Physiotherapist

Mediserv-Clinica Manila, SM Southmall

October 1995-September 1996

Assistant Strength Coach and Resistance Trainer

Resistance Training and Conditioning Unit

Philippine Center for Sports Medicine

January 1996-March 1996

KEY SKILLS

- Cybex Isokinetics Lead @ Hampshire Clinic
- IDD trained
- Acupuncture trained under Jennie Longbottom
- Excellent Manual Therapy skills
- Sports and Post-operative Joint Rehabilitation

Personal Skills

- Excellent computer skills and proficiency
- Excellent patient and people skills

EDUCATION

Cardiff University

UWCM, Cardiff City

MSc Sports Physiotherapy

2003-DNF

1 year of program, DNF due to personal/family responsibilities and holding a full time post.

I gained the need to develop evidence based practice in the clinical setting, how to think more critically and think outside the “box”.

Brighton University

Msc research methods (Module)

Eastbourne Campus 2002

Virgen Milagrosa University Foundation

San Carlos City, Philippines

1995, Bachelor of Science in Physical Therapy

Saint Louis University

BS Nursing 1989-1990

Affiliations:

Honorary Contract to practice at The Candover Clinic, BNHFT

HCPC registered

Chartered Society of Physiotherapy Member

Philippine Board Licence Holder

PERSONAL INTERESTS

Travelling, Fishing and outdoor activities, Tennis.

REFERENCES

References are available on request.

Trainings (2016-2017)

April 2016- Injection Therapy module

November 2016- Management Fundamentals

December 2016- Hosted Functional Spinal Manipulation Course at Spire Dunedin

June 2017- Functional Shoulder Rehab