

## Össur Mobility Clinic – UK

University of Birmingham Sports and Fitness Centre // 29th March 2020

### Guest Speakers & Special Guests

#### Stef Reid



Stef is a Paralympic long jumper who competes for Great Britain. Stef is a five-time world record holder, reigning world champion (London 2017 long jump), and triple Paralympic medallist in the long jump (2016, 2012) and 200m sprint (2008). She has an honours degree in biochemistry, and away from the track works as a broadcaster, professional speaker, actor, and model.

Stef is as successful on the track as she is off it, working as a broadcaster, professional speaker, actor, and model when she is not winning medals. She recently showed that not only could she jump but she could also cook in reaching the finals of Celebrity MasterChef and has her sights firmly set on making the podium in Tokyo.

**Occupation:** Long Jump

#### **Achievements:**

- Five-time world record holder
- Triple Paralympic medallist in the long jump (2016, 2012) and 200m sprint (2008)
- Starring in the short film “The Energy Within”. Director Samuel De Ceccatty describes the film as “an inspirational film about why disability isn’t inspirational.”
- Celebrity MasterChef Finalist (2018)

**Stay in Touch:** You can keep up to date with Stef via her website [www.stefreid.com](http://www.stefreid.com) or on Twitter [@RunJumpStefReid](https://twitter.com/RunJumpStefReid).

## LimbPower

Limb Power was launched in November 2009 to engage amputees and individuals with limb impairments in physical activity, sport and the arts to improve quality of life and to aid lifelong rehabilitation.

In July 2014 LimbPower became a National Disability Sports Organisation, sitting alongside WheelPower, Cerebral Palsy Sport (CP Sport), Dwarf Sport, British Blind Sport (BBS), UK Deaf Sport, Mencap Sport and Special Olympics Great Britain (SOGB). Through this association and their work with the English Federation of Disability Sport and Sport England LimbPower help amputees and people with limb impairment reach their sporting potential. LimbPower also run arts based activities including confidence workshops and a photography club.

**Their Vision** is changing lives through the power of physical activity, sport and the arts.

**Their Mission** is to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve quality of life and to aid physical, social and psychological rehabilitation.

**Their Aims** are to increase engagement, sustained participation and promote local inclusion to help limb impaired adults, young people and children reach their potential; to put each amputee and limb impaired person in touch with the right sport and leisure activity for their needs and ability. To provide expert knowledge and help to: the limb impaired, families physiotherapists, prosthetists, orthotists, occupational therapists, case manager, lawyers, support workers, coaches and other sport providers on how to engage and adapt sport for the limb impaired.



## Össur Team

Rachel Humpherson – Clinical Specialist Physiotherapist, North Europe Academy.



Graduating in 2011, Rachel developed a keen interest in Amputee Rehabilitation whilst working at a Private Prosthetic clinic, continuing to gain experience in this area whilst working in both the community and private clinics. She held the role of BACPAR North West regional rep for several years, developing publications such as “So your Patient has an Amputation” and several BACPAR Annual National Conferences. Rachel is currently the BACPAR Guidelines Co-ordinator.

Rachel worked at the SMRC Preston for 3 years, with a mixed caseload of NHS and Military Veteran amputee outpatients, treating both upper and lower limb patients, including a wide variety of Microprocessor Knees. Her area of interest includes MSK issues and sports limbs. Rachel has been working at Össur since 2017, training UK physiotherapists on using Össur products, especially the RHEO KNEE, sports limbs and developing resources for both lower and upper limb amputations.

Katy Farr – Sales Manager Prosthetics, Össur UK



Katy graduated in Prosthetics and Orthotics from Strathclyde University in 2002, and since then has been developing her understanding of the opportunities that come with technological developments. She started working with Blatchford at the RNOH Stanmore, dual practicing, until she joined Össur in 2007 as a Clinical Specialist Prosthetist/Orthotist.

As a part of the Össur Academy team, Katy worked in various markets alongside international colleagues to develop best practice. She took on the role of Account Manager in Prosthetics and then Sales Manager Prosthetics for the UK as a chance to collaborate more closely with Össur's customers.

Working with the Academy team, Katy has supported customers with training on products and pathways to achieve great solutions for their users. After Össur's welcomed Touch Bionics in Scotland, Katy now oversees the Upper Limb Solutions for the UK, helping to raise awareness about how Össur can help people live a life without limitations.