



TRANTAFYLLIA ROSE KAIMAKAMI, MSc, MCSP, PT

Highly Specialist Physiotherapist |
Clinical Innovator | MedTech Adviser
ED Frailty • Acute Care • Complex
Rehabilitation

West London, UK

Email: Triantafyllia.Kaimakami@nhs.net |
info@rosethephysio.com

Phone: 07743 719548 | Website:
rosethephysio.com

HCPC: PH126111 | MCSP Member

PROFESSIONAL PROFILE

Highly Specialist Physiotherapist with over 8 years of clinical experience across Emergency Frailty, Acute Medicine, Rapid Response, and MSK/Complex Rehabilitation. Expert in conducting high-stakes, physiotherapy-led Comprehensive Geriatric Assessments (CGAs), delivering senior decision-making support, and driving patient-flow optimisation in fast-paced acute environments.

Founder of Rose the Physio, delivering evidence-based MSK rehabilitation and functional conditioning programmes tailored to complex presentations. Developer of the Therapeutic Postural Reset (TPR) framework and creator of FALLCHECK+, a digital frailty-triage and mobility-risk tool. Serves as a clinical adviser at Rose Meditech, shaping digital rehabilitation workflows, governance structures, and product integration strategies.

Brings together frontline acute expertise, advanced rehabilitation skills, service-improvement insight, and digital-health innovation—positioning strongly for senior NHS roles, private clinical practice, MedTech development, education, and advisory/consultancy opportunities.

CORE COMPETENCIES

Clinical Expertise

- Advanced ED/AFU frailty assessment and physiotherapy-led CGA, integrating mobility, cognition, functional status and medical risk to guide senior clinical decisions.

- Acute physiotherapy for complex, undifferentiated presentations in high-pressure emergency settings, supporting early mobilisation and deconditioning prevention.
- Community rapid response (STARRS)—urgent assessments, short-term interventions and escalation decisions supporting hospital-avoidance pathways.
- MSK and complex rehabilitation, including post-operative care, chronic conditions, functional reconditioning and return-to-baseline planning.
- Evidence-based exercise prescription and functional retraining, tailored to frailty, acute illness recovery, and long-term rehabilitation goals.

Leadership & Service Improvement

- Supervision, mentoring and competency development for Band 5/6 physiotherapists and learners across acute and community settings.
- Patient-flow optimisation and safe discharge planning, including admission-avoidance, risk-mitigation and pathway coordination across ED, AFU and community services.
- Design and implementation of falls-prevention initiatives, embedding mobility standards and functional risk frameworks into MDT practice.
- Active involvement in frailty, mobility and pathway audits, contributing to QI projects that streamline workflow, enhance safety and improve CGA consistency.
- Regular MDT teaching and clinical education on mobility assessment, frailty identification, and early-rehab principles, strengthening cross-disciplinary practice.

Innovation & Digital Health

- Developer of the Therapeutic Postural Reset (TPR) framework, an evidence-informed postural, autonomic and functional readiness approach used across MSK and frailty contexts.
- Founder and architect of FALLCHECK+, a digital frailty-triage and mobility-risk tool enhancing CGA quality, documentation and MDT communication.
- Clinical adviser for Rose Meditech SaaS, shaping digital rehabilitation workflows, clinical governance, user pathways and product functionality.
- Expertise in workflow mapping, service redesign and digital integration, translating frontline clinical needs into scalable technological solutions.

PROFESSIONAL EXPERIENCE

Highly Specialist Physiotherapist (Band 7) - ED Frailty & AFU

London Northwest University Healthcare NHS Trust – Sep 2024 – Present

- Deliver 10-15 comprehensive frailty assessments per shift, including physiotherapy-led CGAs, integrating mobility, cognition, function and medical risk to support safe and timely decision-making.

- Provide high-impact flow recommendations directly to senior clinicians, influencing admission avoidance, transfer decisions and same-day discharge outcomes across ED and AFU.
- Act as MDT lead for mobility, functional risk and falls-prevention, setting safe-mobilisation standards, guiding clinical colleagues and contributing to early-rehab pathways.
- Conduct frailty-pathway audits and lead service-improvement initiatives, identifying variability, streamlining CGA processes and enhancing efficiency and patient flow across the acute floor.
- Supervise, mentor and clinically support Band 5/6 physiotherapists and students, providing case discussions, competency development and reflective learning within a fast-paced ED environment.
- Manage complex presentations in high-pressure settings, including acute deconditioning, delirium, polypharmacy, trauma-in-frailty and undifferentiated mobility decline.
- Coordinate with geriatricians, ENPs, nurses, OTs and flow teams to expedite diagnostics, establish rehab potential and ensure appropriate downstream pathways.
- Champion early-mobilisation and exercise-prescription practices, embedding functional and autonomy-focused approaches into ED workflows.
- Actively contribute to workforce development and MDT education, delivering teaching on mobility assessment, falls-risk identification and safe discharge criteria.

Specialist Physiotherapist - Community & Domiciliary

Hounslow & Richmond Community Healthcare – Nov 2022 – Sep 2024

- Managed a diverse community caseload including frailty, post-operative patients, complex rehabilitation needs, long-term conditions and functional decline.
- Delivered targeted functional mobility retraining, gait re-education, strength and conditioning programmes, and tailored falls-prevention interventions in home and community settings.
- Led D2A (Discharge to Assess) coordination, completing timely functional assessments, identifying rehab potential and ensuring safe transitions between acute, community and social-care services.
- Developed cross-sector MDT plans, collaborating with GPs, OTs, nurses, social workers and voluntary services to deliver holistic, person-centred rehabilitation.
- Provided community-based mobility and self-management teaching, empowering patients, carers and support workers to maintain progress and reduce re-admission risk.

- Handled safeguarding concerns, risk assessments and lone-working responsibilities, ensuring safe clinical practice across domiciliary environments.

Physiotherapist - STARRS Rapid Response

London Northwest University Healthcare – Mar 2022 – Nov 2022

- Delivered urgent physiotherapy assessments within a 2-4-hour response window, managing acute functional decline, falls, frailty crises and undifferentiated mobility issues in patients' homes.
- Provided short-term, high-impact interventions to stabilise mobility, reduce immediate risk, prevent hospital admission and support recovery following acute deterioration.
- Supported escalation and clinical decision-making, identifying red flags, medical risk, and suitability for community management versus acute transfer.
- Facilitated safe transitions between acute and community pathways, coordinating with GPs, district nurses, OTs, social care and ambulance services to ensure continuity of care.
- Implemented personalised exercise plans and functional strategies, enabling rapid improvements in safety, independence and symptom management.
- Maintained high standards of lone-working practice, including dynamic risk assessment, safeguarding vigilance and timely documentation.

Physiotherapy Practitioner - Acute Medical Unit

Northwick Park & St Mark's Hospital – Aug 2021 – Jan 2022

- Delivered early mobilisation and functional assessments for acutely unwell medical patients, supporting recovery from deconditioning, respiratory illness, infection, cardiac events and complex comorbidities.
- Provided real-time clinical escalation and decision-support, identifying deterioration, red flags and therapy-limiting risks, and communicating promptly with medical and nursing teams.
- Contributed to admission and discharge decision-making, assessing baseline function, rehab potential, mobility safety and equipment needs to facilitate timely and appropriate patient flow.
- Implemented tailored exercise, mobility and breathing strategies, supporting symptom management, functional endurance and safe progression of activity.
- Collaborated closely with MDT teams (nurses, OTs, doctors, discharge coordinators) to establish coordinated care plans and reduce delays in transfer of care.
- Maintained high standards of documentation, infection control and rapid turnover practice within a high-pressure acute environment.

Private Practice Owner (Part time) - Rose the Physio

West London – Jun 2025 – Present

- Provide evidence-based MSK and complex rehabilitation, including advanced assessment, manual therapy/STR techniques, exercise therapy, functional conditioning and long-term management for diverse presentations.
- Design personalised rehabilitation pathways, delivering structured treatment plans, progress reviews and goal-oriented functional retraining tailored to each client's needs.
- Maintain full clinical governance responsibilities, including safeguarding compliance, risk assessment, professional documentation, outcomes tracking and adherence to HCPC/MCSP standards.
- Oversee end-to-end service delivery, from booking systems, triage and consent to follow-up management, client communication and continuity of care.
- Lead brand development, marketing strategy and digital presence, positioning the practice as a specialist provider of high-quality MSK and functional rehabilitation.
- Integrate innovation frameworks such as the Therapeutic Postural Reset (TPR) and FALLCHECK+ into private practice delivery to enhance patient outcomes and assessment precision.
- Establish strong professional networks, including collaborations with personal trainers, coaches, wellness providers and clinicians to support holistic care.

Clinical Consulting Partner - Kaimakami Kyriaki (UK & Greece)

Feb 2022 – Present

- Deliver personalised rehabilitation and functional optimisation programmes, supporting clients with complex MSK conditions, chronic pain, post-operative recovery and performance-related goals across UK and Greece settings.
- Apply advanced exercise physiology principles to design evidence-based conditioning plans, addressing strength, endurance, motor control, mobility and autonomic regulation.
- Provide specialist performance programming, integrating biomechanics, load management and functional testing to enhance resilience, reduce injury risk and improve long-term physical capacity.
- Collaborate with multidisciplinary professionals including physicians, coaches and wellness practitioners to ensure holistic, aligned care pathways.
- Offer remote and in-person consulting, utilising structured assessments, progress tracking and tailored education to support sustainable, client-centred outcomes.
- Advise on best-practice rehabilitation strategies, integrating emerging evidence and innovative methods such as the Therapeutic Postural Reset (TPR) framework.

EDUCATION & REGISTRATION

MSc Advanced Exercise Physiology – *International Hellenic University* (2020)

- Postgraduate training in clinical exercise science, physiology, performance adaptation, ageing physiology and applied rehabilitation methodologies.
- Developed advanced skills in exercise prescription, functional testing, cardiopulmonary assessment and evidence-based programme design.

BSc Physiotherapy – *ATEI Thessaloniki* (2018)

- Comprehensive physiotherapy training across MSK, neurology, cardiorespiratory, acute care and community rehabilitation.
- Strong clinical placements forming the foundation for acute, frailty and MSK expertise.

HCPC Registered Physiotherapist – *Registration No. PH126111*

- Fully compliant with UK regulatory, ethical and professional standards for clinical practice.

Member of the Chartered Society of Physiotherapy (MCSP)

- Active engagement with ongoing professional development, governance frameworks and national physiotherapy standards.

LEADERSHIP, TEACHING & PROJECTS

- **Lead physiotherapist within the ED-AFU frailty pathway**, providing senior clinical insight, influencing admission/discharge decisions, and supporting MDT management of complex, high-risk frailty presentations.
- **Deliver MDT teaching and clinical education** on mobility assessment, falls-prevention strategies, safe early mobilisation and frailty identification, improving cross-disciplinary competence and patient-flow efficiency.
- **Supervise and mentor Band 5/6 physiotherapists and students**, supporting clinical reasoning, reflective practice, competency development and safe autonomous decision-making in acute and community settings.
- **Contribute to key service-improvement projects**, including Frailty Pathway Audit, Mobility Standards Review, Discharge Quality Improvement initiatives and optimisation of CGA processes across the acute floor.
- **Co-founder of YOUTHphoria**—a youth-led NGO promoting wellbeing, international mobility, cultural exchange and community development through structured educational programmes and cross-border collaboration.

INNOVATION & ENTERPRISE

Therapeutic Postural Reset (TPR)

- Developer of an **evidence-informed postural and autonomic regulation framework** used to improve functional readiness, movement tolerance and rehabilitation outcomes across MSK, frailty and performance contexts.
- Integrates biomechanics, autonomic principles and functional conditioning to enhance recovery efficiency and patient self-management.

FALLCHECK+

- Creator and architect of a **digital frailty-triage and mobility-risk tool** designed to streamline CGA processes, improve documentation accuracy and enhance MDT communication in acute and community settings.
- Supports safer decision-making, early identification of risk factors and consistency across frailty pathways.

Rose Meditech

- Clinical adviser contributing to **workflow mapping, digital rehabilitation integration, and clinical governance frameworks** for a developing MedTech platform.
- Provides frontline clinical insight to inform feature design, safety considerations, user pathways and scalable rehabilitation solutions.

CONTINUING PROFESSIONAL DEVELOPMENT

- **NHS England Frailty Programme** – advanced training in frailty identification, CGA delivery, risk stratification and pathway optimisation across acute and community settings.
- **Silver Trauma & Major Trauma Updates** – enhanced competence in managing trauma-in-frailty presentations, assessing complex injuries and contributing to high-acuity decision-making in ED environments.
- **AIM (Acute Illness Management) Course** – training in early recognition of deterioration, clinical escalation, acute assessment frameworks and safe intervention planning.
- **Falls-Prevention & Postural Stability** – evidence-based approaches to reducing falls risk, improving balance, gait and functional confidence in older adults.
- **NICE Frailty & CGA Guidelines** – applied understanding of national standards governing frailty assessment, CGA components and multidisciplinary practice.
- **Advanced Exercise Prescription for Older Adults** – specialist training in conditioning, strength programming and safe functional loading for frail, deconditioned or complex patients.
- **Red Flags in MSK** – enhanced screening skills for serious pathology, onward referral criteria and safe MSK clinical reasoning.

- **Respiratory Physiotherapy Essentials** – foundational skills in respiratory assessment, secretion clearance techniques and acute cardiorespiratory management.
- **Pain Management** – frameworks for acute and chronic pain assessment, education, functional rehabilitation and self-management strategies.
- **Manual Handling & Early Mobility** – competency in safe mobilisation practices, risk assessment, equipment use and early-rehab facilitation across acute settings.

LANGUAGES

- **English** – Fluent
- **Greek** – Native
- **German** – Intermediate

REFERENCES

Available on request.