

Mr Mark Smith

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Job Title: Consultant Physiotherapist in Stroke Rehabilitation

Qualifications: Grad. Dip. Phys., BSc (Hons) Health Studies, MCSP

Mark Smith trained in Physiotherapy at Queen Margaret College (QMC), Edinburgh, graduating in 1985. He worked as a junior physiotherapist in Fife and Edinburgh hospitals until 1988 when his interest in neuro-rehabilitation brought him to the Department of Clinical Neurosciences (DCN) at the Western General Hospital (WGH), Edinburgh. He worked in that unit with a wide variety of neurological patients until 1989 when he became the senior physiotherapist in the general medical unit at the WGH. At this time stroke care was beginning to become more organised and he took the opportunity to join the emerging stroke service at that time. He returned to study and graduated BSc (Hons) Health Studies from the now Queen Margaret University College (QMUC) in 1991. He continued to work with stroke patients, providing physical rehabilitation throughout various service evolutions, culminating in the development of the stroke rehabilitation unit at the Royal Victoria Hospital (RVH) in 1998. He worked in the RVH/WGH stroke service as a clinical specialist until appointed consultant physiotherapist working across Lothian for the Lothian Stroke Managed Clinical Network in January 2006. His responsibilities are to develop community rehabilitation services for stroke across Lothian, to provide clinical expertise and guidance for colleagues, to educate at under and postgraduate levels and to pursue relevant research topics in stroke rehabilitation. He continues to study at a postgraduate level at Queen Margaret University.

Mark became involved in fitness after stroke through his work as part of the STARTER (**ST**roke: **A** Randomised **T**rial of **E**xercise or **R**elaxation) team. He modified and further developed the fitness training element of the study so as to be suitable for people with stroke.

He enjoys playing guitar, running, cycling, swimming and family life.

Examples of publications:

Smith, M.T & Baer G.D, Achievement of simple mobility milestones after stroke. *Archives of Physical Medicine and Rehabilitation*. 1999; 80(4): 442-447.

Smith, M.T & Baer G.D, Measuring the outcomes of specific stroke subtypes using simple mobility milestones. *Physiotherapy*. 1997; 83(7): 354.

Baer G.D, & Smith M.T, The recovery of walking ability and sub-classification of stroke. *Physiotherapy Research International* 2001;6(3) 135-144

Baer G.D, Smith M.T, Rowe P J., Masterton L., Establishing The Reliability of Mobility Milestones as an Outcome Measure for Stroke. *Archives of Physical Medicine and Rehabilitation*. 2003;84 (7) 977-981.