

Spire Cardiff Hospital Physiotherapists



Andy Berry MSc, BSc, MCSP, HPC

Andy has gained an extensive range of experience while working as a physiotherapist and treats patients with a variety of conditions. He specialises in musculo-skeletal, lower limb biomechanics and foot and ankle conditions. He has completed a Masters in sports physiotherapy and is trained in acupuncture. He has worked with both recreational and professional athletes, and has previously worked on a full time basis for London Irish RFC and with the British Basketball Team.



Saskia Blair Grad Dip Phys, PgDip, HPC

Saskia is a highly experienced musculo-skeletal physiotherapist with over 20 years' experience in treating all manner of musculo-skeletal conditions. She has a special interest in treating all sports injuries and particularly in return to sport rehabilitation. Saskia has worked as a physiotherapist for Team Wales at the last four Commonwealth Games and as a physiotherapist for Team GB.



Karen Fuller MPhil, PGD, MCSP, HPC

Karen is a highly experienced clinician with over 20 years' experience. She has been involved in physiotherapy research, and held senior and specialist posts in both the NHS and private sector. Her clinical practice at Spire Cardiff Hospital involves the treatment of musculo-skeletal conditions in a wide variety of clients ranging from elite athletes to the more sedentary individuals. She has a particular interest in spinal, shoulder and pelvic conditions. She is highly skilled at managing complex presentations, providing innovative physiotherapy solutions.



Katy Gilvear BSc (Hons), MCSP, HPC

Katy qualified from Cardiff University in 2007 and works in both the out-patient and in-patient teams at Spire Cardiff Hospital. She has worked in a large hospital trust where she gained experience with intensive care, cardiology, orthopaedic surgery, musculo-skeletal out-patient, neurological physiotherapy and hydrotherapy. Katy also works for the Welsh Netball Association and a Premiership Welsh rugby team.



Charlie McCall MSc, BSc, MCSP, HPC

Charlie qualified in 2001 and worked for the NHS for over 7 years, gaining experience in a variety of musculo-skeletal assessment and treatment skills. She completed her MSc in sports and exercise science in 2008 and has extensive experience working in the world of sports injury and rehabilitation (World University Games, England Students Rugby). Through her clinical and sporting experiences Charlie has gained a special interest in post-operative rehabilitation, lower limb injuries, overuse injuries and biomechanical alignment re-education.



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Physiotherapy enquiries 029 2054 2745



Charlotte Perry BSc (Hons), MCSP, HPC

Charlotte graduated from Cardiff University in 1999 and has worked for Spire Healthcare since 2002. Her specialist interests include, shoulder, hip, knee and lumbar spine in both the pre-operative and post-operative stages of treatment. Charlotte's clinical interest also include rehabilitation for patients with sports injury following interventional procedures.



Sian Powell BSc (Hons), HPC, MCSP

Sian qualified as a physiotherapist in 1994 and has worked at Spire Cardiff Hospital for the last 10 years. Sian's role as an In-patient Physiotherapist includes pre and post-operative orthopaedic rehabilitation, and critical care assessment and treatment. She is also involved in the out-patient team in cardiac rehabilitation and lifestyle management.



Sarah Reed BSc (Hons), MCSP, HPC, DCR (T)

Sarah has significant experience in supporting post-operative patients who have had hip, neck or knee procedures. Her out-patient activity extends to patients with sports injuries, general musculo-skeletal conditions and soft tissue injuries, and she is the lead clinician for our hydrotherapy service. Sarah has extensive experience with post-operative breast cancer patients, and her research in this area has been published.



Mair Whittall Grad Dip Phys, HPC, MCSP

Mair has specialised in male and female health for the last 20 years, covering specialised and complex assessments and treatments in the areas of obstetrics, gynaecology, urology, pelvic pain and musculo-skeletal problems. Mair was one of the driving forces behind promoting women's health physiotherapy in South Wales.



Jackie Zaslona BEd, MCSP, HPC

Jackie is a highly experienced Musculo-Skeletal Physiotherapist with over 20 years of clinical practice ranging from acute post-surgical treatment to advanced elite athlete rehabilitation. Jackie has been to four Olympic Games as a physiotherapist and this has given her valuable insight into the complexities of sports injuries. Movement analysis and performance rehabilitation are her key areas of expertise.

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