



## Paul Sealey

Senior Lecturer in Physiotherapy

Faculty of Health and Life Sciences, Coventry University

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### Academic interests:

- Musculoskeletal disorders
- Shoulder pathologies particularly assessment and management of rotator cuff related pathology
- Upper limb assessment and management
- Health and Wellbeing
- Rehabilitation

### Accounts for professional use:

**Researchgate:** [https://www.researchgate.net/profile/Paul\\_Sealey2](https://www.researchgate.net/profile/Paul_Sealey2)

**Twitter:** @sealey\_paul

### Biography

I am a Senior Lecturer in Physiotherapy teaching both undergraduate and postgraduate Physiotherapy at Coventry University. I qualified as a physiotherapist from the University of the West of England, Bristol in 2005 and went on to work clinically in the NHS until commencing my role at Coventry University. I completed my core physiotherapy rotations, incorporating Neurology, Cardiorespiratory and Musculoskeletal before specializing in Musculoskeletal Physiotherapy in 2007. Between 2007 and 2017 I progressed from a Senior Physiotherapist to Clinical Specialist Physiotherapist before becoming an Upper Limb Extended Scope Practitioner (ESP) in 2016. As an ESP my role involved the assessment and management at first point of contact for complex musculoskeletal upper limb patients alongside a clinical staff and service development role in the Physiotherapy department at Ashford & St. Peter's Hospitals NHS Foundation Trust.

My current role at Coventry University is teaching musculoskeletal physiotherapy at both undergraduate and postgraduate level alongside supervision of research dissertations.

I completed my Master's Degree in Advanced Neuromusculoskeletal Physiotherapy in 2013 with my research project going on to collect the MACP (Musculoskeletal Association of Chartered Physiotherapists)

student research award and being published in the *Physiotherapy Journal*. I have continued to be interested in academic research whilst working clinically and further published work regarding the management of rotator cuff tears.

### **Qualifications**

MSc in Advanced Neuromusculoskeletal Physiotherapy, King's College London, 2013

BSc (Hons) Physiotherapy, University of the West of England, Bristol, 2005

### **Professional memberships**

Musculoskeletal Association of Chartered Physiotherapists (MACP)

Chartered Society of Physiotherapists (CSP)

Health and Care Professions Council (HCPC)

### **Research**

Sealey, P. and Critchley, D. (2017) 'Do Isometric Pull-Down Exercises Increase the Acromio-Humeral Distance?'. *Physiotherapy* 103 (2), 208-213

Sealey, P. and Lewis, J. (2016) 'Rotator Cuff Tears: Is Non-Surgical Management Effective?'. *Physical Therapy Reviews* 21 (3-6), 215-221

Critchley, D. J., Penfold-Welch, K., Harvey, L., and Sealey, P. (2014) '172. Does an Isometric Pull-Down Exercise Increase Subacromial Space in People with Or without Shoulder Impingement Syndrome?'. *Rheumatology* 53 (suppl 1), i124-i124

### **Teaching**

BSc Physiotherapy

MSc Manual Therapy

MSc Advancing Physiotherapy Practice

BSc Dissertation supervisor

MSc Dissertation supervisor

Visiting placement supervisor

### **Areas of expertise/interest**

Musculoskeletal Physiotherapy

Shoulder assessment and management

Upper limb musculoskeletal disorders

Quantitative research