



# ROBYN MIDGLEY

ACCREDITED HAND  
THERAPIST

## CONTACT

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Argyle Lane,  
Johannesburg
- www.handconsultsa.com

## EDUCATION

1993 - 1997

### UNIVERSITY OF THE WITWATERSRAND (WITS)

- BSc (hons) Occupational  
Therapy

### ACCREDITATIONS

- AHT - British Association of  
Hand Therapists) 2008 &  
2013
- ECHT - European Federation  
for Society of Hand  
Therapists, 2014

## SKILLS

- Accredited Hand Therapist
- Educator
- Mentor
- Leader
- Author
- Stiff Hand Specialist
- Effective Communicator
- Critical Thinker

## AWARDS

- Best Read Paper at the 43rd  
Annual Congress of the  
South African Society for  
Surgery of the Hand.

## PROFILE

Robyn Midgley is a distinguished specialist in hand and upper extremity therapy, operating a private practice in Sandton, Johannesburg. Renowned for her holistic approach to treatment, Robyn combines extensive research and clinical expertise to foster optimal patient recovery.

With a commitment to comprehensive care, Robyn collaborates with other professionals to tailor individualized treatment plans. Her emphasis on swift diagnosis and intervention underscores the understanding that delays can compromise functional outcomes. Emergency consultations are readily available to ensure patients receive specialized care when they need it most. Robyn holds British & South African Passports.

## WORK EXPERIENCE

- Director of Hand Therapy Consulting** 2003 - PRESENT  
Highly Specialist Hand & Upper Limb Therapist
  - Hand Therapy Consulting provides specialist assessment and rehabilitation of traumatic hand and upper extremity injuries, including medico-legal assessments and reports.
- Guy's & St Thomas NHS Foundation Trust (GSTT)** 2002 - 2010  
Highly Specialist OT & Extended Scope Practitioner
  - Highly Specialist Occupational Therapist, Plastics Trauma & Orthopaedics (Hand Therapy) and Extended Scope Practitioner 2002 -2010.
  - Independent private practice with practicing privileges at London Bridge Hospital, London, UK, specializing in injuries and diseases affecting the hand and upper extremities since July 2002.
- Chris Hani Baragwanath Hospital, South Africa** 1998-- 2002  
Basic Grade Occupational Therapist
  - Independently ran the adult & Paediatric Burn Units, worked in the Trauma Hand Unit & established the Cardiology OT Centre

## REFERENCES

### Elizabeth MacLennan

Manager for 8 years at GSTT

Phone: +44 7890 587491

Email: elizabeth949@btinternet.com

### Dr Chetan Patel

Plastic & Reconstructive, Hand &  
Micro Surgeon

Phone: +27 83 260 5528

Email: ccpatelmd@gmail.com

# ABOUT ROBYN MIDLEY

Robyn Midgley is a dynamic and unique hand therapist, driven by a profound passion for continuous learning, teaching, and collaborative engagement with colleagues. With a specialized focus on the stiff hand, Robyn recognizes the inherent risk of joint stiffness in every hand-injured patient. Her commitment extends beyond traditional methods, as she embraces cutting-edge nanotechnology to expedite the treatment process.

A forward-thinking professional, Robyn showcases creativity in sharing her wealth of knowledge and skills. She actively contributes to online teaching and learning platforms, leveraging technology to disseminate expertise and foster a broader understanding of hand therapy. In her pursuit of excellence, Robyn remains at the forefront of the field, contributing not only to individual patient care but also to the advancement and dissemination of hand therapy knowledge on a larger scale.



# CONTRIBUTION TO THE PROFESSION

PARTICIPATION IN NATIONAL & INTERNATIONAL  
CONFERENCES

PROVIDED VIRTUAL EDUCATION THROUGH SHORT  
COURSES & WEBINARS TO A GLOBAL AUDIENCE

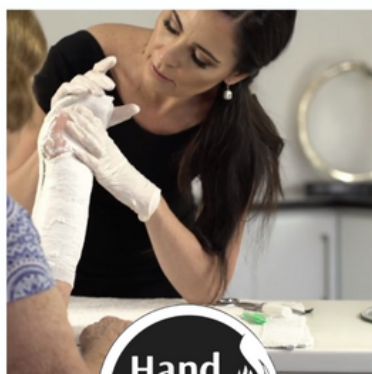
JOURNAL ARTICLE PUBLICATIONS

BOOK CHAPTER PUBLICATIONS

# CONTRIBUTION TO THE PROFESSION

## THE CMMS ONLINE COURSE

### BECOME A CMMS EXPERT



with  
**Robyn Midgley**

#### STEP 1



#### UNDERSTAND THE SCIENCE

CMMS Online Course  
46 Lessons  
24 CEUs

#### STEP 2



#### INDIVIDUAL MENTORING

Select a patient  
Individual Mentoring  
3 x 1 Hour Sessions

#### STEP 3



#### PRACTICE & APPLY

Join Private Community  
Take photo's & video's  
Share in the community

#### STEP 4



#### GROUP MENTORING

Accelerate learning  
Advanced clinical reasoning  
Experience through case studies

#### STEP 5



#### QUALIFY

Upload patient results to platform  
Present to CMMS Club  
Receive certificate & CEUs

## THE CMMS PODCAST ON SPOTIFY



# CONTRIBUTION TO THE PROFESSION

THE SURGERY & THERAPY SUMMIT





# NATIONAL PRESENTATIONS

- South African Society for Surgery of the Hand (SASSH) 51st Annual Congress, Cape Town, 2022 Application of the Modified St John's Flexor Tendon Protocol Integrating The CMMS Technique to Prevent The Need For Tenolysis In The Presence of Post Operative Complications – A Case Series Report.
- South African Society for Surgery of the Hand (SASSH) 51st Annual Congress, Cape Town, 2022 The Use of Nanotechnology to Expedite Wound Healing, Reduce Inflammation and Manage Acute & Chronic Pain in Hand Injured Patients.
- South African Society for Surgery of the Hand (SASSH) Refresher Course, Pretoria, 2018 Therapists Management of the Stiff Hand.
- South African Society for Surgery of the Hand (SASSH) 47th Annual Congress, Pretoria, 2016 CMMS Technique for rehabilitation following a crush and degloving injury of the hand.
- South African Society for Surgery of the Hand (SASSH) 46th Annual Congress, Drakensburg, 2015 Development of an Extended Scope Therapist-Led Traumatic Wrist Clinic
- 44th Annual Congress of the South African Society for Surgery of the Hand, Kwa Maritane, September 2013: Evaluation of an Evidence-Based Patient Pathway for Non-Surgical & Surgically Managed Metacarpal Fractures.
- 43rd Annual Congress of the South African Society for Surgery of the Hand, Durban, September 2012: Management of Flexor Tendon Injuries Zone I-IV: Rationale for Change.
- 43rd Annual Congress of the South African Society for Surgery of the Hand, Durban, September 2012: Casting Motion to Mobilise Stiffness: The Secret to Unlocking Digital Stiffness.

# INTERNATIONAL PRESENTATIONS

- The International Hand & Wrist Congress, Dubai, November 2023  
Application of the Modified St John's Flexor Tendon Protocol  
Integrating The CMMS Technique to Prevent The Need For  
Tenolysis In The Presence of Post Operative Complications – A Case  
Series Report.
- The International Hand & Wrist Congress, Dubai, November 2023,  
The Use of Nanotechnology to Expedite Wound Healing, Reduce  
Inflammation and Manage Acute & Chronic Pain in Hand Injured  
Patients.
- 12th Triennial Congress of the IFSSH & 9th Triennial Congress of the  
IFSHT, New Delhi, India, Evaluation of an evidence-based patient  
pathway for non-surgical and surgically managed metacarpal  
fractures, March 2013.
- 8th Triennial Congress of the International Federation of Societies for  
Hand Therapy (IFSHT), Orlando Florida: Development and  
implementation of a hand therapy extended scope practitioner clinic  
to support the 18-week waiting list initiative, June 2010
- 10th Triennial Congress of the International Federation of Societies  
for Surgery of the Hand (IFFSH) & 7th Triennial Congress of the  
International Federation of Societies for Hand Therapy (IFSHT),  
Sydney: The use of CMMS (Casting Motion to Mobilise Stiffness) to  
regain digital flexion following Dupuytren's fasciectomy, March 2007
- 10th Triennial Congress of the International Federation of Societies  
for Surgery of the Hand (IFFSH) 7th Triennial Congress of the  
International Federation of Societies for Hand Therapy (IFSHT),  
Sydney: Work Related Upper Limb Disorder
- (WRULD): Pain and functional capacity assessment before and after  
treatment in keyboard and mouse users who remain at work, March  
2007.

# INTERNATIONAL PRESENTATIONS CONTINUED

- Judy ColditzGuy's & ST Thomas' CMMS Hand Therapy Course, Clinical Application of the CMMS Technique, November 2006.
- Lead ESP Clinician Presentation to the Guy's & St. Thomas NHS Foundation Trust Clinical Governance meeting to obtain ratification for the Physiotherapy and Occupational Therapy Radiological and Blood Test Investigations Policy, July 2006.
- Guest Speaker at Pulvertaft Hand Therapy Course, Derby: Casting motion to mobilise stiffness – the secret to unlocking digital stiffness, May 2006.
- European representative: International Casting Motion to Mobilise Stiffness (CMMS) panel at the 6th Congress of the International Federation of Societies for Hand Therapy (IFSHT) meeting at the Heriot-Watt University, Edinburgh, June 2004.
- Professional appearance on BBC I production of City Hospital (London), October 2003.



# VIRTUAL GUEST SPEAKER PRESENTATIONS

- Insights into CMMS, UAE Hand Therapy, The Mentors, January 2024
- New Concepts in Joint Stiffness, Arizona, August, 2023
- Application of the Modified St John's Flexor Tendon Protocol Integrating The CMMS Technique to Prevent The Need For Tenolysis In The Presence of Post Operative Complications – A Case Series Report, Western Australia Hand Surgeon's Meeting, July 2023
- Therapists Management of the Stiff Hand, Australian Hand Therapy Association, March, 2023.
- Therapists Management of the Stiff Hand, Surgery & Therapy Summit, January 2023.
- Practical Application of the CMMS Technique, Hand Therapy Association of California, 2021.
- Practical Application of the CMMS Technique, Virtual Hand to Shoulder Fellowship LLC, 2021.
- 22nd Argentine Congress of Hand Therapy, 1st Virtual University Congress Management of Flexor Tendon Injuries using the Casting Motion To Mobilise Stiffness Technique To Avoid The Need for Tenolysis Improve Functional Outcomes, 2021.
- Therapists Management of the Stiff Hand, 2nd World Congress Physical Therapy & Rehabilitation Medicine 2021.

# COURSES & WEBINARS HOSTED

- CRPS or the Stiff Hand? 30 April 2023
- Nanotechnology & Pain, 2022
- New Techniques to Manage Flexor Tendon Injuries with Dr Donald Lalonde, Dr Paulvalery Roulette, Jenn Sager & Robyn Midgley, 2022
- New Application of the CMMS Technique, 2022
- The Great Resignation – Building New Roles & Businesses Through Clarity, Alignment & Purpose, Carlyn Neek, 2022.
- Tools, Tricks & Techniques, 21 February 2021
- CRPS, Biotensegrity & Neural Tension, 21st march 2021
- Pain Relief Through Assessment, Strategy & Exercise, 25th April 2021
- Kinesio Taping of the Hand & Thumb, 27 September 2020, Alison Taylor
- Kinesio Taping of the Wrist, 11 October 2020, Alison Taylor
- Kinesio Taping of the Elbow, 15 November 2020, Alison Taylor
- Kinesio Taping of the Shoulder, 15 November 2020, Alison Taylor
- Work Related Pain Disorders – The Ultimate Treatment & Prevention Program by Robyn Midgley, August 2020
- Manage Your Immunity in the Time of COVID-19 – A Neuroscience Approach with Robyn Midgley & Dr Ian Weinberg, Neurosurgeon, August 2020
- Kinesio Taping for the Stiff Hand with Robyn Midgley & Alison Taylor, CHT, August 2020
- 3D Splinting – Are you Ready for The Future of Hand Therapy? With Robyn Midgley & Pearse Fay, CHT, April 2020
- How to Set Up a Virtual Hand Clinic with Robyn Midgley & Michelle Coil, CHT, March 2020

## COURSES & WEBINARS HOSTED CONTINUED

- The Mutilated Hand with Robyn Midgley & Dr Chetan Patel, Plastic & Reconstructive Hand & Micro Surgeon February 2020
- The Secret to Unlocking Digital Stiffness – How the right treatment approach brings success with Robyn Midgley & Shrikant Chinchalkar, Certified Hand Therapist, October 2019
- WALANT & CMMS in the Management of Flexor Tendon Injuries with Robyn Midgley & Dr Donald Lalonde, Plastic & Reconstructive Surgeon, November 2019

# COURSES ATTENDED

- Psycho Neuro Immunology, Imapct Learning, 2019
- Mastering your Financial Genius with Barry Mitchell, October – December 2019
- Applied Psychoneuroimmunology with Dr Ian Weinberg, 19th October 2019
- Online & Social Media Mastery, Paul O'Mahony, 23rd -25th August 2019
- Mastering Business Acumen, Joseph Michelli, 5 th July 2019
- Rainmaker LinkedIn Training with Matt Clark, June 2019
- Mind Power with Robin Banks, 13th & 14th March 2019
- Financial Mastery with Robert Jewell, 12th, 14th & 19th February 2019, 16 hours.
- Sales & Leadership Mastery Program with Barry Mitchell, 5th & 6th April 2019
- Elite Entrepreneur Intensive, March 2019
- Real Entrepreneur Intensive, February 2019
- Real Success January 2019
- Ethics, SASHT, 2018
- Cutting Edge Practice Management, Impact Learning, 2014
- Assessment of Hand Function and Sensory Relearning after Peripheral Nerve
- Injury to the Hand, London, U.K., 2010
- Kinesio Taping, London, U.K.,2010
- Shoulder – Assessment & Treatment, London, U.K., 2010
- Imaging of the Hand, Pulvertaft Hand Centre, Derbyshire, U.K., 2008
- Theoretical and Practical Ultrasound, London, U.K., 2008
- Philadelphia Hand Unit Education Tutorial, Philadelphia, USA, 2008
- BAHT Level II: The Thumb, London, U.K., 2007.

## COURSES ATTENDED CONTINUED

- BAHT Level II: Splinting, Dublin, Ireland, 2007.
- BAHT Level II: Trauma, Swansea, U.K., 2007.
- Theoretical and Practical Ultrasound and TENS by Professor Tim Watson, Chelsea & Westminster Hospital, London, U.K., 2006.
- Ionising Radiation (Medical Exposure) Regulations 2000 Referrers Training Course, London, U.K., 2006.
- Advanced Excel Training, London, U.K., 2005.
- Court Room Skills Training, Bond Solon Training, London, U.K., 2003.
- Excellence in Legal Report Writing, Bond Solon Training, London, U.K., 2003.
- Leading an Empowered Organisation, London, U.K., 2003.
- Neoprene as a Splinting Material, London, U.K., 2003.
- A New Technique for Casting Motion to Mobilise Stiffness London, U.K., 2003.
- Pulvertaft Hand Therapy Course, Derbyshire, U.K., 2003.
- Anatomy of the Upper Limb & Hand Course, Hand Clinic, Windsor, U.K., 2002.
- BAHT Level I, London, U.K., 2002.



# CONGRESSES ATTENDED

- South African Society for Surgery of the Hand (SASSH) 51st Annual Congress, Cape Town, September 2022
- 15th Triennial Congress of the IFSSH & 12th Triennial Congress of the IFSHT, London, United Kingdom, June 2022
- 4th Triennial Congress of the IFSSH & 11th Triennial Congress of the IFSHT, Berlin, Germany, June 2019.
- South African Society for Surgery of the Hand (SASSH) Refresher Course, Pretoria, 2018
- South African Society for Surgery of the Hand (SASSH) 47th Annual Congress, Pretoria, 2016.
- South African Society for Surgery of the Hand (SASSH) 46th Annual Congress, Drakensburg, 2015
- South African Society for Surgery of the Hand (SASSH) Refresher Course Anatomy and Biomechanics, Congenital Abnormalities, CP, Stroke and Brain Injury, Tetraplegia and Tendon Transfers, South Africa, February 2015.
- 44th Annual Congress of the South African Society for Surgery of the Hand, Kwa Maritane, South Africa, September 2013.
- 12th Triennial Congress of the IFSSH & 9th Triennial Congress of the IFSHT, New Delhi, India, March 2013.
- HPCSA Practitioner Roadshow Seminar, October 2012.
- 43rd Annual Congress of the South African Society for Surgery of the Hand, Durban, September 2012.
- South African Society for Surgery of the Hand (SASSH) Refresher Course Trauma & Sport Related Upper Limb Injuries, South Africa, 2012.

# CONGRESSES ATTENDED

## CONTINUED

- 42nd Annual Congress of the South African Society for Surgery of the Hand (SASSH), Sun City, South Africa, 2011.
- 8th Triennial Congress of the International Federation of Societies for Hand Therapy (IFSHT), Orlando, USA, 2010.
- 10th Annual Hand Surgery Symposium Philadelphia, Pennsylvania, 2008
- 7th Triennial Congress of the International Federation of Societies for Hand Therapy (IFSHT), Sydney, 2007
- Pulvertaft Hand Therapy Course, Pulvertaft Hand Centre, Derby, 2006
- Casting Motion to Mobilise Stiffness, Guy's & St Thomas' NHS Foundation Trust, London, U.K., 2005
- 10th Congress of the Federation of European Societies for Surgery of the Hand (FESSH) and the 8th Congress of the European Federation of Society of Hand Therapists (EFSHT), Goteborg, Sweden, 2005
- 6th Congress of the International Federation of Societies for Hand Therapy (IFSHT), HeriotWatt University, Edinburgh, U.K., 2004
- Pulvertaft Hand Therapy Course, Pulvertaft Hand Centre, Derby, U.K., 2003

# JOURNAL PUBLICATIONS

- Midgley (2023) The Application of Nanotechnology in Hand Rehabilitation – Opportunity Analysis, ASHT Times, Volume 30, Issue 3
- Midgley (2023) Exploring the Science & Potential of Nanotechnology in Hand Rehabilitation – A comprehensive Review, ASHT Times, Volume 30, Issue 2
- Midgley (2016) The Casting Motion to Mobilise Stiffness technique for rehabilitation after a crush and degloving injury of the hand Journal of Hand Therapy; 29 323-333.
- Midgley & Toeman (2011) Evaluation of an evidence-based patient pathway for non-surgical and surgically managed metacarpal fractures. Hand Therapy, 16: 19-25.
- Toeman & Midgley (2010) Hand Therapy management of metacarpal fractures – an evidence based patient pathway. Hand Therapy; 15(3):87-93.
- Midgley (2010) The use of CMMS (Casting Motion to Mobilise Stiffness) to regain digital flexion following Dupuytren's fasciectomy. Hand Therapy; 15: 45-51.
- Rose and Probert (2009) Development and implementation of a hand therapy extended scope practitioner clinic to support the 18-week waiting list initiative Hand Therapy; 14: 95– 104.
- Povlsen B and Rose RL (2008) Managing Type II Work Related Upper Limb Disorders In keyboard and mouse users who remain at work: A case series report Journal of Hand Therapy; 21:69-79.

# JOURNAL PUBLICATIONS

## CONTINUED

- Povlsen B and Rose R (2007), Work Related Upper Limb Disorder (WRULD): Assessment and Treatment, 10th Congress of the International Federation of Societies for Surgery of the Hand & 7th Congress of the International Federation of Societies for Hand Therapy, Medimond S.r.l Volume ISBN 978-88-7587-329-5.
- §Rose R.L. (2007) The Use of CMMS (Casting Motion to Mobilise Stiffness) to regain digital flexion following dupuytren's fasciectomy, 10th Congress of the International Federation of Societies for Surgery of the Hand & 7th Congress of the International Federation of Societies for Hand Therapy, Medimond S.r.l Volume ISBN 978-88-7587-329-5.
- §Povlsen B, Probert S, Rose R (2004): Use of the "Typing Capacity Cycle" Test as an assessment tool for keyboard users with work-related upper limb disorder. Brit. J. Hand Therapy 9; 84-87.

# BOOK CHAPTERS

- Therapists Management of the Stiff Hand, 7th Edition, Rehabilitation of the Hand & Upper Extremity.
- Therapists management of the Stiff Hand, Fundamentals of Hand Therapy, 4th ed. Clinical Reasoning and Treatment Guidelines for Common Diagnoses of the Upper Extremity, pages 324-326, In Press
- Orthotic Intervention for Specific Diagnoses & Populations, 3rd Edition, Orthotic Intervention for the Hand & Upper Extremity,



# WEBSITES

- [www.handconsultsa.com](http://www.handconsultsa.com)
- [www.robynmidgley.com](http://www.robynmidgley.com)
- [www.surgeryandtherapysummit.com](http://www.surgeryandtherapysummit.com)