



A day in the life of...

Meet Stephan Moehrke

Physiotherapist at Maidstone and
Tunbridge Wells NHS Trust



I started my career as a physiotherapist in June 2014 at Queen Alexander Hospital in Portsmouth.

I joined MTW back in September 2015 and work predominantly in Outpatients at Maidstone Hospital, holding a virtual fracture clinic triage at Tunbridge Wells Hospital once a week.

On a typical day I cycle or run to Maidstone Hospital. When I arrive, I pick up my patient notes for the day and am always greeted by the friendly faces of our department administration team. The majority of my day is spent seeing patients, both face to face and virtually, as well as some non-clinical time for personal and departmental administration tasks. As one of the senior physiotherapists within the department I am responsible for assisting and supporting my colleagues throughout the day with any questions or concerns that may arise.

The most enjoyable part of my job is being able to help and rehabilitate patients with quite significant musculoskeletal (MSK) conditions as well as being able to support and motivate the MSK team.

Since I joined MTW there have been plenty of opportunities to progress my career. After completing my band 5 MSK, Respiratory and Orthopaedic rotations I was encouraged to apply for a rotational band 6 post, which included time working with the Paediatric team. This made me realise that my ideal work balance was a combination of MSK outpatients as well as patients in the Intensive Care Unit and acutely unwell respiratory patients. My interest in MSK outpatients however soon started to overshadow my interest in inpatient physiotherapy, which led me to my current career progression of obtaining a static band 7 MSK physiotherapy post.

There are many reasons why I love working here at MTW, but one of the main reasons is how inclusive, welcoming and supportive all the teams are. MTW is an acute Trust with many different specialities, rotations and opportunities to learn and further develop your career. Come and join our MTW family!