Lunar Summers

Occupational Therapist

CONTACT

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lunar.summers@eucm.co.uk

www.empoweringu.co.uk

LOCATIONS

- Bedfordshire
- Cambridgeshire
- Essex
- Norfolk
- City of London
- Greater London
- Suffolk

Empowering U

Complex Care | Case Management

PERSONAL PROFILE

Lunar Summers is a highly experienced Occupational Therapist and Case Manager with over 25 years of clinical practice and more than 15 years in case management. She specialises in complex rehabilitation, including brain and spinal injury, multi-trauma, neurological conditions and life-limiting illness. Lunar adopts a flexible, person-centred approach, combining strong analytical and problem-solving skills with empathy to build effective therapeutic relationships.

Lunar has also demonstrated leadership in service development, including designing and implementing a comprehensive rehabilitation service within a hospice setting. She works confidently with multidisciplinary teams, statutory services and private providers to deliver coordinated, goal-focused rehabilitation programmes that maximise independence and long-term outcomes.

EXPERIENCED IN

- Rehabilitation Planning
- Brain Injury
- Spinal Injury
- Multi-Trauma
- Neurological Conditions
- Functional Neurological Disorder
- Goal Setting Proficiency
- Liaising with Statutory Services
- Comprehensive Report Writing
- Specialist in Palliative, Neurological
- Orthopaedic Rehabilitation

EDUCATION AND QUALIFICATIONS

- London School of Occupational Therapy

AFFILIATIONS

- BABICM Registered
- CMSUK Membership
- Health and Care Professional Council (HCPC)

AGES COVERED

- All Ages

WORK EXPERIENCE

Associate Case Manager
2011 - Present

Occupational Therapist/Rehab Lead - Keech Hospice Care
2015 - 2022

Research Therapist in Orthopaedic Trauma - John Radcliffe Hospital
2011

Senior Occupational Therapist - Dorset County Council
1994 - 2010

PERSONAL PASSIONS

Lunar has a passion for skiing and travelling At home, she enjoys creative cooking, including experimenting with fermentation, alongside spending time gardening, which provides a relaxing and rewarding balance to her work.

HIGHLIGHTS CURRENT KEY CASES

- Chronic pain stabilisation: Supporting ongoing pain management where recovery has plateaued, focusing on maintaining function.
- Fatigue and reduced endurance: Implementing pacing and energy conservation to support safe daily activity.
- Upper limb dysfunction: Addressing fine motor difficulties affecting work, with targeted rehab and ergonomic advice.
- Vocational adaptation: Supporting sustainable employment through work adjustments and employer liaison.
- Psychological adjustment: Integrating support for trauma, emotional distress and adjustment to injury.

EXPERIENCE

Lunar has extensive experience managing complex rehabilitation across independent practice, healthcare, social care and research settings, working with neurological injury, trauma, chronic pain and long-term conditions.

Lunar provides case management for clients with complex and often fluctuating needs, including those with incomplete recovery. She supports the transition to long-term self-management through structured routines, pacing and activity modification, ensuring rehabilitation remains realistic and sustainable.

She coordinates multidisciplinary teams and integrates health, social care and vocational input, addressing barriers such as fatigue, workplace demands and external stressors to maintain progress and stability. Her approach ensures that interventions remain purposeful and responsive to each client's changing presentation.

Lunar is also experienced in vocational rehabilitation, supporting clients to remain in or adapt employment in line with their capacity. She provides practical guidance on work patterns, liaises with employers and Occupational Health, and recommends adjustments that support long-term sustainability.

She has a strong understanding of the wider impact of injury, including emotional strain and uncertainty, and incorporates this into her rehabilitation planning to ensure a balanced and achievable approach.

Her earlier career provided a solid foundation in community rehabilitation and orthopaedic trauma research, underpinning her practical, structured and outcome-focused approach to complex case management.

Tim Gleave
Chartered Legal Executive
Serious Injury Law

Lunar is the ultimate professional who communicates well with her clients and does her very best for them