

## #MonthlyMotivation: Lucy Sacarello (class of 2010)



Lucy's fascination for the human body began when she visited the Bodyworlds Exhibition whilst at School.

### What did you do when you left Putney?

After working in an Australian primary school in my gap year, I studied Physiology and Anatomy at Bristol University. After graduating I completed a Masters to become a chartered Physiotherapist.

### What does a normal day look like for you now?

I am currently working at [physio4life](#) in Putney. My days are structured around my shifts (early 7am-3pm or late 1pm-10pm), but they are always filled with back-to-back appointments. Sometimes they require more manual hands-on therapy in the treatment room; this therapy is usually combined with some strength and mobility work in the gym so patients are able to practice a recommended exercise program at home. Fortunately my shift pattern gives me time out of work to focus on my sport. I have continued to study too to ensure I stay up to date with the constantly evolving physiotherapy practice.

### Have you had any exciting clients?

As I work in Putney, I do see some of the current pupils! I've also had the privilege of working with various sports teams; I have travelled abroad with the men's GB rowing team and have supported ultramarathon events in the Jordanian desert. I never dreamt I would have these opportunities. These experiences add variety to my working schedule in terms of location and types of injury, it also means I work with so many different types of people (patients and colleagues).

### What made you consider Physiotherapy as a career?

My fascination with the complexity of the human body was sparked by the London Bodyworlds exhibition when I was 15. I knew I wanted to work with people and I liked the idea of healthcare so I chose to study physiology to keep my options open. With my passion for sport and health, physiotherapy seemed like the natural route to pursue.

### How do you think Putney helped you?

Putney taught me to be ambitious. At work and outside of work too. It's definitely a difficult balance to find and maintain; over the years, I have learnt that it is not always possible to achieve it all and there is nothing wrong with that. Putney also taught me to manage my schedule well and how to be more efficient with every aspect of my life; learning how to juggle schoolwork, sport and my commitments outside of school certainly helped prepare me for university and my working life.

### What has been your highlights since leaving Putney?

Outside of work I had the opportunity to lead a team of women out to the Jordanian desert to run 260km over five days. I completed it and I absolutely loved it! If I'd been told last year that that I would complete a 260Km run in the desert I would never have believed it! Although it is a cliché it did actually teach me that you truly can do anything you put your mind to. You just have to say yes (before realising what you're doing) and take it one step at a time (quite literally in my case).

### What advice would you give to current pupils and Putney alumnae looking to work in Physiotherapy?

Some of my best experiences have come about from me simply saying 'yes'. I think that by working hard in the moment and reflecting on the past, you can become a stronger and more resilient person in the future. I think it is so important to be open minded. With regards to subjects, Biology and PE were essential to study Physiology. If you know what career path you would like to follow it is never too early to get experience. If you want to gain experience working in charities and hospitals getting face to face time with people all bode well for your application. Three years into my career I feel I can say I'm stimulated and challenged by what I do at work but have the ability to have an extensive life outside of my job, that's exactly what I have always looked for.