

Job Description

Senior Physiotherapist – Performance Rehab Lead



JOB DESCRIPTION	
Job Title:	Senior Physiotherapist – Performance Rehab Lead for Return to Play Well (RTPW) Programme.
Location:	Ospreys High Performance Centre, Llandarcy Academy of Sport, Neath
Hours of work:	37.5 hours per week. (The nature of the role will require working extended hours, evening, and weekends)
Responsible to:	Medical Performance Manager
Contractual Status:	2 Year Fixed Term Contract
Role Summary	Performance Rehab lead for Ospreys RTPW Programme, monitoring effectiveness to maximise performance outcomes. Responsible for the injury management, injury prevention, physical rehabilitation, education and medical services delivered to Ospreys Senior and Transition Group players. Working closely with the wider rugby management team (coaching/S&C/ Sport Science/Sport Psych/Nutrition) and the Medical Performance Manager to maximise the performance of players returning from injury, as well as continuing to look at evidence based and innovative ways to, measure and improve practice in the pursuit of excellence.
Key Responsibilities, Tasks and Activities:	<p>Lead the planning and micro-macro periodisation and goal setting for rehabilitation of Ospreys players on RTPW Programme.</p> <p>Co-ordinate effective planning and communication between medical, sports psych, S&C, nutrition and rugby and commercial departments to aid and drive the performance of the Ospreys RTPW process.</p> <p>Develop strategies to measure and continuously evaluate and improve the effectiveness of the Ospreys RTPW process.</p> <p>Develop a reporting structure/template to reflect the individual and performance needs of players exiting the RTPW process.</p> <p>Ensure delivery of appropriate injury prevention strategies, tailored to individual needs of players on RTPW Programme.</p> <p>Ensure effective and timely recording of decisions, relating to informed consent for return to play on completion of rehabilitation for players exiting the RTPW Programme.</p> <p>Medical lead on all meetings required for the planning and management of Senior and Selected Transition Group players on the Ospreys RTPW Programme.</p> <p>Facilitate communication with radiology and orthopaedic consultants to optimise appropriate treatment of Ospreys Senior and Transition Group players, based on a detailed understanding of specific injury profile and current best practice guidelines.</p>

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	<p>Within the rules of professional confidentiality, communicate effectively with athletes, family, coaches and other support staff as appropriate.</p> <p>Maintain upkeep of player medical records in line with current professional standards and Rugby Services Agreement.</p> <p>Maintain and ensure the upkeep of a comprehensive database of rehab sessions completed by RTPW players, for the purpose of planning and reflective practice to improve future programmes.</p>

PERSON SPECIFICATION	
Experience:	<ul style="list-style-type: none"> • Background working in professional sport/rugby • Experience of the practical delivery of performance rehab to professional athletes.
Qualifications:	<ul style="list-style-type: none"> • BSc (Hons) Physiotherapy • Membership of Chartered Society of Physiotherapy (MCSP) • Registration with the Health and Care Professions Council (HCPC) • Level 3 Immediate Care in Sport (ICIS) or equivalent qualification
Desirable Qualifications:	<ul style="list-style-type: none"> • Post Graduate qualification in Sport & Exercise Medicine, Sports Physiotherapy or Sports Rehabilitation.