

## Team Physiotherapist

A Club Team Physiotherapist is attached to the club and should be able to offer advice, training and therapy to any and all players within the club and should be able to operate both on their own and as part of a team

### What kind of person should you be?

1. **Well Organised-** The physiotherapist should be organised enough to have all equipment and strapping they might need ahead of training and games
2. **Experienced-** Experience and training in physiotherapy is vital as not only could a lack of training lead to ineffective injury management, but could lead to further injury
3. **Eager-** being positive and eager is very important to ensure that the players get the best treatment available
4. **Involved in Continuous Development-** As the field of physiotherapy evolves and progresses, so should the application of your practice on the players

### The core responsibilities of the role

1. **Injury Management-** First and foremost you are responsible for helping the recovery of all players, from minor to more serious injuries
2. **Injury Prevention-** By developing specific training programs which can be given to players to complete or tailoring programmes for individual needs.
3. **Strapping-** Applying strapping to those who need it either before the game or during the game but also to understand when strapping would be a waste of resources and potentially damaging to the players
4. **Recovery-** By use of various methods, the recovery of players from both injury and post-match soreness should be managed by the physiotherapist.

### The commitment from you

1. The usual commitment for a physiotherapist is attending training twice a week and game days at the week end (roughly 6 hours a week). This is recommended to last at least 1 season (a period of 9-months)
2. Additional personal training courses should also be considered for this role.

### What do you get out of it?

This is an excellent opportunity to develop your skills, knowledge and experience as a physiotherapist in a real, working environment and can help you to become part of a team both on and off the field.

