



- Maximising the power of sport to change lives •

JOB DESCRIPTION

Ref:SP/1124

Job Title: Sports Physiotherapist

Grade: Staff Officer

Salary Scale: £34,524-£35,712 per annum

Department: SINI Physiotherapy Unit

Location: Sport NI Sports Institute (SNISI) based at Ulster University, Jordanstown; SNISI training centres and sports venues (as required)

Responsible to: Head of Physiotherapy Unit

Duration: Permanent

Organisational background:

Sport NI is the lead development public body for sport and physical recreation in Northern Ireland. We are established under the Recreation and Youth Service Order 1986 for the furtherance of sport and physical recreation in Northern Ireland. We develop all aspects of sport and physical recreation from active participation to Olympic and Paralympic levels

Sport NI is primarily funded by grant in aid from the Department for Communities and the National Lottery.

Our mission statement is:

We are passionate about maximising the power of sport to change lives.

Our DNA:

Sport NI's values are Excellence, Integrity, Collaboration and Learning. Sport NI seeks an individual who shares and exemplifies our values and associated behaviours in their daily work.

Overall purpose of job:

The overall purpose of the physiotherapist role is to develop and deliver physiotherapy support services to positively impact on performances to enable more Northern Ireland athletes to win at the highest level and increase the number of sporting winners in the process. There are four key areas of sports physiotherapy delivered: Injury Risk Mitigation, Acute Intervention, Rehabilitation and Performance Enhancement. The role works as part of a multi-disciplinary team to deliver a high-quality service to athletes and seeks to continuously improve the culture of high performance amongst sports and their athletes.

Duties and Responsibilities:

Plan, deliver and evaluate best practice physiotherapy services to targeted sports to effectively meet the commitments to athletes, coaches and national governing bodies. Services should enhance performance, optimise athlete health and wellbeing to minimise time-loss and maximise performance in training and competition by:

- Assessment of injury risk using advanced knowledge of normal movement patterns and typical injury mechanisms to interpret the additional demands placed on the body in different sporting contexts and across a range of sports

- Design and implement individual and group injury prevention programmes which incorporate research based, sports specific strategies, measure the outcomes of interventions, and modify interventions, where appropriate, before progression for performance enhancement.
- Design and implement individual rehabilitation/return to play or perform (RTP) programmes which incorporate research based, sports specific strategies, continuously reassess injuries, measure the outcomes of interventions, and modify treatment, where appropriate, before progression to the next rehabilitation/RTP phase and eventual return to competition.
- Evaluating the effectiveness of interventions using appropriate assessment tools, including re-assessment of screening findings and coach/athlete feedback
- Assessment and immediate treatment of acute injuries, including recommendations for initial management, onward referral if appropriate and physio follow-up.
- Contribute to the enhancement of an athlete's performance by evaluating their physical and performance-related profile, by reviewing competition to highlight trends and deficits in performance and relating this to previous screening, testing and monitoring data.
- Maintain comprehensive and secure records of work conducted with athletes and prepare reports for line managers as required.
- Deliver physiotherapy service provision from identified SNISI locations and at training venues, camps and competitions nationally and internationally.
- Act as lead physiotherapist across a range of identified SNISI supported programmes and liaise and collaborate with other SNISI support staff and relevant governing body high performance staff in the development of an effective service package.
- Attend, contribute to and provide regular reports at appropriate meetings associated with the programme and to key stakeholders including NGB staff.
- Within the rules of professional confidentiality liaise with athletes, primary care managers, parents, coaches and other support staff as appropriate.
- Identify, develop and facilitate appropriate communication methods, including workshops, to inform and educate athletes, coaches and NGB's in the effective use of sports physiotherapy services.
- Work with SNISI support staff to ensure an interdisciplinary approach to athlete management.
- Work within a multidisciplinary team to develop and promote a high-performance culture.
- Maintain professional registration and develop professional knowledge through:
 - Planning and implementation of annual Performance and Development Plan
 - Active participation and contribution to physiotherapy and sports medicine meetings with colleagues and management, and
 - On-going development of sports physiotherapy knowledge
- Contribute to the strategic development of physiotherapy services and provide advice and guidance to senior managers to improve operational processes.
- Participate in organisational training and staff annual reviews.
- Participate in ad hoc projects and or applied research across the organisation as appropriate.
- Assist SNISI in disseminating World Anti-Doping Agency information and guidelines to athletes, coaches and support staff.
- To take reasonable care for the health and safety of him/herself and of other persons who may be affected by his/her acts or missions at work and to co-operate so far as is necessary to enable any duty or requirement imposed on SNISI under statutory provisions to be performed or complied with.

This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation.