



- Maximising the power of sport to change lives •

## JOB DESCRIPTION

**Job Title:** Sports Physiotherapist (Casual Service Provider Level Two)

**Grade:** Casual Staff

**Salary Scale:** £300 day rate plus holiday pay

**Department:** Physiotherapy/Sports Medicine

**Location:** Bases throughout Northern Ireland

**Responsible to:** Head of Physiotherapy

**Duration:** Ongoing

### 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.

Sport NI is the main statutory body, through which public funding for sports in Northern Ireland is channelled. 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. By 2025, we want the power of sport to be recognised and valued by all.

### Overall purpose of job:

The overall purpose of the sports 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, optimize 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.
- Deliver physiotherapy service provision from identified SNISI locations and potentially at training venues, camps and competitions nationally and internationally.
- Liaise and collaborate with other SNISI support staff and relevant governing body high performance staff in the development of an effective service package across a range of sports.
- 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.
- Assist SNISI in disseminating World Anti-Doping Agency information and guidelines to athletes, coaches and support staff.

**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.**