Job Title	Rehabilitation Performance Coach
Contract type	Student Placement
Location	Remote / online
Weekly hours	10 hours per week
Duration	10 months (September 2024 start)
Reporting To	Director (Ben Saldivar) and Head of Performance (Paul Read)
Remuneration	MRes Tuition Fees (£7950)

ACL Rehab coaching is a specialist physiotherapy team dedicated to helping athletes recover from ACL injuries and improve their performance. Our online programs provide personalized support and guidance, allowing athletes to rehabilitate in the comfort of their own homes. With our expert coaches and evidence-based approach, we empower athletes to regain strength, mobility, and confidence, helping them return to their sport stronger than ever before.

Our exclusively online coaching programs provide personalized guidance and support to ensure a safe and effective rehabilitation process. Our programs are suitable for athletes of all levels who have suffered ACL injuries or undergone ACL surgery. Whether you are a professional athlete or a recreational sports enthusiast, our programs can help you get back to your active lifestyle.

https://www.aclrehab.com/

Role Purpose:

This funded MRes student placement is a collaboration between ACL rehab coaching and St Marys University. The successful candidate will contribute to the data collection and coaching of athletes enrolled in the ACL rehab coaching program and use the data collected during the placement to complete an impactful research project. Specifically, the student will work with ACL rehab coaching and St Marys staff to deliver high quality rehabilitation to athletes during their return to sport journey and produce a high-quality research project that is focused on optimising athlete care.

Roles & Responsibilities:

- Complete an online MRes program of study in Sport, Health and Applied Science at St Marys University and conduct a research project that aligns with, and that will inform current practice at ACL Rehab Coaching
- Contribute to the delivery of athlete performance rehabilitation programs at ACL Rehab Coaching under the supervision of the Director and Head of Performance
- Contribute to data collection and monitoring of athlete physical testing, and self-reported function using the ACL Rehab Coaching Dashboard
- Work well within a multidisciplinary team and attend team meetings as required
- Take part in external and internal CPD as required

About the research project

Integration of objective measurement in online anterior cruciate ligament (ACL) rehabilitation

Anterior cruciate ligament (ACL) injury is an acute, catastrophic event resulting in significant time-loss from sport/ recreational activity. There is a high risk of reinjury, and the future health and function of the knee is commonly affected.

Patients who have undergone ACL reconstruction display alterations in movement mechanics and reductions in muscle strength. The typical approach following surgery to restore physical function is to complete a rehabilitation program, delivered in person by a physiotherapist. Recent advances in technology have seen the emergence of on-line rehabilitation but the outcomes of patients completing this mode of treatment are relatively unknown. Specifically, there is a paucity of longitudinal research to examine movement mechanics and muscle strength in these cohorts at key clinical milestones using practically viable methods delivered remotely.

The specific aims of this project are as follows:

1. Provide normative data for strength and movement parameters in a range of clinically relevant movement assessment tasks in patients undergoing on-line ACL rehabilitation
2. Implement longitudinal monitoring of strength, movement and patient reported outcomes in an on-line ACL rehabilitation setting. These data will be used to guide rehabilitation status, provide clinically relevant benchmarks, and determine the magnitude of expected change following on-line exercise-based ACL rehabilitation.
3. Examine if changes in strength, muscle function and movement characteristics are associated with changes in pain and patient reported outcomes.

Essential Qualifications/ experience:

- A minimum 2:1 in a relevant undergraduate degree, preferably in physiotherapy although closely related degrees (sports science, strength and conditioning, sports rehabilitation) will also be considered
- Coaching experience within a sport setting
- Computer literacy skills

Desirable skills, knowledge, and experiences:

- Experience working within a performance rehabilitation environment
- Passionate about the development and delivery of ACL rehabilitation
- Ability to build strong relationships with athletes and staff
- UKSCA accredited or on the pathway to becoming accredited*

*If on the pathway to becoming accredited the successful candidate will be supported/mentored by a placement mentor UKSCA accredited coach.

Placement and project supervision team

Dr Paul Read, PhD, MSc, ASCC, CSCS*D

Paul is the Head of Performance for ACL Rehab Online, a Senior Lecturer in S&C at St Marys University and an honorary Associate Professor at University College London (UCL) and the University of Gloucestershire. Paul is an accredited strength and conditioning coach with both the UKSCA and NSCA, and has consulted with Olympians, professional and international athletes. Paul has authored over 120 research publications and numerous book chapters.

Ben Saldivar, BSc (hons) Physiotherapy

Ben is a physiotherapist whose career has been focused on ACL injuries for the past six years and has helped hundreds of individuals through their recovery. He has also spent time working in international sport including supporting basketball players from the NBA, and top leagues in Europe. As the founder of ACL Rehab Online our mission is to push forward the standard of ACL rehabilitation world-wide and give athletes and individuals access to a world class team of professionals so they can return to the things they love.

Application details

To apply, please send a CV and 1 page cover letter outlining your interest and passion in ACL rehabilitation, experience relating to the stated roles, responsibilities and desirable skills / knowledge to paul@aclrehabonline.com

Closing date:

8th August 2024