

About Us

ACL Rehab Coaching is a specialist rehabilitation team dedicated to helping athletes recover from ACL injuries and improve their performance. We provide personalised support and guidance, allowing athletes to rehabilitate in the comfort of their own homes and gyms. 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 service provides personalised guidance and support to ensure a safe and effective rehabilitation process. 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, we will help you get back to your active lifestyle. Further details can be found here: <https://www.aclrehab.com/>

We are pleased to announce that we are expanding our team, looking to recruit an ACL Rehab Specialist Performance Coach, which is outlined in the following job description.

To apply please send your CV to our Head of Performance Dr Paul Read (paul@aclrehabonline.com) and CC our Head of Infrastructure and Innovation Eddy Fuller (eddy@aclrehabonline.com).

Closing date for applications: Thursday 5th December 2024

About the Role

Reports to:

- Head of Performance (direct line manager) regarding performance metrics.
- Head of Infrastructure and Innovation regarding data, technology, workflow and innovation.

Location: Remote

Hours: Part Time, with potential to grow to full time

(We build your caseload gradually so time to full capacity may vary. We aim to get you up to 2-2.5 days per week within 3 months.)

Salary: To be discussed at interview

Essential Qualifications/ experience:

- A minimum 2:1 in a relevant undergraduate degree, preferably in strength & conditioning although closely related degrees (sports science, physiotherapy, 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
- A postgraduate degree in a related field (or working towards)
- A professional accreditation in strength & conditioning (i.e. UKSCA accreditation) or working towards

Goals for the Role

Our mission is to be the leaders in providing world class care to anyone going through the ACL recovery journey worldwide. Therefore, your goals in the role will be to:

1. *Provide world class care to our clients.*
2. *Aid our mission to become leaders in ACL rehabilitation.*
3. *Continually collaborate with the ACL coaching and management team to develop best practice.*
4. *Develop your expertise as an ACL rehab specialist through a commitment to continued professional development.*

How we Measure Success in the Role

We believe in measuring the success of our program for both our clients and practitioners. Through this approach we can maintain the highest standards of outcome and delivery. Your success in the role will be measured against:

- Physical performance metrics such as continued development of clients Capacity, Strength, Plyometric and Running KPIs.
- Client psychological readiness and self-reported level of function such as IKDC and ACL Return to Sport Index.
- Return to sport metrics such as time to return to key milestones, graduation rate and long-term retention via transition onto our graduation program
- Service delivery metrics such as client satisfaction, engagements, testimonials and feedback.
- Development of client habit metrics such as nutritional, psychological, training and recovery behaviors

Your Responsibilities

The following key responsibilities for the role are to:

- Create a safe space for clients' questions, coupled with compassion, and a willingness to listen and understand issues raised.
- Provide high levels of communication and support to all clients so that they have complete clarity on their rehab, providing individualised feedback completing weekly check-ins on time.
- Create a well-structured and progressive rehab plan, not just a series of exercises, which is set up clearly using simple and clear language.
- Regularly test clients through a series of performance tests, tracking their progress and the effectiveness of your delivery.
- Interpret data to reflect and refine your coaching process for each client.
- Give holistic support to clients such as coaching recovery and lifestyle behaviours.
- Regularly engage with and help other staff members through sharing experiences and knowledge to develop the collective intelligence of the group.
- Build to and then maintain a consistent monthly caseload of at least 30 ACL clients within 4-6 months of commencing the role.

Professional Standards and Values:

- A passionate and driven individual who is relentless in delivering the highest quality care at every stage of the rehab process.
- A willingness to learn and be open to feedback. We provide training and mentorship to ensure you have the skills necessary to fulfil your role.
- A data informed individual who understands the importance of objective insights to inform both the rehab and coaching process.
- A caring nature, showing empathy to clients, but also are able to be firm and hold athletes accountable to a high standard.
- To be organised and independent. You will be able to work autonomously and manage responsibilities and scheduling independently to deliver a smooth service.
- A commitment to raising the quality of standard rehabilitation and willingness to be part of a team determined to change that through a variety of approaches including clinical practice guidelines, research and education.
- Be a creative thinker who contributes new ideas to be taken into consideration. If appropriate and in line with the business needs, you will be allocated time to work on specific projects that are aligned with improving the service and / or business growth.