

# Sport Rehabilitation

Freeing patients from pain and improving health



accredited register

Proven results in helping patients recover quickly and avoiding further injury.

# Optimising healing, alleviating pain and returning to function

Sport Rehabilitators treat injuries, prevent reoccurrence and help people improve their health and fitness.



Musculoskeletal conditions affect muscles, bones, joints, tendons and ligaments. They range from short-lived fractures and strains to lifelong conditions.

Common conditions are osteoarthritis, back and neck pain, fractures and injuries.

Sport Rehabilitators are educated in musculoskeletal conditions and are experts at providing treatment.

Sport Rehabilitators treat injuries, pain and musculoskeletal conditions.

Clinical reasoning is used to tailor a recovery plan

Treatment includes evidenced based therapeutic intervention and exercise, the plan is monitored and modified where needed. A complete approach considering the whole needs of the individual allows optimal recovery.

What sets Sport Rehabilitators apart?

The profession has a strong focus on biomechanics, exercise rehabilitation and returning patients to high levels of function. The overall skill set is why the Ministry of Defence chooses BASRaT registrants for their most demanding exercise rehabilitation roles.

# Pioneers in Exercise

As degree trained healthcare professionals, Sport Rehabilitators have a core foundation in exercise rehabilitation and empower patients to improve their own health.

Sport Rehabilitators treat a range of medical conditions including:

## Back pain

Lower back pain, sciatica, disc problems and more

## Pains and sprains

Ankles, knees, shoulder, groin, hip etc

## Post-operative rehabilitation

Spinal, shoulder and knee surgery, joint replacements

## Lower Limbs

- Total knee replacement rehabilitation
- Achilles Tendinopathy
- Cruciate ligament rehabilitation

## Upper limbs

- Tennis elbow
- Collarbone fracture / displacement
- Carpal tunnel syndrome

## Further conditions

- Chronic Pain
- Arthritis
- Post trauma, including fractures
- Bursitis
- Repetitive strain injuries
- Injuries with an uncertain diagnosis



Sport Rehabilitators can help with exercise and activity to manage health conditions including;

- Cardiovascular conditions
- Respiratory conditions
- Obesity
- Diabetes

Health is improved and pain can be treated through exercise rehabilitation.

# Choose regulated healthcare professionals

Choose rehabilitation experts who provide excellent results and empower patients to improve their own health. Our registrants enjoy varied careers in sport and private practice.

Sport Rehabilitators work alongside Olympic Athletes, they are pitch side at major sporting matches including football, rugby and basketball and work within the NHS and the MOD.

BASRaT registration is required for many exercise rehabilitation roles working with our injured servicemen, providing gold standard rehabilitation and returning servicemen to function and activity.



## Danny Fishwick BSc (Hons) Sport Rehabilitation

As a Sport Rehabilitator at a Premier League football club, Danny is an important part of the medical team. Danny prepares players for training, provides treatments, strappings and pre-activation.

Danny rehabilitates injured players and is part of the emergency action plan if there is a problem during training or on match days.

## BASRaT and Sport Rehabilitators

BASRaT is the UK regulator for Sport Rehabilitators and provides guidance on all aspects of their role and responsibilities, ensuring professional competency and continued professional development.

Adhering to a strict code of ethics, conduct and professional practice, all registered Sport Rehabilitators have comprehensive insurance, a current first aid qualification. Strict standards are followed for managing medical records and referral to other healthcare practitioners.

How do I find out more? Please contact the BASRaT office on 03301 332 123 or email [administration@basrat.org](mailto:administration@basrat.org)





# Bsc in Sport Rehabilitation - What do Sport Rehabilitators study?

Students apply high-level academic and practical management skills to diagnosing, treating and rehabilitating musculoskeletal injuries. Course content and teaching methods are closely monitored by BASRaT to ensure consistently high standards.



Students learn to provide effective care for injuries, illness and disease.

Musculoskeletal injuries, therapeutic techniques and exercise rehabilitation skills are studied, supported by a foundation in anatomy, physiology, biomechanics and psychology.

Course content has evolved and was originally developed from physiotherapy degrees.

## BASRaT degree course content

BASRaT accredited degree courses cover anatomy, exercise prescription, biomechanics and human physiology. A typical BSc degree student could study:

### Year 1

- Clinical Human Anatomy
- Injury Assessment and Patient Management
- Sports Injury: Aetiology and Pathology
- Exercise & Biomechanics
- Human Physiology
- Musculoskeletal Conditions

### Year 2

- Professional Practice
- Evidence Based Sport Rehabilitation
- Sports Performance Enhancement and Nutrition
- Motor Control and Learning
- Injury Assessment and Management
- Functional Rehabilitation

### Year 3

- Psychology of Sports Injury
- Exercise and Rehabilitation for Special Populations
- Advanced Sport Rehabilitation
- Clinical Placement
- Research Studies for Physical Therapies

## Supervised clinical work

To be accepted onto the BASRaT register, Sport Rehabilitators must complete 400 - 1200 hours of clinical work.

# Treatment Results

The following case studies illustrate the benefits of being treated by Sport Rehabilitators.

## CASE STUDIES



### RACHEL, KNEE INJURY

"After training for the Great North Run, I was devastated when I picked up a knee injury, I thought there would be no chance of competing. With just a few weeks to go I visited a Sport Rehabilitator who began to treat my injury. **The improvement amazed me and I went from being unable to run at all to training within a couple of weeks.** I was so improved by the time of the run that I did compete and finish! Thank you!" \*



### PETER, 73, PROLAPSED DISC

"I was in constant agony from a prolapsed disc, I was told to give up golf and would be in pain for the rest of my life. I then saw a Sport Rehabilitator and I now have no back pain at all and I play golf three times a week. My back is stronger and has fantastic movement. My swing is the best it's ever been." \*



### YOUSEF, 45, BACK PAIN

"I have had back pain for 10 years, often taking time off work. I have seen all sorts of people but no one could fix me. After two sessions with my Sport Rehabilitator, changes to my driving position and some exercises I was pain free." \*

\*Please note - images do not relate to the case studies

### CLARE, 25, NEUROMUSCULAR DISEASE

"I have spent 10 years in a reclined electric wheelchair due to a neuro-muscular disease. The medical specialists gave up on my chances of being able to walk again and no other trainer or Physio would give me a chance. My Sport Rehabilitators' enthusiasm and positive attitude towards my training and ability to improve, gave me the first glimmer of hope that I wouldn't be confined to a wheelchair. In only two and a half months I have made enormous gains in my physical condition.

Through their tireless efforts I can now sit up and lift my head, I have great strength in my arms and legs along with the development of core strength. It is purely down to the dedication, support and encouragement of my Sport Rehabilitators.

The treatment was a result of their expertise and the research they did on my specific disease, creating a specialised regime for me. With their help, I hope to walk once again and regain my independence and my life. Words can't express how thankful I am to have found them and to me they are heroes." Clare, 25\*

Since she wrote this, Clare has taken her first steps unaided.

# Regulation of Sport Rehabilitation

BASRaT's register is accredited by the Professional Standards Authority

- The PSA oversees both Accredited Registers and Statutory Regulators



## Verified by the PSA.

The quality mark ensures commitment to public safety and working to high standards and policies. The PSA is the UK's top healthcare regulator.

## Accredited registers and statutory regulation:

- Set standards of competence and conduct that health and care professionals must meet in order to be registered and practise
- Check the quality of education and training courses to make sure they give students the skills and knowledge to practise safely and competently
- Maintain a register that everyone can search
- Investigate complaints about people on their register and decide if they should be allowed to continue to practise or should be struck off the register - either because of problems with their conduct or their competence.

**Both regulatory measures offer the same peace of mind.**

## Accredited Registers - Right touch regulation

The PSA develops standards for regulators and accredited registers and encourages them to develop good practice.

As the Government no longer accepts additional healthcare professions onto the statutory register, the PSA successfully provides a contemporary form of regulation that ensures Accredited Registers meet standards set for statutory regulation. The PSA introduced right touch regulation to develop regulation with 'agility' - looking forward to anticipate change.

