

# HELEN MATHIE

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## PROFILE

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Exceptionally driven self-starter with a passion for elite sport and a drive for excellence in evidence-based physiotherapy practice and academia. Over 20 years of extensive physiotherapy provision achieved partnering football, rugby league, union, and sevens teams in addition to Olympic/Paralympic equestrian sports for Team GB and Team Hong Kong.

Confident, resilient, highly motivated individual with a natural ability to quickly establish strong working relationships with athletes and members of the multidisciplinary team. Proven ability to deliver gold medal results during highly pressurised scenarios, ensuring peak athletic performance is maintained.

Previous history of lecturing at sports conferences to athletes and clinicians on the subject of anatomy and physiotherapy treatment interventions. Published author on several academic, peer reviewed collaborative papers in performance equestrian sport.

## CORE SKILLS

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TRAUMA MANAGEMENT - POST-OP/INJURY REHABILITATION - MSK PROFILING/SCREENING

PHYSIOTHERAPY DELIVERY - REHAB PROTOCOL DEVELOPMENT - PEER GROUP EDUCATION - TEAM COLLABORATION

## PROFESSIONAL EXPERIENCE

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### THE FOOTBALL ASSOCIATION | WOMEN'S TALENT PATHWAY PHYSIOTHERAPIST

Future Lionesses North East Talent Centre, Northumbria

AUG 2023 - CURRENT

*ATMMiF pitch side care to U18's players across the women's talent ID training sessions Acute injury management and advice covering North East Training Centres.*

### CARLISLE UNITED FC | LEAD ACADEMY PHYSIOTHERAPIST

Brunton Park, Carlisle

JAN 2023 - CURRENT

*ATMMiF pitch side care to U18's scholars, injury and rehabilitation management covering Foundation and Youth Development Players across Carlisle United Academy (9-16yrs). Assistance with First Team Players as required by First Team Manager*

- Injury surveillance, assessment, rehabilitation and management of Youth Team footballers with orthopaedic secondary referral liaison as required
- Management of 5 part-time ITMMiF trained Chartered Physiotherapists covering FP/YDP Academy players ensuring game and pitch side cover, rehabilitation and injury management/rehabilitation, prevention, education
- FA cardiac screening programme implementation, anti-doping education and compliance for age appropriate players as required
- CPD programme facilitation/delivery for part-time physiotherapy staff, Academy Coaches/S&C/Departmental staff as part of the MDT
- PMA/EAP documentation to fulfil requirements of EFL audits ensuring departmental compliance and data capture to support player management and development

***Triage, diagnostic and extended scope role within the Primary Care setting covering 3 GP practices within the West Northumberland PCN***

- Hybrid model of telephone and face-to-face assessments to establish correct MSK pathways of care, including imaging/diagnostic requests such as MRI, USS, radiography, and biochemistry
- Education of local patient populations to promote and encourage self-management for MSK complaints in accordance with relevant NICE guidelines to enable return to function and prevent chronicity
- Forge excellent working relationships with GPs in relation to FCP role development in Primary Care

***Part of a multidisciplinary team of physiotherapists, osteopaths, feldenkrais specialists and soft-tissue therapists***

- Diversity in treatment for elite able-bodied football, rugby, athletics, swimming, and Para athletes in the North East on a private referral basis
- Collaboration with private sports medicine consultants, Nuffield Health orthopaedic surgeons and consultant radiologists ensuring a holistic approach to athlete care

***Consistently delivered maximum impact, evidence-based physiotherapy solutions to both Olympic, Paralympic and National level athletes to optimise performance and deliver medal winning results***

- Optimisation of athletic performance through MSK and functional profiling, motion capture positional analysis using Quintec software enabling translation into incremental performance gains
- Assist athletes to meet their KPI's for selection criteria to remain on National Lottery, UK Sport, and Jockey Club Funded Initiatives, as well as team selection for Olympic/Paralympic games
- Injury screening, rehabilitation, and management, facilitating recovery through timely physiotherapeutic interventions. Promotion of graded return to sport via an open dialogue with other member of sports science and medicine team
- Integral member of the support personnel at two Paralympic Games, two World Equestrian Games and numerous European and Asian Championships.

***Established own veterinary physiotherapy consultancy business servicing local veterinary practices, secondary referral/diagnostic centres, and private owner self-referrals***

- Working under veterinary referral delivering physiotherapy assessment and treatment interventions to a varied equine caseload including performance horses in the disciplines of racing, (Cheltenham Gold Cup) showjumping, dressage and eventing (Beijing and London Olympic/Paralympics)
- Open working relationships with veterinary surgeons and owners managing expectation in relation to return to function, involving prehabilitation/rehabilitation strategies
- Keynote lecturer for British Equestrian Federation Sports Science Conferences, Centaur Biomechanics guest lecturer/practical demonstrations. Teaching and lecturing to trainee veterinary physiotherapists, veterinary nurses and veterinary surgeons in anatomy, physiotherapy, and practical application of rehabilitation in practice

## RUGBY SQUAD PHYSIOTHERAPIST

*Local rugby union, league and sevens squads, UK and Dubai*

**SEPT 2004 - SEPT 2011**

### Pitchside physiotherapy, first-aid, trauma management and injury treatment/prevention clinics for RLFC, RUFC and Sevens clubs

- Weekly outpatient clinics for club players including First Team, Woman's, and Colts sides. Clubs included Somerset Vikings RLFC (Marines 40 Commando Unit), Wiveliscombe RUFC 1st XV, Dubai Rugby Sevens, UAE 2006 Varsity Blues (winners of International Overseas Plate 2006) and London Welsh Veterans (Quarter Finalists International Veterans 2006)
- Concussion management screening/surveillance strategies for affected players using RFU best practice guidelines in conjunction with safe return to training and the field of play
- Education of players and coaches in relation to injury prevention and management strategies

## RELEVANT PHYSIOTHERAPIST ROLES

*Taunton & Somerset NHS Trust, St. John's Physiotherapy,*

**SEPT 2003 – SEPT 2009**

- **Senior physiotherapist** - Lead outpatient trauma physiotherapist involved in A&E and pre-discharge clinic service development and audit. Responsible for line managing and mentoring junior staff, assistants, and students wherever necessary.
- **Private Musculoskeletal Clinic Physiotherapist** - self-referral musculoskeletal, sports injuries, medico-legal clients
- **Junior rotational physiotherapist** - Experience within orthopaedics and trauma, outpatients including fracture clinic/ACL rehabilitation, acute neurology (stroke ward), surgical and respiratory wards, ITU/HDU, Care of the Elderly; participation on the orthopaedic and respiratory 'on- call' rotas

## PUBLICATIONS

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Published collaborative papers evaluating saddle, rider, horse kinematic and biomechanical relationships

<https://doi.org/10.3390/ani11041105>.

<https://doi.org/10.1016/j.jevs.2018.06.003>

<https://doi.org/10.3920/CEP160026>

<https://doi.org/10.1016/j.jveb.2016.08.022>

## **EDUCATION**

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PG Cert - Football Science & Rehabilitation - UCLAN - Feb 2023 - pending completion

MSc Veterinary Physiotherapy | Royal Veterinary College, London, 2005-2007

BSc (Hons) Physiotherapy 2:1 | St. George's Hospital Medical School, London, 2000-2003

BSc (Hons) Animal Science - 2.1 | University of Nottingham, 1994-1997

## **REFEREES**

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AVAILABLE UPON REQUEST