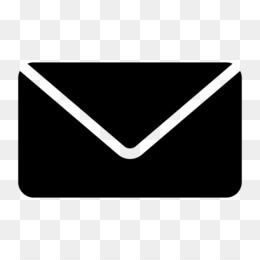
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SPORTS THERAPIST

SHANNON AINSWORTH

21 Stafford Road, Failsworth, Manchester, M35 0QP

[](https://www.vectorstock.com/royalty-free-vectors/cartoon-phone-telephone-vectors)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjbl7X9zavlAhUHuRoKHXNJC4wQjRx6BAgBEAQ&url=https://www.pngfly.com/free-png/triangle-black.html&psig=AOvVaw1wv3_oZ-dhNLYv6qIOxgQT&ust=1571687281106565)

shannona674@gmail.com

07443451175

**PROFILE**

A forward-thinking and highly motivated individual with experience providing medical treatment and holistic support to amateur and professional athletes; typically within rugby and football (with a desire to expand this range). A strong team worker and efficient communicator, well-practised in leading emergency pitchside trauma management on match days and confidently overseeing the diagnosis, treatment and recovery of athletes with varying injuries. Can plan and deliver prehabilitation and rehabilitation programmes; often utilising a range of injury prevention techniques, soft tissue and sports massage therapy. Current graduate achievements include travelling to Ireland as the only medical practitioner for the England Lions 23’s tour; and being shortlisted as one of the top 4 candidates in the Country for the SST student travelling scholarship to St Claire’s college in Canada

**EDUCATION AND QUALIFICATIONS**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjW7KHw26vlAhXC8-AKHdnGAzoQjRx6BAgBEAQ&url=https://www.loucoll.ac.uk/undergraduate-study/courses/bsc-hons-in-sport-and-exercise-therapy&psig=AOvVaw2TCRw3IsZE3t7za6WRF-f0&ust=1571691127190419)

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwitsayQ2qvlAhVK1eAKHXt-B8YQjRx6BAgBEAQ&url=https://www.youtube.com/user/leedsbeckettuni&psig=AOvVaw0bV4FgTeeU-Z1Oln_JO18k&ust=1571690662065485)

The Society of Sports Therapists Full Member (2019 - Present)

Leeds Beckett University (Sep 2016 – May 2019) Sports and Exercise Therapy (BSc) First Class Honours

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjExdHD4KvlAhUAD2MBHf2dDO0QjRx6BAgBEAQ&url=http://www.google.co.uk/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttp://www.usherhall.co.uk/whats-on/first-aid-suitable-sports-coaches-royal-commonwealth-pool%26psig%3DAOvVaw2iEoTMg2yZ6sTkqSc_MKOK%26ust%3D1571692380967335&psig=AOvVaw2iEoTMg2yZ6sTkqSc_MKOK&ust=1571692380967335)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjjyoin2qvlAhV88OAKHV4ADUMQjRx6BAgBEAQ&url=https://en.wikipedia.org/wiki/Xaverian_College&psig=AOvVaw1a9lYyoQPPL_eyxlHmOgp4&ust=1571690710693691)

First Aid at work with AED (2018 - Present)

Xaverian R.C. College (Sep 2013 – May 2015) P.E. (A), Mathematics (A), Psychology (B)

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjNycSE26vlAhUM1eAKHRoBBhAQjRx6BAgBEAQ&url=https://www.redcross.org/&psig=AOvVaw2EXukBZA3GmjF5oy4tCgOl&ust=1571690892062345)

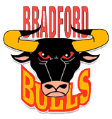
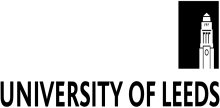
[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiYot_E2qvlAhWD2eAKHbY_AYYQjRx6BAgBEAQ&url=/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttps://twitter.com/smrchs%26psig%3DAOvVaw0BVOv72Ssllf4IQWMm3e_V%26ust%3D1571690773114728&psig=AOvVaw0BVOv72Ssllf4IQWMm3e_V&ust=1571690773114728)

Open Water Lifeguarding and jet-ski recovery (2018 – Present)

St. Matthew’s R.C. Highschool (Sep 2008 – Jun 2013) 2(A\*), 5(A), 6(B)

**CAREER OVERVIEW**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwinwqeo7avlAhUMyIUKHSVGB7cQjRx6BAgBEAQ&url=https://www.ccusa.com/&psig=AOvVaw1zgIWY6kvY3yRG_AMHKoO-&ust=1571695804581636)[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiT0e7s46vlAhWiDmMBHYLnC6sQjRx6BAgBEAQ&url=/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttps://twitter.com/lions_rl%26psig%3DAOvVaw1qP_MTluWkPlEdDzRoWVtA%26ust%3D1571693243591421&psig=AOvVaw1qP_MTluWkPlEdDzRoWVtA&ust=1571693243591421)

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Aug 2019 – Present Nov 2019 – Present Feb 2020 – Present Oct 2019 – Present Oct 2019 - Present

Feb 2020 – Present Nov 2018 – May 2020 Feb 2020 – Mar 2020 Apr 2019 – July 2019 Sep 2018 – June 2019 Oct 2018 – Dec 2018 June 2018 – Sep 2018 Oct 2016 – June 2018

U16/U18/U23/open-age Sports Therapist Open-age Sports Therapist Head Sports Therapist Lead Pitchside First Aider Casual First Team/U16 Pitchside First Aider

Reserve Team Sport Therapy Intern First Team Sport Therapy Intern Casual Sports Therapist Sports Massage Practitioner Sports Therapist Lead Academy Pitchside First Aider Lifeguard and Children’s Counselor Sports Massage practitioner

England Lions Mens RFL – **National Team** England Lions Womens RFL - **National**  Orrell Rugby Union FC Leeds Beckett BUCS Rugby League Halifax Town FC

**Volunteer Work and Placements**

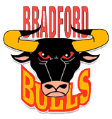
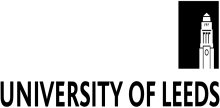
Salford Red Devils Bradford Bulls RFL Leeds Beckett University Gymnastics Club University of Leeds Leeds Beckett University injury clinic Bradford City FC International Sports Training Camp USA Leeds Beckett University massage clinic

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwinwqeo7avlAhUMyIUKHSVGB7cQjRx6BAgBEAQ&url=https://www.ccusa.com/&psig=AOvVaw1zgIWY6kvY3yRG_AMHKoO-&ust=1571695804581636)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiencm35KvlAhWQ2hQKHWpsDIAQjRx6BAgBEAQ&url=https://en.wikipedia.org/wiki/Bradford_City_A.F.C.&psig=AOvVaw0ej1NFbVudstGRtPXgD5hf&ust=1571693426653753)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjV7-Kv46vlAhXN5eAKHanhCcUQjRx6BAgBEAQ&url=https://en.wikipedia.org/wiki/F.C._Halifax_Town&psig=AOvVaw3E6FksI4mEBGQdkYuv3-bV&ust=1571693141364376)[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiT0e7s46vlAhWiDmMBHYLnC6sQjRx6BAgBEAQ&url=/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttps://twitter.com/lions_rl%26psig%3DAOvVaw1qP_MTluWkPlEdDzRoWVtA%26ust%3D1571693243591421&psig=AOvVaw1qP_MTluWkPlEdDzRoWVtA&ust=1571693243591421)

**Overview of Sports Trauma Responsibilities**

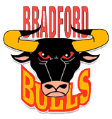
* Leading and assisting game preparations at home and away matches -including international tours
* Pre-game injury assessment, often making the final decision as to whether an athlete is ‘fit to play’
* Providing soft tissue massage, strapping and taping
* Being the first (and sometimes only) responder to an injury or serious situation
* Tending to a variety of injuries on pitch or in open water in a calm and professional manner
* Being educated on the use of stretcher bearing and emergency removal procedures
* Post-game injury assessment and treatment of players
* Creating rehabilitation programmes or referring injured players to the appropriate medical professionals

**CAREER EXPERIENCE**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj0jP_L46vlAhVL1eAKHSG3DEUQjRx6BAgBEAQ&url=/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttps://en.wikipedia.org/wiki/Bradford_Bulls%26psig%3DAOvVaw3EgfB6O53t1_VD7rkKOjkR%26ust%3D1571693194344223&psig=AOvVaw3EgfB6O53t1_VD7rkKOjkR&ust=1571693194344223)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwitsayQ2qvlAhVK1eAKHXt-B8YQjRx6BAgBEAQ&url=https://www.youtube.com/user/leedsbeckettuni&psig=AOvVaw0bV4FgTeeU-Z1Oln_JO18k&ust=1571690662065485)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwix3KKX5KvlAhViD2MBHa9HCykQjRx6BAgBEAQ&url=https://commons.wikimedia.org/wiki/File:University_of_Leeds_Logo.svg&psig=AOvVaw2W_Z4BmosadlCO9yaGava1&ust=1571693357298881)

**Overview of Soft Tissue Therapist Responsibilities**

* Tailored sports massages to clients in line with their needs whether it be for pre-game, injury or recovery
* Liaised with athletes prior to treatment to understand lifestyle and ultimately assess their health and physiological needs
* Used a variety of methods such as trigger pointing, muscle energy techniques and mobilisations to get the desired outcome
* Prescribed specific exercises and stretches to customers in order to support their treatments and recovery process

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwitsayQ2qvlAhVK1eAKHXt-B8YQjRx6BAgBEAQ&url=https://www.youtube.com/user/leedsbeckettuni&psig=AOvVaw0bV4FgTeeU-Z1Oln_JO18k&ust=1571690662065485)[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj0jP_L46vlAhVL1eAKHSG3DEUQjRx6BAgBEAQ&url=/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttps://en.wikipedia.org/wiki/Bradford_Bulls%26psig%3DAOvVaw3EgfB6O53t1_VD7rkKOjkR%26ust%3D1571693194344223&psig=AOvVaw3EgfB6O53t1_VD7rkKOjkR&ust=1571693194344223)[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiT0e7s46vlAhWiDmMBHYLnC6sQjRx6BAgBEAQ&url=/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttps://twitter.com/lions_rl%26psig%3DAOvVaw1qP_MTluWkPlEdDzRoWVtA%26ust%3D1571693243591421&psig=AOvVaw1qP_MTluWkPlEdDzRoWVtA&ust=1571693243591421)

**Overview of role as Sports Therapist**

* Injury prevention through prehab sessions and post exercise muscle conditioning including leading foam rolling classes and appropriate stretching of muscles
* Injury assessment and writing rehabilitation programmes
* Identify players with serious physical injuries and referred them to the appropriate medical specialists
* Baseline and preseason testing such as Scat5’s and psychological testing
* Maintain a record of all player injuries and remained up to date with the progress of their treatments and recovery



**Matt Duke:** Head Sports Therapist, Bradford bulls **Aaron Scholes:** Lead Sports Therapist, England Lions **Helen Llewellyn:** Course Director, BSc SET, Leeds Beckett **Ed Thomas:** Camp Director, ISTC(USA)

Leadership

Communication

Trauma Management

Emotional Intelligence

Athletic Performance

**SKILLS AND COMPETENCIES**

**WORKING TOWARDS**

**REFERENCES**

Knowledge

Experience

Treatment

Reliability

Enthusiasm

Teamwork

Full UK driving license IMMOFP qualification SST Bruce Hobbs travelling scholarship

Professional reference available upon request from: