***My Philospphy***

I have 15 years of musculoskeletal physiotherapy practice. My philosophy is to diagnose accurately, restore normal movement, address why it happened and ensure WE prevent it happening again. You the patient are key to your rehabilitation. I believe that is very important that you understand the nature of your injury, why it happened and what you have to do to prevent it occuring again. So education is a key factor in your rehabilitation.

***How Can we Prevent Injury***

Maintaining normal movement and making sure our movement patterns are strong enough for what we ask our bodies to do is the pillar of injury resolution and more importantly injury prevention.

***Sports Physiotherapy Experience with Athletics Association of Ireland***

I have had many brilliant opportunities to work with different athletes, across different sports and see many parts of the world. I worked with Athletics Ireland for 12 years in total and of that, 2006-2011 inclusive I was physiotherapy manager. I was physiotherapy manager. I continued to work with individuaI athletes for 2012 right up until they left for London. I managed the physio programme and was responsible for the physiotherapy management of the senior athletes at all the major championships. I was very fortunate to have attended the

-Beijing Olympic Games in 2008,



-All the World and European Senior Indoor and Outdoor Track and Field Championships from 2005-2011 inclusive

-All the European Cup Team Events from 2003-2011

- First major championship was 2001 World Indoor Champs in Lisbon, followed by Edmonton for the outdoors.

-I was there on the magical days when Ireland led the Medal Table after day 2 of the European Indoor Championships in Madrid in 2005 when Allistair Cragg and David Gillick won Gold, in 2006 when Derval O’ Rourke won gold at the World Indoors in Moscow and many more.

-I was at many cross country championships with Fionnula Britton both as a junior athlete and when she won her first Senior European Gold Cross Country Medal in Slovenia.

-Training camps for the senior and junior athletes from 2000

- Youths, Junior and U23 Competitions.

***Life on the Road with Riverdance***

***[](http://www.google.ie/search?biw=1093&bih=468&tbm=isch&q=riverdance+logo&revid=534878485)***

I also worked with Riverdance, touring the USA for 16 months, in 2003-2004. It was a really interesting experience, working in the entertainment industry with professional dancers and musicians. Essentially they are professional high performance athletes. We performed 8 shows a week over 6 days for up to 22-23 weeks in a row….They have to look after their bodies, address injury prevention, keep fit and maximise all the recovery techniques…We moved as a company of 80 people every Monday to a new city, sometimes by bus and other times by air. We even transported our own washing machines and tumble dryers, as well as the very important coffee machine from city to city. I travelled with Riverdance to China again in 2010. I worked with them again this summer2013 and gave a talk to their new prospective dancers on Injury Prevention.

***Early Sports Physiotherapy Career***

In the earlier years of my career I worked with the Wicklow County Football Team for 3 seasons. I also worked with the mens Leinster Hockey Team for 2 seasons.

***Winter Sports***

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This year I had an opportunity to experience a new sport at a high performance level when I travelled to the European Youth Olympic Winter games in Romania. Ireland had 4 youth downhill skiers. I was very impressed by their skill and discipline at a very technical and tough event in a challenging environment. It is hard work from carrying usually 2 sets of skis around at a time, maintaining them in good working order, warming up in freezing conditions on the side of a mountain and taking significant risks to edge fractions of seconds off their times.

***Continuing Professional Development***

Throughout my career I have continued with ongoing professional development, developing my skills and understanding of the human body, how we move and how we prevent ourselves breaking down.

***My Sports Hobbies***

I have participated competitively in many sports, athletics, swimming, badminton, tennis, hockey and volleyball, at regional and national level over the years. I took athletics particularly seriously, 800m in particular, competed over cross country as well as road races. This lead me to triathlons in 2005 and onto an Ironman in 2007 as well as adventure races from 2008 and the Long Distance Alpe D'Huez triathlon in 2010. I am also a keen skier, but very recreationally. My dream to be a downhill skier is exactly that, a Dream...

***Voluntary Stroke Scheme***

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I have worked with the Voluntary Stroke Scheme since 2004. I do a fortnightly exercise class with this determined group of men and women. They have all suffered a stroke and have a variety of disability, but they all work hard and do their best to participate in the class. We work on strength, co-ordination and balance amongst other things.

***Irish Ramblers***

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I recently had the pleasure of doing a talk to the Irish Ramblers on “How to Maintain Fitness, If we don’t use it we lose it”

***Maintaining Fitness and Strength For Life, no matter what your age***

I have worked with people of all ages to restore or improve their fitness, whatever that level may be, be it after a Transient Ischaemic Attack (TIA) or a Mini Stroke as it is often called, after a flare up of arthritis, after a joint replacement or back surgery, so that they can return to everyday activities, golf, walking around their farm, climbing the stairs painfree in the evening, whatever their age , whatever their goal, whatever is important to their quality of life.

***Pre-operative and Post Operative Care***

Physiotherapy before an operation for example a knee replacement, can be very beneficial. We can work on minimising pain, strengthening the limb pain free, to maximise the strength, ensure as good movement patterns as possible and the muscle memory for after the operation. This enhances and speeds up the post operative rehabilitation.

Physiotherapy after your operation is very important. Now that the pathology has been resolved, you need to restore function. You need to return to moving properly and affectively and restore strength for your day to day life.

***Functional Movement Screening***

As far back as 1989 Kibler et al was focused on the importance of the screening process to understand the factors that cause injury. Now Functional Movement Screening is widely used and very much by the amateur athlete to avoid injury and increase strength. Gray Cook has devised an easy to use 6 step Assessment, that gives you a score and is therefore repeatable. I strongly advocate it’s use along with a musculoskeletal assessment, which takes an hour to an hour and half for the complete assessment and only 45 mins or so to repeat subsequently.