

Judith Firth BSc (Hons) Sport Rehabilitation

Judith completed her Sport Rehabilitation degree at the University of Bolton and now runs her own rehabilitation business, she previously worked for the NHS and started the course whilst married with two young children. This is Judith's story:-

Judith completed a three year Honours degree in Sport Rehabilitation :-

“My degree was exciting and challenging and provided me with a broad range of skills and knowledge that I could apply to both sporting and non-sporting contexts. There was an emphasis on practical application, I enjoyed working with a range of clients and a wide variety of conditions.”

“I especially enjoyed the Anatomy and Spinal Injury modules because these provided the maximum opportunity to work practically with a wide range of clients and a wide variety of conditions.”

EDUCATION
University of Bolton

Judith's placements were very varied, she built up experience treating both acute and chronic conditions and developed a range of skills including the use of Hydrotherapy and Pilates in rehabilitation.

“I really enjoyed working at Bolton One Sport and Spinal Injury Clinic where I had the opportunity to develop an even wider range of skills.”

“My placement at the Royal Bolton Hospital gave me the invaluable opportunity to observe orthopaedic operations for acute and chronic conditions and the stages of rehabilitation that followed these operations.”

Judith worked at Bolton Wanderers Football Academy which greatly improved her ability to diagnose and treat acute sporting injuries.

UNIVERSITY
PLACEMENTS



Adam Naylor, Judith's Programme Leader praises Judith's hard work:

Judith's educational journey has been one that reflects persistent hard work and dedication. We were aware of Judith's personal circumstances, however there was never an excuse or hindrance to her engagement or contributions throughout her three years.

As a mature student, Judith adopted a 'figure-head' role within her cohort, becoming well-respected from all of her peers and consequently becoming a student representative for her year group, which she performed excellently.

How did Judith succeed in her course?

Judith was always the first to volunteer her support for course events, and outreach activities. This not only benefitted the university in terms of student representation, but gave herself a greater means to enhance her clinical, interpersonal and professional skills.

Judith's professionalism, attention to detail and dedication to gaining the best degree grade possible resulted in a first class honours.



Judith has set up her own clinic, JB MSK Manual Therapies where she treats clients with sporting and non-sporting injuries and conditions. Alongside her private clinic, Judith works for Bolton Wanderers Academy.

“I have been working for Bolton Wanderers Football Club Academy where I cover the football matches and Injury Clinics for school age boys.”

Judith's business has become very successful in a short time, she has a huge caseload and teaches Pilates classes.

Judith is continuing to further her knowledge with a variety of courses including 'Stages of Rehabilitation for Football Injuries'. She has completed courses in Shoulder Rehabilitation, Plinth to Pitch - Stages of Rehabilitation for Football Injuries and more.

What did you do before you started your Sport Rehabilitation degree?

I enrolled on the degree course because as an Assistant Practitioner for the NHS, I was keen to improve my academic qualifications.

Why was completing the course particularly challenging?

It was an enormous decision to take. Not only was I married, but I had two young children under three and I am Dyslexic. I knew this would be very challenging, but I was determined to study at a higher level and further my career. I have had three very demanding but rewarding years. I have achieved personally and academically and have thoroughly enjoyed every aspect of the course.

How did you gain further experience?

I volunteered for several local sporting events including the Iron Man, the British Transplant Games and the NHS Horwich Triathlon. I have been a Student Representative for three years and was able to support and encourage fellow students and was nominated for the Student Representative of the Year Award.

Judith won the Bill McLoughlin prize which recognises outstanding achievement



How did the staff at Bolton help you?

The University of Bolton staff have been enormously supportive throughout my course. I would never have imaged when I left secondary school at sixteen that I could achieve so much. The First Class Honours BSc (Sport Rehabilitation) that I gained was beyond my wildest expectations and was due, to my determination, commitment and hard work.

What are you particularly proud of?

This degree course and the wide experiences I have gained will certainly equip me for the challenges of my new career as a Sports Rehabilitator. I have shown my children that with belief in yourself, hard work and perseverance you can achieve anything you put your mind to.