



Lindsay Whitaker BSc (Hons) Sport Rehabilitation

Lindsay is a Sport Rehabilitator and Head of Medical Services at Doncaster Knights RFC. She gained a degree in Sport Rehabilitation and has over 14 years experience in professional sports. This is Lindsay's story:-

Varied experience

Lindsay was the Lead Medical Officer at Plymouth Albion Rugby Club and has worked with the Rotherham Titans, Doncaster Knights and Sale Sharks rugby clubs.

Lindsay has also worked with the Northern Ballet Company and the Great Britain Women's Basketball Team during qualifying for the 2012 Olympics.

Lindsay gained a BSc (Hons) degree in Sport Rehabilitation from Salford University.

RFU Mentor

The RFU have asked Lindsay to be a mentor on their level 2 ICIS qualification.

Lindsay will take the tutor course and will then teach in classes.

Lindsay gained her level 3 qualification as a requirement to work in the Championship.

Vital role with the Knights

Lindsay is in her 4th season with the Knights. Lindsay loves working at Castle Park where her goal is to keep injury rates as low as possible and recovery rates high.

" I assess, treat and rehab injured players, those training with a niggle or players returning from injury. I also supervise contact training sessions in case of injury."

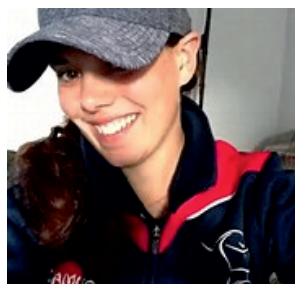
"On match days the treatment room is a constant stream of players coming in for strapping. Once the game starts, I'm tracking pitch side making sure the players are safely treated and removed from the pitch if injured. "



Could you give us a flavour of what your day to day job entails with the Knights?

I'm usually in at least an hour before training starts to assess and treat anyone who is in training with a niggle or returning from injury. Then I will either treat and rehab injured players or be outside supervising contact training sessions in case of injury. Lunch time is more treatments and soft tissue work for those who request it. The routine gets repeated in the afternoon.

Once players have gone, I catch up on paperwork, write or progress prehab/rehab programmes and liaise with coaches about players' injury statuses. The general structures of the days don't change, but the content is always varied - you never know what some of the players will come up with next!



What do you love about working with the Knights?

There is a great sense of family amongst the team and staff, and that unity is key.

The coaching staff are exceptional and we now have Sport Rehab students from the University of Salford which means we can offer more recovery soft tissue work and look at preventing more injuries, as well as giving injured players longer treatment and rehab time which has led to quicker recovery times.

What happens on a match day?

Before the players turn up I set up all the kit and tape needed and do final checks on the trauma equipment. Once the players arrive, the treatment room is often a constant stream of players coming in for strapping.

There are some random superstitions amongst players - left ankle strapped before right, having a very specific method of tape applied, needing to be strapped immediately before or after a particular player and random words or initials written on their wrists for luck.

Once the game starts, I'm tracking pitch side along with another physio and the match doctor, making sure the players are safely treated and removed from the pitch if injured. After the game, we assess any injuries and I will set the ball in motion regarding scan/consultation referrals if needed.

