

## SPORT REHABILITATION

Freeing patients from pain and improving health

Sport Rehabilitators help patients recover quickly and provide treatment to avoid re-injury or further pain



Sport Rehabilitators complete an accredited three year BSc degree, understanding, preventing and treating musculoskeletal conditions and injuries

Treating injuries and prescribing exercise for a healthier nation

# Sport Rehabilitators work with patients to optimise healing, alleviate pain and return to function:

- Helping patients recover from injury, deliver post-operative care and manage long term conditions
- Healthcare practitioners who passionately promote healthy lifestyles and prevent injuries from reoccurring

## How do Sport Rehabilitators treat patients so successfully?

Sport Rehabilitators carry out an assessment, identifying any predisposing factors to injury and health related disorders. The Sport Rehabilitator will then use clinical reasoning to tailor a recovery plan to return to function and physical activity. Treatment will incorporate evidenced based therapeutic intervention and exercise, the treatment plan is then monitored and modified where needed. A complete approach considering the whole needs of the individual allows optimal recovery.

## What sets Sport Rehabilitators apart?

Sport Rehabilitators have a strong focus on biomechanics, exercise rehabilitation and returning patients to high levels of function. The overall skill set and focus is why the Ministry of Defence chooses BASRaT registrants for their most demanding exercise rehabilitation roles.

## Pioneers in Exercise Rehabilitation

Sport Rehabilitators are experts in Exercise Prescription and empower patients to improve their own health.

### Degree trained healthcare professionals

High-level academic and practical management skills are taught to diagnose, treat and rehabilitate pain and injuries. Students are educated to become experts in Exercise rehabilitation.

## Sport Rehabilitators treat sports injuries as well as everyday and occupational injuries, pain and musculoskeletal conditions

Musculoskeletal conditions affect muscles, bones, joints, tendons and ligaments. They range from short-lived fractures and strains to lifelong conditions.

Common conditions are osteoarthritis, back and neck pain, fractures and injuries.



## Sport Rehabilitators treat a range of medical conditions including:

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| <ul style="list-style-type: none"><li>· <b>Back pain</b> – lower back pain, sciatica, disc problems and more</li><li>· <b>Pains and sprains</b> in ankles, knees, shoulder, groin, hip etc</li><li>· <b>Post-operative rehabilitation</b> - (spinal, shoulder and knee surgery, joint replacements)</li></ul> | <ul style="list-style-type: none"><li>· <b>Upper limbs</b><ul style="list-style-type: none"><li>· Tennis elbow</li><li>· Collarbone fracture / displacement</li><li>· Carpal tunnel syndrome</li><li>· Chronic Pain</li></ul></li><li>· Arthritis</li><li>· Post trauma, including fractures</li><li>· Bursitis</li><li>· Repetitive strain injuries</li><li>· Injuries with an uncertain diagnosis</li></ul> |
| <ul style="list-style-type: none"><li>· <b>Lower Limbs</b><ul style="list-style-type: none"><li>· Total knee replacement rehabilitation</li><li>· Achilles Tendinopathy</li><li>· Cruciate ligament rehabilitation</li></ul></li></ul>  |   |

Sport Rehabilitators can help with exercise and activity to manage health conditions including;

- Cardiovascular conditions
- Respiratory conditions
- Obesity
- Diabetes





- Choose experts in rehabilitation who will provide excellent results and empower patients to take control of and improve their own health
- Choose BASRaT registered Sport Rehabilitators who are regulated healthcare professionals

Sport Rehabilitators provide exemplary exercise and rehabilitation for everyone from Olympic athletes to inactive patients post-surgery. You will find them providing pre-hospital care at major sporting matches including premier league football, rugby, American Football and basketball, as well as working within the NHS, the MOD and across a wide variety of clinical rehabilitation settings.

BASRaT registration is a requirement of many exercise rehabilitation roles working with our injured servicemen. Providing gold standard rehabilitation and returning servicemen to function and activity after even the most serious injuries.

### Why do Sport Rehabilitators consistently achieve great results?



BASRaT registered Sport Rehabilitators complete a three year BSc honours degree, where the course content and teaching methods are closely monitored by BASRaT to ensure consistently high standards.

To be accepted onto the BASRaT register, Sport Rehabilitators must complete 400 to 1200 hours of supervised clinical work and follow a rigorous process of professional development and code of conduct throughout registration.

### BASRaT and Sport Rehabilitators

BASRaT is the UK regulator for Sport Rehabilitation Graduates and guides Sport Rehabilitators on all aspects of their role and responsibilities ensuring professional competency and continued professional development. Sport Rehabilitators on the BASRaT register adhere to a strict code of ethics, conduct and professional practice. All registered Sport Rehabilitators have comprehensive insurance, a current first aid qualification and follow strict standards for the management of medical records and appropriate referral to other members of the healthcare team.

### How do I find out more information?

Please contact the BASRaT office on  
0161 295 0070 or email  
[administration@basrat.org](mailto:administration@basrat.org)

