

Profile

Caroline Jubb

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C.V. (short version)

I am an experienced Sports Physiotherapist with an MSc in Sports Exercise Medicine and 7 years as an Extended Scope Practitioner Physiotherapist. I have always been involved in sports and I am, still a competitive swimmer.

Job Experience

England Hockey U21s/ EDP (Elite development Pathway) Physiotherapist

Sept 2020-Jan 2022 (£175 daily rate)

To provide physiotherapy support to all of the GB EDP & ENG U21 women's squad players at GB EDP & ENG U21 training camps and matches.

To maintain medical oversight and manage injuries between camps for athletes in the squad.

To work closely with the GB EDP Head coach and other GB EDP staff as part of a high functioning performance team to support the development of an exceptional GB EDP/ENG U21 performance training and competition environment.

To coordinate the delivery of the sport medicine education and appropriate screening

Research Fellow Queen Marys University of London/ William Harvey Research Institute March 2021-March 2022 (Temporary contract) Grade 5 Research spinal point 35

£42,433

Provide specific clinical and research support to an ESCR funded project "Augmented feedback to enhance motor and artistic learning during social distancing" Support staff with particular non-scientific tasks related to the project, including ordering of materials, archiving forms, maintaining databases.

CJ Physio Private Practitioner, Self-employed Sept. 2019- current

Managing (assessment and treatment) of a mixed physiotherapy caseload, designing rehab programs for variety of athletes, presenting to personal trainers and dancers regarding prehab and rehab. Specifically, I work with Performance Swimmers at WDSC and Dancers at Laban Music and Dance Conservatoire..

APP Advanced Physiotherapy Practitioner Careuk High Wycombe (£26,100 Part-time 22.5 hrs) 1st April 2019- July 31st 2019

Triaging using advanced practice skills of imaging/ reviewing reports of a varied MSK caseload, some with serious pathologies. Skills required, time management and prioritisation.

Extended Scope Practitioner Physiotherapist RNOH (Band 8a) — Sept. 2012- April 2019 Part-time Salary £52,643 (pro rata)

As an Extended Scope Practitioner, I have the skills and knowledge to assess (first point of call) in clinic and request appropriate investigation (MRIs/ X-rays/ Blood tests) to make clear a

diagnosis. I triaged and advised appropriately. Within this post I used the highest level of manual physiotherapy skills in the treatment of complex pathologies in dancers with musculoskeletal conditions. I demonstrated advanced and highly developed knowledge and skill in neuro/musculoskeletal physiotherapy within dance. I was the clinical lead for dance physiotherapy at the RNOH and responsible for the planning, coordinating, delivering, and evaluating the physiotherapy services of the dance clinic. I have been involved in researching dancer's injuries, In-particular Injuries in hip hop dancers/ and 'Posterior ankle impingement'. As part of NIDMS partnership I was involved in liaising with the partners; The Royal Ballet, Birmingham Royal Ballet, University of Wolverhampton, amongst others about current dance science and practice.

Associate Lecturer Bucks Uni (Feb-May 2016, Feb-May 2017)

Module - Injury Assessment and Treatment using K Tape. Lecturing involved planning and presenting the above module on The Performance and Fitness Degree at Bucks University.

Company Physiotherapist, Rambert Dance Company — 2011-13

The company physiotherapist role involved; the assessment and treatment of the dancers, liaising with the senior leadership team regarding injury prevention and rehabilitation, performance status and referring the dancers to consultants when appropriate and giving them ongoing support regarding their health and well-being. During my time with Rambert I supported the planning, organisation and implementing of the medical services in the new building.

Self Employed Senior Physiotherapist. Move clinic, Chiswick, London W4 5DD Sept. 2009-April 2012

Managing (assessment and treatment) of a mixed physiotherapy caseload, designing rehab programs for variety of athletes, presenting to personal trainers and dancers regarding prehab and rehab. Other interests; Writing for Cycling weekly, producing and running a 12 week core stability/ injury prevention course for Tri athletes (coaches).

Clinical Lead/ Practice Manager /Private Practitioner Kensington Physiotherapy Practice, Kensington, London Sept. 2006 –Sept. 2009

I worked as Practice Manager/ Clinical Lead which involved; day to day management of the practice, which included 5 physiotherapist a Pilates instructors, a massage therapist and 3 part-time admin staff. I carried out staff appraisals, training and recruitment. During the role I was involved in the organisation of the team which involved annual leave and rotas. I was also in charge of marketing and payroll for the staff. I organised the IST and collaborations with local consultants.

Senior Physiotherapist, U19s England Women's Football Team 2007-2009

I have worked as a physiotherapist for the England U19s Women's Football Team. We developed a number of new initiatives and as a result the team was second in Europe (2007) and participated in the U20s World Cup 2008 in Chile. The role involved; Profiling the squad, developing fitness, strength, endurance and proprioception, carrying out physiotherapist treatment and developing individual rehabilitation programs, on call physiotherapy during tournament and camps (pre match, first aid & match cover and post-match injuries), sports psychology and motivation. As an integral part of the management team I was actively involved in developing training programs and aiding the medical preparation for the England U19s World Cup.

Qualified as a physio 2000 and worked in NHS and private hospitals between 2000-2006 for further information the long version CV can be requested.

Education

QMUL MSc Sports and Exercise Medicine 2004-2006

Liverpool University, BSc (Hons) Physiotherapy Degree 1997-2000

Memberships

CSP 063100

HPC PH 58789

AACP 8911

B.W.L.A. British Weight Lifters Association Certified Instructor

Presentations

October 2019 IADMS conference Montreal- Posterior Ankle impingement

Oct 2018 IADMS conference Helsinki- Hip Hop Dance Injuries

May 2017. "Injuries in Hip Hop Dancers' NIDMS conference

Nov 2017 "Injuries in hip hop dancers' RNOH audit/ research day

Current Courses:

August 2018 Sports Trauma Management LUBAS

Jan 2018 Trauma and Orthopedics Whats New (2 days) Royal Society of Medicine

Jan 2016 Trauma and Orthopedics Whats New (2 days) Royal Society of Medicine

Nov 2015 Sports Tape Course (2 day) Rob Maddden/ P harding

Feb 2014 IRMER Training course. The Royal Free Hospital

May/July 2013 ESP Module (9 days) Coventry University

Reference

Dr Roger Wolman Consultant in Sports and Exercise medicine
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