

**NAME: Rhianon Stidever**

**QUALIFICATIONS:**

- BSc in Sports Science, University of Bangor, 2008
- MSc in Physiotherapy (pre-registration), Manchester Metropolitan University, 2010
- MSc in Sports and Exercise Medicine, University of Nottingham, 2017

**Further Post-Graduate Qualifications**

- RFU Level 3 Immediate Care in Sport
- AACP Acupuncture
- APPI Pilates
- Sports and Kinesiology Taping
- Sports Massage
- Clinical Education

**WHEN DID YOU START AT TEAM BATH?** March 2018

**Team Bath responsibilities:**

Lead Physiotherapist Team Bath Netball

**Previous Physiotherapy Work:**

- University of Nottingham RUFC (Sep 2014 - May 2017)
- University of Nottingham Sports Injury Clinic (Oct 2016 – May 2017)
- Nottingham Sports Injury Clinic (Aug 2011 – Dec 2016)
- Derby County FC (Aug 2014 – June 2015)
- ProPhysio Midlands (Dec 2012 – Oct 2014)
- Perform, St Georges Park (Sep 2012 – Jan 2014)
- Virgin Active (Mar 2011 – Aug 2011)

**Events:**

- Glasgow Commonwealth Games (2014)
- London Marathon (2012, 2014 & 2015)
- British Basketball Masters (2011)

**Placements:**

- Notts County FC (Oct 2014 – Apr 2015)
- Shrewsbury Town FC (2009)

I am a qualified Physiotherapist with almost 8 years of experience in musculoskeletal and sports physiotherapy with a background in sports science, sports coaching, fitness and personal training. I am registered with the CSP, HCPC and ACPSEM. I originally gained a Sport Science degree from Bangor University in 2008, followed by a masters in physiotherapy from Manchester Metropolitan University in 2010.

After qualifying, I spent 6 years in private practice where I gained a large amount of experience treating a diverse patient group with a wide-range of acute and chronic musculoskeletal conditions, both sport and non-sport related. Alongside private practice, I have worked in a variety of sport settings including professional football as well as a number of events including the London marathon and the Glasgow Commonwealth Games (2014).

With the aim to specialise, I then went on to complete an additional masters in Sport and Exercise Medicine in 2017 from the University of Nottingham. During this time, I worked at the University's Sports Injury Clinic as a clinician, clinical educator and first team physiotherapist for the University Men's Rugby Club.

I now work here at the University of Bath in the Physio & Sport Science Centre where I spend half my time in clinic and the other half working with Team Bath Superleague Netball. I specialise in sport and musculoskeletal physiotherapy with a keen interest in Pilates, acupuncture, biomechanics, kinetic control, sports medicine and rehabilitation. I enjoy treating complicated shoulders, hip and spinal issues that in some instances result from muscle imbalance, which often leads to a variety of symptoms both around the trunk and down into the limbs.