



Danny Fishwick BSc (Hons) Sport Rehabilitation

Danny is a Sport Rehabilitator working at Wolverhampton Wanderers. He has over seven years experience and has worked at Huddersfield Town, Chorley FC and with Perth Glory and Armadale in Australia. This is Danny's story:-

EDUCATION

University of Bolton

Danny completed a three year Honours degree in Sport Rehabilitation at Bolton Uni.

"The course covered the key aspects that we use every day so it was very beneficial for the development of a Sport Rehabilitator's career progression"

"It was really enjoyable, obviously hard but practical which makes it enjoyable. Since I have left the facility at Bolton it has improved so much and it was great to go there a few months back to see how everything had developed."

I started working in non-league football whilst at Uni and assisted different types of physios. I went to Australia gaining further experience before coming back to work with Chorley FC developing their medical provision, I then worked with Fleetwood Town's first team and academy for 18 months before joining Wolves.

"I really enjoy the day-to-day communication with the players and staff members – being around football (or sport in general) is brilliant and I love every day, working in the environment."

"The way we can try new things, from evidence based research and use different techniques and modalities on our players is also something I am lucky to be involved in."

"It's amazing to work full time in a job I love. I worked hard to get here, and my hard work seems to have paid off"

"I used to do this part time as well as doing two other jobs and worked every hour of every day – having worked up to this level is amazing!"

CAREER

Sport Rehabilitator,
Wolverhampton
Wanderers



Q & A with Danny

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

We meet every morning to go through the plan for the day and the injuries, knocks and wellness. We prepare the players for training, with treatments, strappings, pre-activation before they go out to warm up.

While they are training, we will go through rehab with the injured players indoor or outdoor. We are also part of the emergency action plan in case there is a problem during training (via radio link), we then treat the players post training.

We recover post-games with a recovery session involving a variety of exercises and circuits and the use of a cryotherapy chamber.

What is it like on a match day?

Match day involves preparing the players for the game, so similar to training days but then being a part of the Emergency Action Plan for the match and a part of the players' recovery following the game with ice baths and recovery strategies.

What was it like in the lead up to being promoted to the premier league?

There was a big change in the summer with a new manager bringing new coaches and new ideas. The ideas have been exceptional, the players have adapted and the staff have too. They have a clear plan which they stick to and ultimately this has brought us to where we are today. Getting promoted to the Premier League is an amazing feeling, especially to have contributed my own small part to it.



What support did the tutors at Bolton offer you?

The tutors at Bolton were brilliant, they all had experience in working at elite level in sport which allowed us to gain an insight into the work and also helped us gain good placements as well. The ability to ask for advice during the course and also in the years after graduating is also testament to them as they are always there if we need a chat or advice on anything.

What advice would you give to future students?

The importance of voluntary work and gaining experience during university is vital. Using the skills while you are learning helped me more than anything. Get as much experience as possible, even if that means you are busy 7 days a week. You will reap the benefits later on, when you meet new people and show your eagerness to learn and work in this field, options become open to you. Take any opportunity available to experience different environments and sports.