



# BASRaT Student Conference

3rd April  
2023



Featuring:  
**Jimmy McDaniel,**  
Strength Coach &  
Rehabilitation Specialist  
at Hull Kingston Rovers



A unique chance to hear from Sport Rehabilitators working in a variety of settings.

Our guest speakers will talk about their passion, their experiences and the abundant opportunities available for the future GSR.

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## Conference Itinerary

An exclusive view of the work of Sport Rehabilitators in a range of settings.

### Itinerary

09:00	<b>Welcome &amp; Opening Address</b>	Jonty Ashton, BASRaT Student Liaison Officer
09.05 - 10.30	Jimmy McDaniel	Bridging the Gap
10.30 - 12.00	Sam Mullan	The First Class Virtual Rehabber
12.00 - 12.30	Lunch Break	
12.30 - 14.00	Asha Walker	Nobody puts GSR's in a corner
15:00 - 16.30	Connect Health	
15:00 - 16.30	Will Boutwood	Valuing GSRs Skills within the NHS
16:30 - 16.45	Jonty Ashton	Closing Address

**Book your tickets now**

<https://basratstudconf.eventbrite.co.uk>

## **Jimmy McDaniel,** Rehabilitation Specialist & Strength and Performance Coach, Hull KR

Jimmy completed his undergraduate and masters degree from the University of Hull and was fortunate enough to commence work in professional sport during the final year of his undergraduate degree.

Alongside his role at Hull KR he is also pursuing a PhD exploring the complexities of hamstring strain injury occurrence and contributory risk factors within professional rugby league. With additional certifications in strength and conditioning Jimmy's role relates not only to the return to play process for injured athletes but also to maximising performance whilst minimising injury risk.

## **KEYNOTE -** **Bridging the Gap,** Jimmy McDaniel

Jimmy's talk looks to explore the role of Sport Rehabilitators within elite sport, in particular the opportunities whereby our knowledge, skill set and expertise can be most effectively utilised.



## **Valuing GSRs skills within the NHS**

William Boutwood

Will's talk will be discuss his new role within the NHS as a MSK Clinician. Once a role solely allocated to Physiotherapists, it has now become an opportunity for BASRaT members.

The presentation will discuss what the role encompasses and the opportunities available within the NHS. The talk will cover the application and interview process and the specialty of exercise rehabilitation within MSK therapy, particularly the wealth of knowledge and skills GSR members can offer to the NHS.



## **William Boutwood** MSK Clinician, NHS

Will has worked in numerous of MSK rehabilitation settings. He started as an Exercise Therapist at The Fire Fighters Charity and then moved to become an ERI for the Ministry of Defence.

Will graduated from St Mary's University, Twickenham Whilst working for the military he completed his MSc in Physical Activity and Public Health. For the past 8 months he has worked as a MSK Clinician within the NHS.

**Booking your tickets - Click below or book at:**

**<https://basratstudconf.eventbrite.co.uk>**

## **The First Class Virtual Rehabber,**

Sam Mullan

Sam will be talking about how the pandemic and studying throughout Covid helped him become a Virtual Case Manager.

Studying online forced Sam to overcome many challenges but also gave him many valuable skills that enable him to deliver first class rehabilitation to the comfort of patients' own homes.



## **Sam Mullan, Sport Rehabilitator, Vita Health Group**

Sam has worked as a Sport Rehabilitator at various levels of professional rugby and basketball, including NC1 rugby and overseas basketball matches. Sam graduated from Plymouth Marjon University in 2011 and recently gained an MSc in Sport Rehabilitation.

He is now a Case Manager for Vita Health Group working remotely to provide virtual exercise rehabilitation.

## **Asha Walker Sport Rehabilitator / Director: Humber Injury Clinic & MoveHumber**

Asha has worked in roles across the field including rugby, private practice and community rehabilitation post brain injury. Asha opened her first clinic alongside studying for her MSc Sport rehabilitation degree in 19/20 which has since grown to two clinics in the Humberside region.

Alongside the clinics, Asha has developed a functional fitness programme aimed at over 55's and brain injury patients as well as working within a small MDT comprising of a Neuropsychologist, OT, SLT and PT to deliver home based brain injury rehabilitation.

## **Nobody puts GSR's in a corner.**

Asha will provide an insight into other opportunities out there for GSR's.

With experience working as a Sport Rehabilitator across a variety of industries she will widen your horizons of job opportunities post-graduation. Asha will also deliver her tips for starting a business in private practice and how she created and expanded new business ventures from networking, being a YES person and simple hard work and determination.



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