

CURRICULUM VITAE

Name: Tim Edbrooke

Qualifications:

1987 – 1990: **Grad Dip Phys**, Bristol School of Physiotherapy

1982 – 86: **B.Ed Hons Physical Education** with Education, St Luke's College, University of Exeter

Registrations:

Member of the Chartered Society of Physiotherapy: MCSP number 50253

Health Professions Council: PH42644

Association of Chartered Physiotherapists in Occupational Health and Ergonomics

Medico-Legal Association of Chartered Physiotherapists

Expert Witness Institute

Current Employment:

1992 –Present: **Private Chartered Physiotherapist** specialising in the diagnosis, treatment, and rehabilitation of musculoskeletal disorders. Areas of particular specialism are the treatment and rehabilitation of patients with spinal disorders; the treatment and rehabilitation of high level sportsmen and women, and rehabilitation and return to work issues in Occupational Health. All roles require regular contact with gym instructors, personal trainers, sport-specific coaches, and other therapists.

Private Practice in Exeter www.timedbrookephysiotherapy.co.uk and Harley Street, London www.londonspineclinic.com

1997 – Present: **Team physiotherapist to UK Athletics:** responsibility for immediate diagnosis and treatment of injuries in Track and Field athletes competing in international competitions, and advice on ongoing management of injuries liaising with coaches of all levels.

Past Employment

- 2003 – 2007: **Contractor to the English Institute of Sport** providing physiotherapy services to local athletes from Lottery-funded sports. Liaison with personal coaches and EIS Strength and Conditioning coaches.
- 1992 – 2006: **Force Physiotherapist, Devon and Cornwall Constabulary**
Occupational Health Department: the management and delivery of a high quality physiotherapy service to 6000 Police officers and civilian staff across two counties, and implementing exercise-based rehabilitation programmes in liaison with civilian Physical Education officers
- 1997 – 2003: **Team Physiotherapist, British Triathlon:** responsible, through liaison with personal coaches, for musculoskeletal screening and implementation of conditioning programmes for athletes competing in international competitions; responsible for diagnosis and treatment of injuries sustained during competition and training camps, and advice on ongoing management of injuries.

Member of British Olympic Association Physiotherapy Committee.

Continuing Professional Development

- 2014 – Present: Consultant to organisers of England Athletics SW annual coaching conference advising on course structure, content, and presenters.
- 2014: England Athletics SW coaching course presenter 'Production of a robust athlete'.
- 2013: SW Athletics coaching course 'Implementing Plyometrics'
- 2011: The Expert Witness Institute 'Writing Expert Reports'.
- 2011: Lecturer SW Sport and Exercise Medicine Conference: 'The Core Stability Myth'
- 2010: Lecturer SW Sport and Exercise Medicine Conference: 'Physiotherapy in Sport'
- 2009-2013: Guest Lecturer MSc 'Sport and Exercise Medicine' University of Plymouth.
- 2006 - Present: Fortnightly multi-discipline team meetings/peer mentoring/problem solving within team comprising two neurosurgeons; consultant radiologist; consultant anaesthetist; two physical therapists; two osteopaths, and a podiatrist plus guest attendees.
- 2003-2007: Regular CPD with English Institute of Sport for both physiotherapists and Strength and Conditioning trainers.
- 1999-2006: Regular CPD with CTCRM Lymington for both physiotherapists and PTI's.

Personal Sports Experience

Rugby:	Exeter University	1983 – 86
	English Universities	1983 – 86
	Combined England Students	1986
	England Under-23	1986
	Begles-Bordeaux	1986
	Bristol FC	1986 – 1990
	Clifton RFC	1990 – 92
	Exeter RFC	1992-93

Triathlon/Duathlon: Competitor in European Age-Group championships 1999 – 2000

Competitor in Police National Championships 1997 - 2002

Concept2 rowing: Competitor in British and South West Indoor Rowing Championships

Competitor in National Rowathlon series

Participant in Concept2 winter team challenge.

Running: Regular participant/competitor in local and national road and cross-country events.

Coaching: Level 1 Cricket coach at Topsham St James CC 2004 – 2007

Rugby coach at Topsham RFC coaching U10 – U16 2007 – 2012

Player/Coach Sidmouth RFC Present