



## **HOLYWOOD PILATES AND PHYSIOTHERAPY CLINIC**

### **JOB DESCRIPTION AND PERSONAL SPEC**

**Title:** Musculoskeletal Physiotherapist

**Hours of work:** Part-time/Full-time. Variable working hours to include day/evening and/or weekends.

**Salary:** Starting at £25 000 -£32 000 per annum (pro rata) – salary will be reviewed annually to reflect performance and business growth.

**Annual leave:** 25 days annual leave + 10 bank holidays (pro rata)

**Based at:** Currently 2A Priory Park, Hollywood

**Accountable to:** Practice manager

#### **Job Purpose:**

To provide a high standard of assessment, diagnosis, treatment and advice for clients with a wide range of musculoskeletal disorders.

To deliver 1:1 and group Pilates classes, showing the ability to modify and adjust exercises to allow for underlying injury/painful conditions while also providing challenging and stimulating classes.

To participate in CPD and other developmental activities.

To help develop the musculoskeletal service within Hollywood Pilates and Physiotherapy Clinic.

**About us:** Hollywood Pilates and Physiotherapy Clinic provides a range of Pilates classes, 1:1 Pilates sessions and musculoskeletal physiotherapy to cater for a wide range of abilities and painful conditions/injuries. We specialise in movement assessment and optimisation and aim to provide a patient centred approach to helping clients achieve improved freedom of movement and exercise levels.

The practice is now entering an expansion phase and is looking for enthusiastic, passionate people to join the team, helping us to grow our services and helping them to achieve their career goals.

## **Clinical Responsibilities**

- To provide musculoskeletal physiotherapy input to people with a variety of musculoskeletal conditions.
- To be professionally and legally responsible and accountable for all aspects of own work.
- To ensure a high standard of clinical care for the clients under your management.
- Undertake comprehensive assessment and diagnosis of clients, formulate and deliver individualised management and treatment plans, using clinical reasoning and a wide range of treatment skills and options.
- To discuss services and treatment options to potential clients and ensure that clients are involved in the planning and prioritisation of their rehabilitation plans.
- Effectively manage clinical caseload including Physiotherapy and Pilates clients.
- Provide timely and appropriate professional advice and information to clients.
- Assess clients for group exercise classes ensuring all relevant information communicated to class instructor.
- Participate in the planning, delivery, development and evaluation of the Pilates programme.

## **Professional**

- To monitor, evaluate and modify treatment in order to measure progress and ensure effectiveness of intervention.
- To demonstrate high level of clinical effectiveness by use of evidence based practice.
- Develop knowledge and skills base in this speciality. Providing a high standard of care, using safe, effective and appropriate techniques in accordance with current research and clinical guidelines.
- Maintain accurate, comprehensive and up to date client records and documentation in accordance with legal requirements and physiotherapy standards, with care to abide by data protection and confidentiality practices.
- Ensure safe practice by assessing and managing clinical risk

## **Organisational**

- Work as an effective and responsible team member, understanding own role in team and the wider organisation.
- Participate in the performance management scheme – to include annual appraisal and the production of a personal development plan.
- Adhere to Health and Safety at Work Act recording and reporting of accidents and near misses to practice manager.
- Undertaking additional duties as may be reasonable delegated.

This job description is a reflection of the current position and may be modified to meet the changing needs of the business. Any changes will be discussed with the post holder.

**Essential criteria:**

- BSc Physiotherapy
- Currently registered with the HCPC
- Current member of the CSP
- 3 years post qualification experience including a minimum of 6 months working in musculoskeletal outpatients.
- Demonstrate experience in the use of movement and exercise to promote health and manage injury/painful conditions.
- Pilates matwork level 1 and 2 training with APPI or similar recognised institute
- Evidence of experience in teaching group exercise classes
- Ability to prepare and deliver exercise classes for groups.

**Desirable criteria:**

- Full Certification with a Pilates institute
- Postgraduate training in musculoskeletal disorders
- Acupuncture training
- Computer competence

**Further information:**

This post will be offered subject to a DBS check.

Please send CV's by post to: Hollywood Pilates and Physiotherapy Clinic, 2A Priory Park, Hollywood, Co. Down, BT18 0LG, or by email to [info@hollywoodpilates.co.uk](mailto:info@hollywoodpilates.co.uk).