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# Connor Fleming

JUNIOR SPORTS THERAPIST

## PROFILE

Society of Sports Therapists (SST) graduate member with hands-on clinical experience from university sports injury clinics, semi-professional football, and community rehabilitation settings. Treated over **180 athletes and patients** during final year clinical placements, specialising in soft tissue injury assessment, rehabilitation programming, and pitch-side first aid. Graduated from Loughborough University with a **2:1 (68% average)** in Sports Therapy.

## EDUCATION

### BSc (Hons) Sports Therapy in Sports Therapy

Loughborough University, Loughborough  
Sep 2022 – Jul 2025

## SKILLS

- Musculoskeletal Assessment
- Sports Massage & Soft Tissue Therapy
- Rehabilitation Programming
- Taping & Strapping (Kinesiology & Rigid)
- Pitch-Side Trauma Management
- Exercise Prescription
- Electrotherapy (Ultrasound, TENS)
- Concussion Assessment (SCAT6)
- Manual Therapy Techniques
- Return-to-Play Protocols
- Clinical Documentation
- First Aid (EFAIST Level 3)

## LANGUAGES

- English - Native

## EXPERIENCE

### Sports Therapy Intern, Loughborough Lightning (Netball Superleague), Loughborough

Sep 2025 – Dec 2025

Provided matchday and training support to the Superleague netball squad alongside the head physiotherapist.

- Delivered **60+ pre-match and post-match treatments** including taping, massage, and stretching protocols
- Managed **8 acute injuries** pitch-side during competitive fixtures, including ankle sprains and muscle strains
- Designed and supervised return-to-play rehabilitation programmes for **5 players** with knee and shoulder injuries

### Student Sports Therapist (University Clinic), Loughborough University Sports Injury Clinic, Loughborough

Sep 2024 – Jun 2025

Worked in the university's supervised sports injury clinic treating students, staff, and members of the public.

- Assessed and treated **120+ patients** with musculoskeletal complaints including back pain, tendinopathies, and post-surgical rehabilitation
- Completed **200+ soft tissue therapy sessions** including sports massage, myofascial release, and trigger point therapy
- Maintained clinical records for all patients using an electronic case management system

### Pitch-Side First Aider (Voluntary), Quorn AFC (United Counties League), Quorn

Sep 2023 – May 2025

Provided voluntary pitch-side first aid and injury management for a semi-professional men's football club.

- Covered **45 matchdays** over 2 seasons, treating acute injuries and making return-to-play decisions
- Assessed and managed **30+ acute injuries** including suspected concussions, dislocations, and muscle tears

## CERTIFICATIONS

**Graduate Member - Society of Sports Therapists**, Society of Sports Therapists Sep 2025 – Sep 2025

**Emergency First Aid in Sport (EFAIST Level 3)**, 1st4Sport Qualifications Sep 2024 – Sep 2024

**Enhanced DBS Check**, Disclosure and Barring Service Aug 2022 – Aug 2022

## EXTRA CURRICULAR ACTIVITY

### Captain - Loughborough University Men's Rugby 2nd XV

Sep 2024 – Apr 2025

Led a squad of **30 players** through the BUCS league season.

- Organised **3 training sessions per week** and coordinated match logistics for **14 fixtures**