

**Eastern Ranges Football Club –**

**Injury Rehabilitation Assistant**

# **Overview**

The high performance program at the Eastern Ranges incorporates Strength and Conditioning (S&C), Injury Rehabilitation and Sports Science. The performance staff are responsible for the planning, implementation and assessment of the program. As an Injury Rehabilitation Assistant you will be tasked with assisting in the Injury Rehabilitation aspect of the program, as well as completing additional learning.

# **Training and Game Day Commitments:**

* Monday, Wednesday & Friday 4-8pm (Nov- March)
* Tuesday & Thursday 4-8pm (April-September)
* Saturday or Sunday Match Day: 5 hours

# **Injury Rehabilitation Assistant Position Objectives and Roles:**

* + Observe Rehabilitation Coordinator conduct structured return to play programs
  + Assist and conduct rehabilitation sessions as instructed by Rehabilitation Coordinator
  + Observe lead physiotherapist diagnose injuries and Assist lead physiotherapist with note taking of player injuries
  + Develop and deliver return to play programs as required by the Rehabilitation Coordinator and lead physiotherapist
  + Perform sports strapping as required
  + Any other duty as requested by High Performance Manager and/or Talent Manager

**Essential Requirements:**

* Bachelor of Exercise/Sports Science (or similar)
* Current Victorian Working with Childrens Check (WWCC)
* Level 1 Sports Trainer
* Current Level 2 First Aid/CPR Certificate
* Current Victoria Drivers Licence

Please include in your application a covering letter (no more than 1 page) and your CV (no more than 2 pages). Applications are to be sent to Josh Milner ([Joshmilner7@gmail.com](mailto:Joshmilner7@gmail.com)) by no later than 5pm on 15th October 2017.