

JOB DESCRIPTION

Job Title:	Physiotherapist	Division/Department:	Sports Sciences and Medicine
Grade:	N/A	Reports to:	Head of Sports Science & Medicine

Job Purpose	<p>The purpose of this role is to deliver high-quality physiotherapy services to BAM's national athletes, focusing on injury prevention, rehabilitation, and performance optimization. The Physiotherapist will work closely with coaches and the sports science team to implement effective treatment plans, ensuring athletes recover safely and perform at their best. Additionally, this role involves monitoring player health, maintaining medical records, and contributing to injury prevention strategies to enhance long-term athletic development and well-being.</p>
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Job Description and Responsibilities:

1. Physiotherapy & Rehabilitation

- Provide hands-on treatment and therapeutic exercises for players undergoing rehabilitation at BAM National Training Centre.
- Design and deliver tailored treatment plans, including injury recovery, return-to-play protocols, exercise testing, and injury prevention strategies.
- Conduct diagnostic assessments of players' physical conditions and injuries, referring them to external specialists if necessary.
- Provide massage therapy, stretching routines, strapping, and taping techniques as required for injury prevention and recovery.
- Administer first aid and immediate care for minor injuries such as bruises, strains, and blisters during training and competitions.
- Assist in postural screening and movement assessments for BAM's national teams.
- Contribute to player education sessions on injury prevention, rehabilitation, and self-care strategies.

2. Performance & Injury Prevention

- Work closely with coaches and support staff to incorporate injury prevention exercises into training schedules.
- Monitor and implement sport-specific rehabilitation programs tailored to the demands of badminton.
- Assist in strength & conditioning programs to optimize movement mechanics and reduce injury risk.
- Support recovery services, including the use of physiotherapy modalities such as ice baths, compression, and other therapeutic techniques.

3. Record-Keeping & Reporting

- Maintain a comprehensive injury database, ensuring proper documentation and tracking of all players medical records.
- Create and present reports on rehabilitation progress and intervention outcomes to the coaching and medical team.
- Attend and contribute to meetings related to player performance and medical planning.

4. Continuous Professional Development

- Stay updated with latest research and advancements in physiotherapy, sports medicine, and rehabilitation science.
- Engage in ongoing learning and training to enhance professional expertise.
- Work collaboratively with line managers on Personal Development Plans (PDPs) to enhance service effectiveness.

Experience Required	
*Functional Experience (No. Of years, Specialized Field if any)	<ul style="list-style-type: none"> • Minimum 3–5 years of experience as a physiotherapist, preferably in a high-performance sports environment. • Experience working with elite or professional athletes, preferably in racquet sports or high-intensity sports. • Strong background in injury assessment, rehabilitation, and prevention strategies for sports-related injuries. • Previous experience in multidisciplinary teams, including working with coaches, strength & conditioning coaches, and sports scientists. • Experience in using sports technology and rehabilitation tools for performance enhancement and recovery.
Leadership/Supervisory (No. Of years, Specialized Field if any, as a Manager)	
Education and Qualifications Required	
<ul style="list-style-type: none"> • Bachelor’s Degree in Physiotherapy, Sports Science, Rehabilitation Science, or a related field. • Professional registration with a recognized Physiotherapy Board (e.g., Malaysian Physiotherapy Association or an equivalent international body). • Valid First Aid & CPR Certification (preferred: Advanced Sports Trauma or equivalent). 	
Any Additional Requirements (<i>Language skills, Computer Skills</i>)	
<ul style="list-style-type: none"> • Additional certifications in sports physiotherapy, manual therapy, or rehabilitation techniques (e.g., dry needling, taping techniques, strength & conditioning certification) are highly advantageous. • Flexibility to travel with teams during competitions. • Ability to work evenings and weekends as per the training and competition schedule. • Passion for working with athletes and improving performance through evidence-based nutrition strategies. 	