



Profile:

Miss Lyndsay Anne McQuat

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A self-employed Sports Therapist and Sports Massage Therapist with twelve years of extensive elite and non-elite experience. After relocating in 2014 from Southern Scotland, employment was gained as the Sports Therapist and Rehabilitation specialist for The Men's Cambridge University Boat Club in preparation for the annual Boat Race with Oxford. Development as a self-employed Sports Therapist and Sports Massage Therapist within South Cambridge Physiotherapy and Saffron Walden Osteopath clinic. Efficiency and team skills were demonstrated as a Soft Tissue Therapist in the 2017 Para Athletic World Championships in London, London 2012 Olympics, Glasgow Commonwealth Games 2014 and the Rugby World Cup 2015. Working within a team is an excellent skill and this was emphasised as part of the Sports Massage group for the NFL team; Philadelphia Eagles, during their time in London in 2018. In 2019 elite work was obtained during the Wimbledon Qualifying Championships, providing Sports Massage to the players.

Work History

Wimbledon Qualifiers and Championships, June - July 2019, Soft Tissue Therapist.

Saffron Walden Osteopath Clinic, Sept 2015 – July 2019, Self-employed Sports Therapist and Sports Massage Therapist.

I took over from the previous Sports Massage Therapist; maintained and expanded the business. I worked well within the team and we regularly referred patients to each other if we felt someone else could provide a more effective treatment.

South Cambridge Physiotherapy, Sep 2014 – May 2019, Self-employed Sports Therapist and Sports Massage Therapist.

Helped to start up the Sports Therapy, Rehabilitation and Massage business within a well-established Physiotherapy clinic.

NFL - Philadelphia Eagles, Oct 2018, Sports Massage Therapist.

Worked within their Sports Massage team before their game at Wembley against Jacksonville Jaguars.

Cambridge University Boat Club, Sep 2014 - July 2018, Sports Therapist.

Responsible for the entire Men's squad in preparation for the Boat Race. This was an exciting job with a lot of challenges. I travelled to many training camps with the crew. Tideway week is the main week with the build-up to the Boat Race and as the therapist you have to keep the rowers going and performing to their best.

World Para Athletic Championship, July 2017, Medical Team.

Part of the Medical team, focusing on the Soft Tissue problems within a variety of nations.



Rugby World Cup, October 2015, Sports Massage Therapist.

I assisted Scotland and Tonga to prepare them for their final group game of the World Cup.

Physio & Therapy, 2014/15, Sports Therapist.

Work at three or four elite Triathlons on a yearly basis, normally over one or two days at a time.

Glasgow Commonwealth Games, 2014, Sports Massage Therapist - Medical Team.

Based at the Polyclinic within the Athletes village, I focused on the Soft Tissue problems over a variety of nations.

Gael Moffat Sports Therapy, 2007 - 2014, Sport Therapist.

Prior to relocating I worked in a private Sports Injury Clinic in Dumfries assessing, treating and rehabilitating injuries.

London Olympics 2012, June – August 2012, Sports Massage Therapist - Medical Team.

I was based in Glasgow with a number of Football teams over two weeks. I focused on the Soft Tissue and Sports Therapy within the squads.

Qualifications

Post Graduate Certificate in Clinical Exercise, 2018 – 2019, Trinity College, Dublin University.

Sports Therapy Bsc Hons, 2005—2007, University of Central Lancashire.

I accomplished my degree at the University of Central Lancashire and focussed on a variety of subjects. I developed my use of assessment, treatment and rehabilitation of different injuries.

Diploma in Sports Massage – Level 4, 2010 – 2011, Scottish School of Professional Massage. I

gained my Diploma at the Scottish School of Professional Massage and gained knowledge of a variety of subjects. I improved my Sports Massage skills from my degree and developed further soft tissue skills in relation to elite athlete performance. I now have an array of skills; Massage, Met's, STR, ATR, Trigger Point treatment and Myofascial Release to name a few.

Diploma in Osteopathic Articulation, 2017, OMT Training.

FIFA Diploma in Sports Medicine, 2019, FIFA.

Other Courses:

BJSM Learning - ECG Interpretation in athletes.

NAGS, SNAGS AND MWM (Mulligan Concept), 2017, 2-day Workshop.

Dry Needling Level, 2016.

Accredited Advisor for UKAD.

First Aid at Work.



Awards and Memberships

The Society of Sports Therapist, 2007 – Current. Full member and fully insured.
The Sports Massage Association, 2014 – Current. Full member and fully insured.
The Complementary and Natural Healthcare Council (CNHC) Full member.

References and Portfolio

References and Portfolio available upon request.