

FOLKESTONE RUGBY FOOTBALL CLUB Ltd.

(Members of the R.F.U., R.F.U.W, K.C.R.F.U. and K.S.R.F.U.R.)



Hon. President – Mike O’Sullivan

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FOLKESTONE RFC PHSYIOTHERAPY GUIDELINES

All Club Members,

The following guidelines have been established to ensure the correct, appropriate, efficient and most cost effective intervention is provided to players who receive treatment from the Club Physiotherapist.

The Club Physiotherapist is only available to treat current senior players/referees on Tuesday and Thursday evenings between 6:00 pm and 8:30 pm. There is an appointment system in place for anyone requiring treatment. Appointment times will be as follows:-

Tuesday	Thursday
6:00 pm to 7:00 pm	6:00 pm to 7:00 pm
7:00 pm to 8:00 pm	7:00 pm to 8:00 pm
8:00 pm to 8:20 pm	8:00 pm to 8:10 pm

10 minute appointments
15 minute appointments
10 minute appointments

Between 6:00 pm to 6:40 pm appointments will be prioritised for players requiring treatment/taping before training.

Please note no treatment will be provided to any player who is under 18 years of age.

On Saturdays (match days) the Club Physiotherapist is only available to treat 1st XV players who are selected to play on the day.

Use of Tape

1. The tape in the physio room is for supports, strains and sprains – not for taping socks, ears, shoe laces or grips for line outs. If you want tape for the later then please purchase your own as the club cannot sustain the quantity currently being used.
2. Kinesio taping can be made available, however you will need to make a contribution or buy your own and bring with you. If this is the case you need to speak to me for details. If you wish to utilise this modality, then you need to shave the affected area prior to application.
3. Please do not remove any tape or equipment from any of the kit bags in the treatment room; this will result in the Club not having the correct kit to treat players on Match day.

Ultrasound Machine

I appreciate you know some of the settings – however just because you had it on a certain setting for one or two treatments does not give you knowledge to then apply it without my;

- a. being in the room
- b. assessing your injury
- c. checking the settings prior to usage

No player may use the Ultrasound machine without the approval/agreement/supervision of the Club Physiotherapist.

Training Nights

1. Due to overcrowding, only 3 people may be in the treatment room at any one time. Do however come in to the treatment room and let me have a basic run down on what is wrong before sitting in the dressing room.
2. If you know you're not training then please do not come for physio until after 1930hrs.

Match Day

1. Let me know of injuries post game.
2. I am not available to do physiotherapy treatments post game, if you've not played – I shall complete first aid, as required. If you've taken a knock; ice/compress/do not stretch for 72hrs/rest/elevation. Any major concerns then you should attend either the walk in centre or A&E, do not wait until Tuesday.

Thanks everyone for your anticipated co-operation, but it will improve the service I provide. Any questions please do not hesitate to speak to me on either Tuesday/Thursday/Saturday.

Traci Stevens BSc
Physiotherapist
10th November 2011

Andy Dagger
Club Chairman