

Aidan Woods

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Educational Record

Dates	Location	Course
Jan 2000 – Dec 2000	University of Queensland Brisbane, Australia	MSc Musculoskeletal Medicine

World renowned MSc for Postgraduate studies in physiotherapy

Intensive 12 month course

Studies included:

Advanced assessment, diagnosis, biomechanics and management of all
spinal and peripheral joints

Pain physiology

Pain psychology

The physiology of healing

Research included:

Research into the physiological mechanisms involved in neck injuries
(Published in Manual Therapy Journal)

❖ *Reference 1: Professor Gwen Jull*

Sept 1992 – July 1996	University College Dublin	BSc (Honours) Physiotherapy
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4 Years Honours degree course covering all aspects of medicine.

Clinical Placements throughout Ireland

Work Experience

Dates	Location	Position
2006-Present	Pearse Street Physiotherapy Clinic Dublin 2	Private Practitioner
2001 – 2006	Dublin Spine and Sports Physiotherapy Clinic, Dublin 8	Private Practitioner

Duties include:

Treatment of athletes for all sports related injuries

Treatment of PACE Carded athletes. Currently the leading physiotherapy

service provider

Liasing with other health professionals in relation to injury management
Screening of athletes in conjunction with the NCTC to identify current and potential injuries

Additional duties include:

Advanced athlete rehabilitation post injury in purpose made gym attached to the practice

Customisation of gym equipment to optimise patient recovery.

❖ **Reference 2: Ms Eileen Murphy MISCP**

Additional Work Experience

Dates	Location	Position
2001 – Present	Trinity College Dublin	Lecturer to MSc Students

Lecturing on topics:

Lumber spine rehabilitation

Fine motor control in the lumbar spine

Abdominal muscle rehabilitation in the sporting athlete.

Present case studies on:

Complicated treatments of athletes encountered during the year

Reference 3: Dr Nick Mahoney

	Nov 2007	Irish Canoe Union	Lecture on role of phys treating athletes
Nov 2006	Cycling Ireland Women's Commission	Lecture on exercise prescription and injury prevention to women cyclists	
Oct 2005	Irish Amateur Rowing Union	Lecture on exercise prescription and injury prevention to rowing coaches	
Jan 2005	Chartered Physiotherapists in Manipulative Therapy	Lecture on Athens Olympic games	
Nov 2004	Irish Sports Science Society	Lecture on working with an elite sports team in the build up to Athens	
Sept 2003	Irish Rowing Squad	Lecture on the prevention of injury for the year ahead	
Dec 2002	Irish Rowing Union	Lecture on appropriate stretching techniques	
Oct 2002	Irish Rowing Union	Lecture on proprioception and awareness of spinal position in rowers	
April 2002	Irish Rugby Football Union	Lecture on effects of training in hot climates on the athlete. Importance of hydrating properly, sun protection, diet and sleep.	
Nov 2002	Irish Milers Club	Lecture on the importance of abdominal control and strength in middle distance running.	
Various	Dublin Spine and Sports Physiotherapy Clinic	Various lectures on the treatment of the sports athlete.	

Sports Related Work Experience

July - August 2008 (6 weeks)

**Beijing, China, 2008. Games of the 29th Olympiad,
Physiotherapist with the Irish Olympic Team**

- Responsible for the physical health of all the athletes on the Irish team.
- Worked with athletes from all the different Olympic sports

June 2008

Poznan, Poland. Qualifying regatta for the Olympic games

May 2008

Lucern, Switzerland. World Cup Regatta

- Irish light weight 4 finished 6th

May 2008

Munich, Germany. World Cup Regatta

- Responsible for the physical health of Irish rowing team.
- Irish light weight 4 finished 5th

April 2008

Piediluco, Italy. International Regatta.

- Responsible for physical health of Irish rowing team.
- Numerous medals won by all Irish athletes.

August 2007

Duisberg, Germany

Physiotherapist with Irish Canoe team at the canoe world championships where they finished 13th.

July 2007

San Tiago, Spain

Physiotherapist with Irish canoe team at the european championships where they finished 7th in K2 500 and K2 1000.

September 2006

Chicago, USA

- Worked at WBA Heavyweight Championship fight with Kevin McBride.

Dates	Sport	Position
2002-2006	Irish Rowing Team	National Governing Body Physiotherapist

Duties Included:

Working with the team to ensure qualification for the 2004 Athens Olympics and 2008 Beijing Olympics

Responsibility for the neuromusculoskeletal health of all the rowers who compete for the Irish Amateur Rowing Union.

Working as part of the medical team including, sports physiologists, sports psychologists, high performance directors, coaches, strength and conditioning trainers, dieticians, medical doctors, medical consultants, occupational therapists.

Travelling as part of the team:

12 weeks during the previous 8 months have been in training camps with the rowing team.

TRAINING CAMPS EXPERIENCE

August 2006

Eaton Rowing World Championships

- Responsible for physical health of 14 athletes. Irish LM4- won bronze medals.

July 2006

Lucerne World Cup Regatta

- Responsible for physical health of 15 athletes. Irish LM4- won gold and won over all world cup series.

June 2006

Poznan World Cup Regatta

- Responsible for the physical health of 19 athletes. Irish LM4- won gold and LW2x won bronze

May 2006

Munich World Cup regatta

- Responsible for the physical health of 21 athletes. Irish LM4- won silver medals

August 2005

World Rowing Championships, Gifu, Japan

Responsible for the physical health of 13 Irish athletes

4 athletes got silver medals

10 athletes finished in qualifying positions for Beijing Olympics

July - August 2004 (6 weeks)

Athens, Greece, 2004. Games of the 28th Olympiad, Physiotherapist with the Irish Olympic Team

- Responsible for the physical health of all the athletes on the Irish team.

- Worked with athletes from all the different Olympic sports

June 2004 (10 days)

Training camps for Athens Olympics in Sweden and Croatia

- Responsible for the health of 10 Athletes

June 2004 (10 days)

Lucerne World Cup Regatta and Olympic Qualifying regatta

- Responsible for the health of 20 Athletes
- One boat finished in third place

May 2004 (2 weeks)

Hazewinkle training camp and Duisberg regatta

- Responsible for the health of 25 athletes
- Several gold medals at the regatta

February 2004

FISA World Cup Regatta, Seville, Spain

- Responsible for the health of 18 athletes
- Multiple gold medal winning performances

December 2003 (2 weeks)

Olympic Council Training Camp, Seville, Spain

- Responsible for the physical health of 50 Irish athletes
- 20 of these athletes competed at the 2004 Olympic Games

August 2003 (2 weeks)

World Rowing Championships, Milan, Italy

- Responsible for all medical complaints of 13 athletes.
- 6 Rowers qualified for Athens 2004
- 2 Bronze medals

August 2003 (1 week)

Pre- Worlds Training Camp, Haswinkle, Belgium

- Responsible for all medical complaints of 13 athletes.

July 2003 (1 week)

World Cup Regatta, Lucerne, Switzerland

- Responsible for all medical complaints of Irish Rowing Squad.

July 2003 (2 weeks)

Pre-Regatta training camp, Stromstad, Sweden

- Responsible for all medical complaints of Irish Rowing Squad.

June 2003 (3 weeks)

Essen Regatta and training camp

- Responsible for all medical complaints of Irish Rowing Squad.

March 2003 (2 weeks)

Seville Training Camp, Spain

- Responsible for all medical complaints of Irish Rowing Squad.

January 2003 (2 weeks)

Seville Training Camp, Spain

- Responsible for all medical complaints of Irish Rowing and Canoeing Squads.

- July 2002 (2 weeks)**
World Cup Regatta, Lucerne, Switzerland
 - Responsible for all medical complaints of Irish Rowing Squad.

As the only medical member of the squad I was responsible for whatever medical problems arose. This involved constant contact with other members of the support team in Ireland including:

- Dr Nick Mahoney, NGB Medical Doctor
- Ms Niamh Fitzpatrick, NGB Psychologist
- Mr John Kelly, NGB Strength and Conditioning Trainer
- Mr Giles Warrington, NGB Physiologist

Developed physiotherapy related initiatives within Irish Rowing (in conjunction with Ms Fiona Wilson and Ms Caroline Reynolds):

- A stretching guide for Irish Rowers
- Extensive statistical gathering on injury and treatments used on the Irish Rowing Squad
- Development of Rowing Specific Screening Document. This is being developed with the NGB rowing physics from other countries, including Canada, USA and Australia. The aim of this document is to be a generic screening document for all rowers worldwide.

2001-Present	Canoeing	National Governing Body Physiotherapist
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- Physiotherapy management of Ireland's top senior and underage canoeist's and kayakers.
- Screening of all athletes selected to canoe for Ireland for current injuries or injuries that could affect them training or competing for Ireland
- Statistical reporting on any injuries
- Management plans for injuries and injury prevention
- Provision of physiotherapy services to world cup, European championship and world championship races

❖ **Reference 3: Dr Nick Mahoney**

2001-2002	Irish Rugby Football Union	Person in charge of all medical matters
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- Duties Included:
- Administration of first aid on and off the pitch
 - Pre-match taping and preparation
 - Post-match recovery
 - Travelling as part of the team

TRAINING CAMPS EXPERIENCE

- May 2002 (3 weeks)
- Woman's Rugby World Cup Final, Barcelona, Spain
 - Responsible for medical management of 30 athletes.

Nov 2001 – April 2002

- IRFU 6 Nations
- Responsible for medical management of 30 athletes.

July 2001 (2 weeks)

- European Championships, Lille, France
- Responsible for medical management of 30 athletes.

1995-2003	Athletics	General Practitioner
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Currently consultant Physiotherapist to:

- Irish Milers Club
- Monaghan Phoenix Athletics Club

Have acted as Physiotherapist to teams from:

UCD, Dublin
City of Edinburgh Athletic Club
University of Queensland Athletics Club
Clones Athletics Club

TRAINING CAMPS EXPERIENCE

July 2001

- European U23 Track & Field Championships, Amsterdam, Holland
- Responsible for medical management of all track and field athletes.

June 2001

- Dublin International Athletics Championships
- Available on call to athletes.

2000-2001

- Australian National Championships
- Consultant Physiotherapist to University of Queensland Track & Field Team

1998 - 2000

- Edinburgh, Scotland
- Consultant Physiotherapist to City of Edinburgh Track & Field Team

1997

- Europa Cup, Dublin
- Physiotherapist to Irish Men's Track & Field Team

- ❖ **Reference 4: Mr Patsy McGonagle**
- ❖ **Reference 5: Mr Brendan Hackett**
- ❖ **Reference 6: Mr Brendan Sherlock**

2001-2004	Shooting	National Governing Body Physiotherapist
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Physiotherapy management of Ireland's top senior and underage competitors

- ❖ **Reference 3: Dr Nick Mahoney**

2001-Present	Boxing	Physiotherapist
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Assisting the NGB physiotherapist with treatment of Dublin based athletes

- ❖ **Reference 7: Mr Johnson McEvoy**

2001-2004	Surfing	National Governing Body Physiotherapist
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Physiotherapy management of Ireland's top senior and underage competitors

Courses Attended

Date	Lecturer	Course
Nov 2005	Trinity College Dublin	First Aid Course
Oct 2003	Dr Paul Watson, University of Leicester, England	Physiotherapy Perspective to Pain Management
Sept 2003	Leo Waitters, Louvan University, Belgium	More effective exercises for treatment of the spine
Sept 2002	Lyn Watson, University of South Australia	Diagnosis, assessment and rehabilitation of shoulder injuries
April 2002	Ulrich McCarthy, UCD, Ireland	Taping techniques to alter pain and muscle activity
Sept 2001	Trinity College, Ireland	International Sports Medicine Congress

Personal Achievements

Athletics

- 2006: Competed at World Hill Running Championships, Bursa, Turkey
- 2003: 7th in National Road Running Championships
- 1997: Captain of Irish Under 23, Cross Country Team
- 1998: Selected to Run for the Scottish National Team
- 2000: 3rd in Queensland State Cross Country Championships

Triathlon

- 2005: 34th European Duathlon Championships
- 2005: 4th Irish Triathlon Championships
- 2004: 52nd World Duathlon Championships
- 2004: National Duathlon Champion
- 2003: Bronze medallist in National Championships (Olympic Distance)
- 2003: Bronze medallist in National Championships (Sprint Distance)

Swimming

Competed in various open water swims in Ireland

Canoeing

- Competed the Liffey Descent in two different years
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