

Madison Wood MSST

Sports and Exercise Therapist | MPW Sports Therapy | Wakefield, West Yorkshire
hello@mpwsportstherapy.co.uk | mpwsportstherapy.co.uk

SUMMARY

BSc (Hons) Sport & Exercise Therapy 2026 graduate from Leeds Beckett University, with a strong academic and practical foundation in injury prevention, assessment, treatment, rehabilitation, and return-to-performance strategies. The degree is accredited by The Society of Sports Therapists and equips graduates with the knowledge and practical skills required to assess, treat, rehabilitate, and prevent musculoskeletal injuries in both sporting and general populations. Through university clinics, external placements, and my work with the First Team at Sandal Rugby Club, I have developed practical experience in musculoskeletal assessment, injury observation and management, sports massage, rehabilitation programme design, exercise prescription, and patient-centred care. Throughout the 2026 season, I supported players by observing and assisting with the management of sports injuries, delivering sports massage treatments, and contributing to athlete wellbeing and recovery within a competitive sporting environment. Following the successful completion of my placement, I was appointed Lead Sports Therapist for Sandal Rugby Club's Saracens (senior men), and I now also practise as a Sports and Exercise Therapist at Holly Vigers Sports Therapy in Wakefield. I am a hardworking, reliable, and adaptable individual who thrives in fast-paced and challenging environments. My background in competitive gymnastics and coaching has strengthened my communication skills, professionalism, and ability to build rapport with a diverse range of clients and athletes. I work effectively both independently and as part of a multidisciplinary team, consistently demonstrating initiative, empathy, and a commitment to delivering high standards of care. I am eager to further develop my clinical skills within a sports therapy, rehabilitation, musculoskeletal, or healthcare setting where I can make a positive contribution while continuing to grow as a practitioner.

EDUCATION

Leeds Beckett University – September 2023 – June 2026

BSc (Hons) Sport & Exercise Therapy

Year 1 Modules:

Anatomy & Function for Sports & Exercise Therapy; Assessment & Pathology in Sports & Exercise Therapy; Massage for Sports & Exercise Therapy; Professional & Academic Skills; Therapeutic Interventions 1; Physiology of Testing & Training.

Year 2 Modules:

Therapeutic Interventions 2 for Sports & Exercise Therapy; Clinical Decision Making; Sports Trauma Management; Applied Biomechanics; Investigation & Inquiry; Rehabilitation & Exercise Prescription; Exercise for Referred Populations.

Year 3 Modules:

Strength & Conditioning; Management of Injury; Orthopaedic Rehabilitation; Professional Practice & Placement; Dissertation.

New College Pontefract - September 2021 – June 2023

A Levels

- Business Studies
- Medical Science
- Physical Education
- Cambridge National BTEC Sport Science – Merit

Completed a two-week coaching placement in Malta and Gozo, working with primary and secondary school pupils. Planned and delivered PE sessions, introduced new sports, adapted activities based on available resources, and successfully overcame language barriers through effective communication and flexibility.

St Thomas a Becket, Wakefield - June 2021

GCSEs (9)

- Mathematics
- English
- Chemistry
- Biology
- Physics
- Physical Education
- Religious Education
- Business Studies
- Spanish
- Duke of Edinburgh Award – Bronze

CERTIFICATIONS

- Degree accredited by The Society of Sports Therapists
- Member of The Society of Sports Therapists (MSST)
- Level 4 Intermediate Trauma Medical Management in Football (ITMMiF), England Football Learning / RCSEd – 2026
- England Rugby Headcase Concussion Awareness: First Aiders – 2026
- England Rugby Introduction to Safeguarding – 2026
- Sports Trauma Management Qualification – 2025
- First Aid at Work – 2024
- Enhanced DBS Checked

EXPERIENCE

Holly Vigars Sports Therapy Clinic - 19 October 2026 – Present

Sports and Exercise Therapist

- Joined the clinic as a qualified Sports and Exercise Therapist on 19 October 2026, returning after my 2025 student placement.
- Deliver sports massage treatments (30-minute and 1-hour sessions) to support recovery, performance, and general wellbeing.
- Carry out initial injury assessments to identify the cause of pain or injury and plan appropriate treatment.
- Provide follow-up treatments and rehabilitation, including exercise prescription and progression.
- Offer cryotherapy (shoulder and knee) and kinesiology taping to support recovery and injury management.
- Manage my own client caseload and bookings through Fresha, alongside maintaining professional treatment records.

Lead Sports Therapist - July 2026 – Present

Sandal Rugby Club – Saracens (senior men)

- Appointed Lead Sports Therapist for the Saracens (senior men) following my First Team placement.
- Provide pitchside first response, trauma care, and concussion management at training sessions and Saturday matches.

- Deliver sports massage, injury assessment, strapping, and taping to keep players available through the season.
- Support injury rehabilitation and return to play, working alongside coaching staff.

First Team Sports Therapy Placement - January 2026 – April 2026

Sandal Rugby Club

- Assisted with the observation and management of sports-related injuries within a competitive rugby environment.
- Delivered sports massage treatments to support player recovery and performance.
- Worked alongside coaching and medical staff to support athlete wellbeing.
- Developed practical experience in injury assessment, clinical reasoning, rehabilitation planning, and athlete management.
- Assisted with pre- and post-match player support.
- Offered a position as Lead Sports Therapist for the Saracens (senior men) for the upcoming season.

Leeds Beckett Sport & Exercise Therapy Clinic - 2024 - 2026

- Conducted supervised musculoskeletal assessments.
- Assisted with treatment planning and rehabilitation programme delivery.
- Developed patient-centred communication and clinical reasoning skills.
- Delivered evidence-based treatment approaches under supervision.

Holly Vigars Sports Therapy Clinic - October 2025 – December 2025

Therapy Student

- Gained experience within a private sports therapy setting.
- Observed and was mentored with sports massage and rehabilitation treatments.
- Developed understanding of assessment, treatment planning, and patient progression.

Go Outdoors – Wakefield - September 2024 – December 2025

Customer Service Assistant

- Delivered a knowledgeable and professional customer experience.
- Maintained high shop-floor presentation and stock standards.
- Worked collaboratively to achieve sales and KPI targets.
- Processed payments, refunds, and store card transactions.
- Assisted customers using in-store technology to access the full product range.
- Replenished stock and maintained product availability.
- Demonstrated flexibility by supporting multiple departments and responsibilities.
- Represented the company professionally while adhering to health and safety procedures.

Wakefield Gymnastics Club -October 2021 – August 2023

Gymnastics Coach (Part-Time)

- Coached children aged 3–10 years across multiple ability levels.
- Planned and delivered engaging gymnastics sessions focused on skill development and enjoyment.
- Maintained effective communication with parents regarding progress and development.
- Administered First Aid and managed minor injuries when required.
- Ensured safeguarding, attendance, and welfare procedures were followed at all times.
- Monitored athlete progress and provided constructive feedback.

- Promoted teamwork, discipline, confidence, and sportsmanship.
- DBS Checked.

TECHNICAL SKILLS

- Musculoskeletal Assessment/Injury Assessment and Screening
- Sports Massage and Soft Tissue Therapy
- Rehabilitation Programme Design
- Exercise Prescription and Progression
- Sports Trauma Management
- Injury Prevention Strategies
- Clinical Reasoning and Decision-Making
- Patient Assessment and Treatment Planning
- Orthopaedic Rehabilitation
- Strength and Conditioning Principles
- Excellent Communication and Interpersonal Skills
- Patient-Centred Care
- Multidisciplinary Team Working
- Professional Record Keeping
- Leadership and Initiative
- Adaptability and Problem Solving
- Safeguarding and Welfare
- Health and Safety Awareness

ACHIEVEMENTS/INTERESTS

Competed in Acrobatic Gymnastics for 10 years, achieving multiple regional and national medals, including a National Silver Medal. Offered the role of Lead Sports Therapist for Sandal Rugby Club's Saracens (senior men) following a successful placement season. Successfully completed a coaching placement in Malta and Gozo, delivering sports and PE sessions internationally. Notable achievements include climbing Ben Nevis, Snowdon, and completing the Yorkshire Three Peaks Challenge. I have travelled extensively and enjoy experiencing different cultures, environments, and cuisines.

REFERENCES

Available upon request.