

First Team Physiotherapist

Location: St Helens, Merseyside | The BrewDog Stadium and Cowley Training Ground

Salary: £38,500 – £45,500 per annum, depending on experience

Contract: Full-Time, Permanent

Hours: Full-time, including evenings, weekends, match days and travel

Reports to: Head Physiotherapist

Elite sport. High standards. A winning mentality.

St.Helens R.F.C. is looking for an experienced, highly motivated **First Team Physiotherapist** to join our medical and performance department.

This is an opportunity to work at the heart of one of rugby league's most successful clubs, helping elite athletes recover from injury, return to performance and stay at the top of their game.

We are looking for someone with excellent clinical skills, a genuine understanding of professional sport and the drive to deliver the highest standards every day.

About St.Helens R.F.C.

Established in 1873 and a founder member of the Northern Union, St.Helens R.F.C. has a proud history of developing players, winning trophies and representing a town that lives and breathes rugby league.

Saints have consistently set the standard in the Super League era, winning four consecutive Grand Finals between 2019 and 2022 and being crowned World Club Champions.

Alongside our Men's First Team, we have a highly regarded Academy and successful Women's programme.

Our values are simple: hard work, humility and high standards. We invest in our people and expect everyone to help our players become the best version of themselves, on and off the field.

Role overview

Reporting to the Head Physiotherapist, you will deliver high-quality physiotherapy care throughout the player journey, from injury prevention and acute injury management to rehabilitation, return to play and peak performance.

Working within an integrated team of medical and performance professionals, including doctors, physiotherapists, soft tissue therapists, strength and conditioning coaches, sports scientists, nutritionists and coaching staff, you will play a key role in player welfare and performance.

Your key responsibilities will include:

- Assessing, diagnosing and managing acute and chronic injuries during training and matches.
- Designing and delivering individualised, criteria-based rehabilitation programmes, from early-stage recovery to on-field return to performance.
- Supporting daily player readiness screening, load management and injury-risk monitoring.
- Delivering injury-prevention and pre-habilitation programmes alongside the strength and conditioning team.
- Assisting with weekly group soft tissue therapy sessions.
- Monitoring rehabilitation progress and providing timely updates on player availability.
- Maintaining accurate medical records in line with HCPC, CSP and RFL requirements.
- Providing pitch side emergency care and travelling with the squad to home and away fixtures.
- Supporting the Academy and Women's programmes when required.
- Contributing to departmental research, audit and continuous improvement.

Your Role in Rehabilitation

Rehabilitation is about more than recovering from injury. It's about preparing players for the demands of elite rugby league.

We want someone with sharp diagnostic skills and strong clinical reasoning who can develop structured, criteria-based rehabilitation programmes with clear objectives and timelines.

You will take ownership of the return-to-performance journey, working closely with the sports science and performance teams to ensure players are fully prepared for their return.

You will treat the whole athlete, communicate openly, make sound decisions under pressure and continually learn from every case.

Your Role in Performance

Keeping fit players fit is just as important as getting injured players back on the field.

You will take a proactive approach to injury prevention, recovery and match readiness, using performance data and player feedback to manage training loads and deliver targeted interventions.

We want someone who earns trust in the dressing room, works collaboratively and brings energy, professionalism and high standards every day.

Skills and experience

Essential requirements:

- BSc (Hons) in Physiotherapy or equivalent.
- Current HCPC registration and CSP membership.
- Experience working in elite or professional sport, ideally a collision sport.
- Strong clinical reasoning, injury assessment and rehabilitation skills.
- Experience using athlete monitoring systems and objective testing technology.
- In-date pitch side emergency trauma qualification (IMMOFP or equivalent), or willingness to obtain one as soon as possible.
- Full UK driving licence.
- Enhanced DBS check, or willingness to obtain one.
- Flexibility to work evenings, weekends, match days and travel with the squad.

Desirable:

- Experience working in rugby league or rugby union.

Above all, we are looking for someone who is driven, approachable and committed to continuous improvement, with the confidence to make decisions and work effectively within a multidisciplinary team.

What we offer

- The opportunity to work with one of rugby league's most successful clubs.
- A collaborative, well-resourced medical and performance department.
- Ongoing CPD support and professional development.
- Competitive salary and pension scheme.

Ready to Join the Saints?

If you have the clinical expertise, passion for elite sport and commitment to high performance that we are looking for, we would love to hear from you.

To apply, please submit your CV and a covering letter (maximum one page) explaining how your experience matches the role.

Closing date: 27 October 2026

Applications may close early, so early applications are encouraged.

St Helens RLFC is committed to safeguarding and promoting the welfare of children, young people and adults at risk. All staff are expected to share this commitment, and this role is subject to an enhanced DBS check.

We are an equal opportunities employer and welcome applications from all sections of the community.