

# DANIEL BEARFOOT-FALLON

## SPORTS THERAPIST

### CONTACT

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### EDUCATION

#### University Of Worcester

Sports Therapy BSc 2010-2013

#### St Marks School Sixth Form

P.E.  
Sociology  
Philosophy & Ethics 2008-2010

#### St Marks School

10 A-C GCSE's 2003-2008

### SKILLS & EXPERTISE

Injury Assessment & Diagnosis

Treatment Modalities - Soft tissue,  
Electrotherapy, Cryotherapy

Injury Management, Rehabilitation &  
Prevention

Sports Taping

Youth Strength & Conditioning

ECB Level 1 Cricket Coach

### REFERENCES

Available on request

### PROFILE

Sports Therapist with extensive experience within Elite Sports settings and the Independent School Sector. Eager to harness my knowledge and practical application within a fresh and stimulating environment. Committed to delivering high-quality care and facilitating efficient recoveries. I have a particular interest and passion for working with youth demographics across all abilities, aiding them in their physical development and athletic capabilities.

### EXPERIENCE

#### Physical Development & Athletic Performance

2020--Present

Alleyn's School

- Led the creation of 'remote' content for both P.E. and Games lessons across lockdowns.
- Implemented injury clinics in games afternoons and after school.
- Improved the delivery of rehabilitation programs by purchasing 'CoachMePlus' app that allows bespoke plans to be sent directly to pupil devices via their school email address.
- Created an in-house database of exercise for the CM+ App.
- Established a co-curricular gym club for year 10-13 pupils to use the fitness spaces.
- Consulted & helped deliver on the most recent refurb of the gym spaces (August 2023)
- Providing occupational health for staff.
- Assist in the delivery of cricket in the summer term.
- Extended role within the Junior School;  
Additional morning a week to expand delivery of movement skills to Infants (Reception-Year 3)  
Functional Movement Club now across two mornings a week - now includes Years 3 & 4.  
Creation of the Junior School APP (Alleyn's Performance Pathway)

#### Functional Movement Specialist & Sports First Aid Officer

2018-2020

Alleyn's School

- Continued pitch side first aid duties
- Weekly lunchtime gym sessions for sports scholarship and exhibitions holders.
- Assessment, diagnosis.& rehabilitation to injured pupils.
- Produced & delivered the scheme 'Health Related Fitness' strand in curriculum P.E.
- Job role expanded to the Junior School;  
Implemented a 'functional movement' block in Junior School P.E. lessons - Years 4-6. (Which saw pupils learn and navigate basic movement patterns in a gym environment.)  
Established the Junior School co-curricular 'Functional Movement Club' once a week before school (Years 5&6)
- Assisted and consulted towards the redevelopment of the gym spaces (2019)
- Assisted on pre-season & multiple sports tours: South Africa, Barcelona, Austria, Loughborough

#### Sports First Aid Officer (Part-Time)

2017-2018

Alleyn's School

- Pitch side first aid and injury management to senior school fixtures on a Wednesday afternoon and whole school fixtures on a Saturday morning across multiple sports e.g. football, hockey, netball, cricket and national gymnastics competitions. .
- Ad hoc cover for offsite competitions and fixtures e.g ISFA 6's, St Georges's 6's (hockey) and national gymnastics competitions.

# EXPERIENCE

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## Sports Therapist, Body Squared Physiotherapy (Self-Employed)

2017-2019

In my self-employed role, I operated from a clinic within an independent gym, working in close collaboration with a physiotherapist. Mostly alleviating pain and rehabilitating musculoskeletal injuries in adult populations

## Sports Therapist , ISFA U16 (Part-Time)

2016 - Present

I have been actively involved with ISFA, an organization dedicated to football development within the independent education sector. ISFA coordinates numerous competitions and assembles national representative teams across multiple age groups from independent schools nationwide. My primary focus has been working with the Under 16 side since 2016, where I have been responsible for delivering pitch-side first aid and injury management during fixtures, camps, and tours.

## Sports First Aider, Claremont Fan Court School (Part-Time)

2016 - 2017

My primary responsibility at the school involved offering acute injury management during all sporting events and co-curricular activities, where I assessed and treated injuries as needed. Furthermore, I play a crucial role in providing sports teams with rehabilitation and recovery programs, considering the extensive amount of sports activities taking place throughout the year. Additionally, I provided assistance to the school nurses in the care center, addressing a wide spectrum of concerns, including minor ailments, mental health conditions, allergies, and diabetes.

## Head Sports Therapist, Staines Town Football Club

2015 - 2016

During my time with Brentford, I seized an opportunity to further broaden my therapist experience by stepping into a men's first team environment. At Staines Town, a team competing in the Isthmian League Premier Division, I assumed the role of head therapist. In this capacity, my responsibilities expanded significantly.

As the head therapist, I now have added duties that include direct communication with the manager and assistant manager regarding player availability on a weekly basis. I was responsible for managing and procuring medical supplies, implementing emergency action plans, and overseeing all medical staff's roles in assessing and treating players. This role has granted me valuable experience and a more substantial role in a sports medical department.

## Academy Sports Therapist, Brentford Football Club

2014 - 2016

In 2014, I undertook a part-time role with Brentford FC, balancing it alongside my position at BSO Network Solutions in London. Initially focusing on pitch-side first aid and injury management during training and matches, I diligently reported injuries to senior academy therapists.

As 2015 unfolded, changes in the academy brought forth a significant opportunity. I transitioned into a full-time role within the academy's medical department for the remainder of the season. This expansion included assessing injured players based on training and match reports, designing and implementing rehabilitation programs, and providing day-to-day care. Maintaining open communication with senior academy therapists and coaches, I played a crucial role in monitoring player progress.

In the 2015/2016 season, my involvement with the academy continued at Brentford FC. This time, I assisted the lead therapist of the U9-16 age groups. Beyond this, I had the privilege of leading the medical team on two international tours, demonstrating trust in my abilities. Firstly, during Easter 2015, I accompanied the U11/12s to Spain for the Mediterranean International Cup (MIC). Then, in May 2016, I oversaw the U12/13s at the Elite Neon Youth Cup in Greece, where we won the competition.

## University of Worcester, Student Sports Therapist

2010 - 2013

### Ball State University

I had the invaluable opportunity to spend a semester abroad, studying Athletic Training at Ball State University in Indiana, USA. I was actively engaged with both the American Football and Women's Field Hockey Teams, contributing my skills and passion to the realm of sports medicine. Following morning lectures, the majority of my time was dedicated to the athletic teams, where I attended treatment sessions and assumed a pivotal role in providing first aid during training sessions and home fixtures. Under the expert guidance of the head Athletic Trainer, I not only gained invaluable insights into the intricacies of sports rehabilitation but also actively contributed to the process.

My responsibilities extended to the construction and implementation of rehabilitation programs tailored to the unique needs of injured athletes. Employing a diverse array of therapeutic modalities such as electrotherapy (including Ultrasound and Interferential), massage, joint mobilisations, and targeted stretching. This immersive experience not only solidified my theoretical knowledge but also honed my practical skills in the dynamic and demanding environment of collegiate sport.

### Plymouth Argyle Football Club

I had a valuable opportunity to work briefly with Plymouth Argyle, gaining insights into the inner workings of a professional football club. During my time there, I provided essential first aid during training and matches, gaining a firsthand understanding of the pressures professional athletes face. Additionally, I collaborated with academy physiotherapists, contributing to rehabilitation programs and performing treatments like massage. This experience deepened my passion for sports medicine and expanded my skill set, marking a crucial chapter in my journey toward becoming a proficient sports healthcare professional.

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