

Nick and Nicola Dinsdale – A Father and Daughter Team



Nicola and Nick at their clinic

Nick Dinsdale runs NJD Sports Injury Clinic in Clitheroe with his daughter Nicola. Nick is a member of the Executive Committee of The Society of Sports Therapists and has a Degree in BSc (Hons) Applied Sports Therapy. He is currently studying an MSc Sport & Exercise (sport injury pathway) at Manchester Metropolitan University. Nicola graduated from Teesside University with a BSc (Hons) in Sports Therapy and is also the Sports Therapist for Blackburn RUFC.

Nick and Nicola, what led you both to take a sports therapy degree?

Nick: *I have always had a keen interest in sports injuries and also cycling and it was a combination of these passions which led me originally to take the British Cycling Federation's (BCF) Sports Massage/Sports Injuries Diploma back in the 1980s. At the time, this enabled me to gain invaluable experience working closely with the GB and England cycling teams. However, I wanted to acquire a deeper understanding of sports medicine, particularly as many sports were becoming more professional. As a result I took the Sports Therapy Diploma, which enabled me to progress to a Top Up Degree at Teesside University which allowed me to progress.*

Nicola: *I have always been interested in alternative therapy and am good with my hands. At school I carried out work placements with osteopaths and complementary therapists. My dad was studying at the Northern Institute of Massage and one of their lecturers suggested looking into Sports Therapy which I did. I then visited Teesside and decided that this was the course for me.*

Nick, how did you get involved as team masseur to the GB and England Cycling Teams?

My interest and experience in cycling combined with the BCF Diploma (which focused heavily towards cyclists' needs) and the fact that I was a qualified BCF coach put me in an ideal position to take on the role. The purpose of the BCF diploma was to provide support for the BCF National and International riders, which I did, covering both domestic events in the UK and a number of overseas events in Switzerland and Belgium.

“ One of the great benefits of working with my dad is to be able to gain additional experience from areas he specialises in..Nicola Dinsdale ”

Nick, given your background in cycling, does the clinic attract many cycling related injuries?

We do see athletes from many different sports but yes, the majority are cyclists. These range from recreational cyclists to those of international status, including the Chairman of British Cycling.

What do you feel are the benefits of working together as a father and daughter team?

Nick: *As a family run private clinic we are able to offer more flexibility in terms of accommodating our clients and their busy lifestyles. Also we work together with clinical procedures, protocols, documentation, advertising etc. We also recognise CPD and ongoing*

education as paramount, particularly when running a private clinic. We attend workshops and seminars regularly as well as subscribing to journals etc. The flexibility allows Nicola to fulfil her role as Sports Therapist for Blackburn RUFC which involves her providing a 'clinic' on training nights (twice a week) at the club. She really enjoys the contrast between working at our family clinic and working within a team environment and all the banter that goes with the territory of a rugby club!

Nicola: *For me, I have stepped into a clinic with an existing client base and reputation I can build on and expand our existing treatment options. One of the great benefits of working with my dad is to be able to gain additional experience from areas he specialises in, like orthotics. Working with him has increased my confidence as I have gradually been given more responsibility with patients and it is always reassuring to have a second opinion when required. It also means I can fulfil my commitment to Blackburn as I need to attend every game (home and away) in order to provide pitch-side First Aid and immediate treatment.*



The NJD Sports Injury Clinic treatment room

Nicola, how did you find the job at Blackburn RUFC?

I originally had a work placement set up through Teesside at the University of Richmond in Virginia, USA. Unfortunately this fell through at the last minute so I tried to find alternatives by writing to local professional football teams. However, it was a personal contact who introduced me to Blackburn Rugby Club. This gained me clinical experience in a sporting environment which differed from the experience gained working with my dad and at the university injury

clinic. I was very fortunate that when the club physiotherapist decided to move on after 4 years with the Club, they approached me as I had experience with them and already knew the players.

Nick, you used to be a keen athlete – what are your highlights from those days?

I ran in the very first London Marathon in 1981, prior to which I participated in a number of marathons in the mid 70s when as few as 50-60 runners would take part. I also raced in the Three Peaks Cyclo-Cross events on 10 occasions and won the National Cyclo-Cross series. Another real highlight was winning Senior Sports Personality of the year for Blackburn & Darwin for my contribution to sport overall – as an athlete, coach and organiser of events.

Nicola, what are your sporting interests and hobbies?

I have danced since the age of 3 and been involved with a variety of sports such as netball, football, athletics and taekwondo but I always come back to dance. I am also an avid Preston North End fan so spend my free time watching them play.

Finally, Nicola, have you any advice for students thinking about embarking on a degree course in Sports Therapy?

Be prepared for an intense workload, also working closely with others as the course involves a lot of practical work. Overall, it was great fun and I am glad to have qualified at a time when sports therapy is growing and is on the road to becoming regulated.



Nicola with Blackburn RUFC

Author: **Charles Whitney PR** NEW! 26/03/2009
<http://www.society-of-sports-therapists.org/a>



eMail to this to a friend

[Print this page](#)

