

The Society of Sports Therapists

A Journey From Wycombe FC to Wasps RFC for Society Member Terry Evans



Terry played for and captained both Wycombe Wanderers and Brentford during his career as a footballer. He initially arrived at Wycombe on a six week loan, little guessing that he would return many years later as a Sports Therapist. He is now currently working in rugby, for the London Wasps, as their Senior Strength and Conditioning Coach and Rehabilitation Specialist.

How did you get involved with Sports Therapy?

I became involved in sports therapy for various reasons. I had many injuries as a player, which really interested me and I enjoyed researching each one to find out as much as I could. My enjoyment of fitness meant that I had a good insight into anatomy which helped me further down the line in my studies. Dave Jones, the Sports Therapist at



Wycombe, pretty much kept me going during the last 3 years of my playing career as my right knee was worn out due to 2 Anterior Cruciate Ligament reconstructions, 1 Medial Cruciate Ligament repair and a Chondral defect. During this time we built up a great friendship that is as strong as ever to this day.

You returned to Wycombe to work with Dave Jones – tell us about that.

After qualifying as a Sports Therapist and having had a good relationship with Dave Jones, when the job at Wycombe came up it seemed like the perfect move! I spent 5 years at the club and learnt a great deal from Dave during that time. I left to manage a gym and run my own clinic but 2 years later I returned to Wycombe as the Strength & Conditioning Coach. We implemented a fitness regime that increased the players' fitness levels and reduced injuries.

How did your move to the world of rugby come about?

I have been a fan of rugby and



supported the Wasps for the last 10 years, so when I was approached by Ian McGeechan and offered a position as Strength & Conditioning Coach

with Wasps I took the job! I saw it as a great learning curve and a chance to work with a team of winners.

How would you describe your role?

The role has subsequently developed as I am now also the Rehabilitation Specialist, a role which involves working closely with the medical department and bridges the gap between the conditioning team and the coaches. I take the players from early phase rehab to functional training before integrating them back into team training and match preparation. Additionally, I assist the conditioning team in writing generic strength programmes which may need to be altered for players who have underlying problems. Finally, I am also introducing a new screening programme which will hopefully improve our “prehab” programmes for the players.

Could you describe a typical day with Wasps?

A typical day consists of early morning fat burning sessions for players identified as having too much body fat, morning gym sessions to increase strength power, injury prevention and rehabilitation. This is followed by the rugby units, both backs and forwards, working in their groups. On the rehabilitation side of things, I attend a medical meeting at 8am, followed by individual rehab with the injured players. Afternoon sessions are made up with rugby and conditioning and, if required, extra weight sessions for ‘hard gainers’, that is the players who need to increase muscle mass. The injured players work on strength training for the uninjured part of the body, followed by a conditioning session which could be swimming, cycling, running, boxing etc – specific to the player’s position.

What differences do you see between rugby and football – both in injuries and conditioning requirements?

In football, the majority of injuries are lower limb, for example, knees, ankles and muscle strains and in rugby, knees and ankles but also shoulder and neural problems. Although there are many differences between rugby and football as games, both codes work on strength, power and endurance. However, in a nutshell, any rugby training is more gym and strength based whereas football is more endurance based.

Can you talk us through what a Match day involves?

On match days we arrive at the venue 3 hours before kick off to give us plenty of time to prepare.

We put up motivational posters, fill the ice baths and prepare the drinks and supplements, ready for the players. When they arrive, individual warm ups are performed, followed by team warm up. During the game, the subs are warmed up regularly



and drinks are taken onto the pitch during 'time off'. Post match we implement aggressive recovery ice baths, massage, rehydration and feeding of the players.

What are your best sporting highlights?

I was working as a Sports Therapist at Wycombe when we reached the semi final of the FA Cup, although we were beaten by Liverpool, and I was Strength & Conditioning Coach at the same club when we reached the semi final of the League Cup when we were beaten by Chelsea. I was also lucky enough to be in Australia for the Rugby World Cup in 2003 and I attended the final! That is definitely one of my best sporting memories.



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