

## **Exercise Therapist**

### **Job Description**

<b>Job title:</b>	Exercise Therapist
<b>Based at:</b>	I Can Therapy Centre, Andover
<b>Employed by:</b>	Valley Leisure Ltd
<b>Hours:</b>	39 hours per week
<b>Salary:</b>	£28,392 to £30,115 (FTE)
<b>Lined Managed by:</b>	Centre Manager
<b>Reporting to:</b>	Partnerships Development Manager

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### **Overview of the Service**

Operated by charitable trust, Valley Leisure Ltd., and established in 2017, the I Can Therapy Centre is a facility enabling people to move more and feel better. We're passionate about helping people move more in support of good health, independence and wellness for as long as possible.

A circuit of power assisted exercise equipment provides the foundation exercise experience at the Centre. The motorised equipment enables customers to move and mobilise their muscles and joints throughout natural range of movement. Our customers are older, managing immobility and long-term health conditions.

To enhance the power assisted exercise experience at the Centre, we coordinate the delivery of a range of Active Ageing community exercise classes delivered by self-employed instructors.

### **Overall objective of the job**

Lined managed by the Centre Manager and reporting to the Partnerships Development Manager, the Exercise Therapist is a key role at the Centre and is responsible for delivering an excellent screening, assessment and exercise programming service for all users to ensure their safe, effective and progressive exercise experience.

The role includes ensuring that all customers are screened and assessed in accordance with the Centre operating procedure, provided with an individualised, safe and effective power assisted exercise programme for maximum personal benefit, reviewed at regular intervals to ensure goal attainment and exercise programme progression and monitoring and evaluation of the service in keeping with the charity's core objectives.

The Exercise Therapist will work collaboratively with the Centre Manager, Circuit Coordinator, volunteers and Partnerships Development Manager to support all aspects of service delivery, ensuring that the service is sustained and continues to thrive for all customers and stakeholders.

This role has a unique business development opportunity within which the postholder can enhance, develop and expand the service, physically and / or virtually. Service development will be unique to the qualifications, training and skills of the individual and will complement the foundation I Can Therapy Centre service and mission of the charity.

This is an exciting opportunity for an Exercise Science, Allied Health Care Professional or equivalent, with opportunity to develop their career within a specialist exercise setting.

## **Main tasks and duties**

### **Customer Service**

- Provide a warm welcome to all
- Maintain a flexible approach and respond to the ongoing and changing needs of users enabling the Service to function effectively within its capacity
- Explain the service and its benefits to prospective users making customers feel comfortable and confident about being active
- Congratulate and encourage customers on completion of each visit and encourage them to commit to ongoing activity
- Facilitate each customer visit and ensure that the best possible experience is delivered
- Communicate and liaise with colleagues, volunteers and carers to help customers receive and enjoy the service safely

### **Screening and Assessment**

- Screen and assess all new customers' individual needs and abilities for their safe and effective use of the Centre
- Agree and record all customer's goals and exercise programme details
- Monitor each customer's responses and changing needs and adjust physical activity plans accordingly
- Review, adapt and progress customer's exercise programmes
- Liaise with specialist clinical support for more complex cases

- Liaise with GPs, Consultants and Allied Health Care Professionals should any problems or concerns arise and if clients need onwards referral
- Update and retain thorough user assessment records and exercise plans

### **Monitoring and Evaluation**

- Monitor the success of the programme for each customer
- Update and maintain the Service database
- Evaluate the success of the Service on a regular basis using the Service database
- Produce informative reports for a variety of audiences to evidence the impact of the Service
- Work collaboratively with colleagues and academic establishments to evaluate the effectiveness and impact of the service to inform the ongoing development of the Centre and I Can service proposition

### **Coordinate community exercise class programme**

- Prioritise community class specialism based upon customer need and local data
- Identify, risk assess and book suitable community venues
- Recruit and engage instructors to deliver classes
- Oversee Contract for Services agreements with instructors ensuring that they uphold the Charity's standards for delivery
- Liaise with health care professionals and charities to promote community classes

### **Business Development**

- Attend relevant community outreach activities to promote the Centre and Service to engage new customers
- Engage and network with a variety of health care professionals, community and voluntary sector organisations and groups to promote the Centre and Service to engage new Customers
- Utilise virtual business networks such as LinkedIn to expand the raise the profile of the charity and service
- Promote the I Can Therapy Centre far and wide, its aspirations and achievements with a view to generating interest and future business
- Develop complementary services to broaden the I Can offer and expand the reach of the service

### **Operational**

- Undertake appropriate administration duties as delegated by the Centre Manager
- Support the Centre Manager in upholding and implementing Health and Safety, maintenance and cleanliness standards as required
- Report faults and maintenance requirements to the Centre Manager
- Support operational duties including circuit coordination and reception on a rotational basis

- Provide ongoing support and share knowledge and skills with colleagues, volunteers and carers to support continuous development amongst staff, volunteers and customers
- Review and further develop the 'I Can' journey in keeping with the needs of the business

#### **Additional tasks and duties**

- Always maintain a high standard of customer service
- Ensure all aspects of Health and Safety are adhered to in relation to all customers, equipment, volunteers and staff as stated in Valley Leisure Ltd.'s Health and Safety Policy
- Contribute to the development of the Centre
- Any other duties as required by the needs of the charity and its business

The above is not an exhaustive list of duties and you will be expected to perform difference tasks as necessitated by the evolving role, the development of the organisation and the charity's business objectives.