

Livingston Football Club

Job Description: Graduate Sports Therapist - First Team

Reports To: Head of Medical

Responsible For: Soft Tissue Therapy & Recovery Support - First Team

Working Hours: Flexible, including evenings, weekends, and match days

Role Purpose

The Graduate Sports Therapist will support the medical and performance provision for Livingston FC's First Team, with a primary focus on delivering soft tissue therapy and recovery strategies. The successful candidate will work under the supervision of the Head of Medical Services as part of a multidisciplinary team, assisting with treatment, rehabilitation, and matchday support. This is an ideal opportunity for a motivated graduate to gain hands-on experience in a professional football environment while continuing their development.

Key Responsibilities

- Uphold and promote the club's values at all times, both on and off the field.
- Provide high-quality soft tissue therapy to support player recovery and readiness.
- Assist with injury rehabilitation under guidance from senior medical staff.
- Deliver pitch-side trauma and first aid cover during training and matches (home and away).
- Contribute to the implementation of recovery protocols.
- Maintain accurate medical records and ensure confidentiality in line with regulatory standards.
- Liaise effectively with medical, S&C, and coaching staff to deliver integrated care.
- Support the planning and delivery of player screening and basic injury prevention strategies.
- Participate in CPD sessions and contribute to the learning culture within the department.
- Keep up to date with research and developments in sports therapy, soft tissue techniques, and recovery practices.

Qualifications

- Essential:
 - BSc (Hons) in Sports Therapy
 - Full membership of SST
 - First aid qualification suitable for pitch-side cover
 - Safeguarding qualification or willingness to obtain upon appointment
 - Must have a UK work permit

Experience & Skills

- Essential:
 - Strong practical skills in soft tissue therapy and manual therapy techniques
 - Basic understanding of rehabilitation and recovery in a sporting environment
 - High level of organisation and attention to detail in maintaining documentation
 - Ability to work evenings, weekends, and travel as required
 - Excellent interpersonal and communication skills
 - Willingness to learn and grow in a high-performance football environment
- Desirable:
 - Previous experience in a football club or sporting environment (including placements)
 - Familiarity with player monitoring systems (e.g. wellness, GPS)
 - Understanding of return-to-play and injury prevention processes

Personal Attributes

- Strong team player with a proactive, can-do attitude
- Committed to ongoing professional development
- Flexible and adaptable to the demands of elite sport
- Maintains discretion and professionalism at all times
- Passionate about working in football and player welfare

Salary & Benefits

- Competitive salary
- Pension scheme
- 28 days annual leave (inclusive of bank holidays)
- CPD support and development opportunities within a professional football setting
- Accommodation is not included in the package