



## Europass Curriculum Vitae

### Personal information

First name(s) / Surname(s) **Philip David Glasgow**  
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E-mail philipglasgow@sini.co.uk  
Nationality British  
Date of birth 29/03/74  
Gender Male

### Desired employment / Occupational field

**Sports Physiotherapist / Clinical Educator**

### Work experience

Dates	2002 – Present
Occupation or position held	Head of Sports Medicine, Sports Institute Northern Ireland
Main activities and responsibilities	Lead, manage and develop physiotherapy and sports medicine service delivery and facility provision. Strategic lead for sports medicine provision to Irish Sporting National Governing Bodies Manage a team of SINI sports physicians, physiotherapists and masseurs. Ensure that the delivery of the sports medicine service effectively meets its commitments to athletes. Identify and facilitate appropriate educational opportunities to inform coaches, athletes and physiotherapists in Northern Ireland, these have included running courses, lectures and workshops. Represent SINI on the UK Sports Science and Sports Medicine Forum. Develop projects and applied research related to high performance sport.
Name and address of employer	Sports Institute Northern Ireland, University of Ulster, Jordanstown, Co. Antrim, Northern Ireland, BT37 0QB
Type of business or sector	High Performance Sport
Dates	2002 – Present
Occupation or position held	Visiting Lecturer, University of Ulster
Main activities and responsibilities	Principle Lecturer and course development of Postgraduate Certificate in Sport and Exercise Medicine Lecturer on the undergraduate BSc (hons) in physiotherapy Lecturing on MSc in Manual Therapy and MSc in Sport and Exercise Medicine. Areas taught include: injury prevention, rehabilitation techniques, advanced functional rehabilitation, overuse injuries, manual therapy and exercise prescription.
Name and address of employer	University of Ulster, Jordanstown, Co. Antrim, Northern Ireland, BT37 0QB
Type of business or sector	Education

### Education and training

Dates 2002 – 2005  
Title of qualification awarded Master of Theology (MTh)  
Principal subjects/occupational skills covered Philosophy, Theology  
Contemporary culture, Communication

Name and type of organisation providing education and training Queen's University Belfast, UK

Level in national or international classification ISCED 6

### **Education and training**

Dates 1999 – 2001

Title of qualification awarded PhD

Principal subjects/occupational skills covered Title of Thesis: 'Delayed onset muscle soreness (DOMS): relevance of induction parameters and management by electrotherapeutic modalities.'

Name and type of organisation providing education and training University of Ulster, Jordanstown, UK

Level in national or international classification ISCED 6

### **Education and training**

Dates 1997 - 1998

Title of qualification awarded Master of Research (MRes)

Principal subjects/occupational skills covered Research Methods, Advanced Research Methods, Project Management Sports Science, Advanced Physiology Research

Name and type of organisation providing education and training University of Ulster, Jordanstown, UK

Level in national or international classification ISCED 6

### **Education and training**

Dates 1992 - 1996

Title of qualification awarded Bachelor of Science (hons) Physiotherapy

Principal subjects/occupational skills covered Physiotherapy core subjects including: musculoskeletal management, orthopaedics, anatomy, physiology, manual therapy

Name and type of organisation providing education and training University of Ulster, Jordanstown, UK

Level in national or international classification ISCED 5

### **Invited conference presentations and keynote lectures**

Dates March 2011

Event Society of Orthopaedic Medicine, Manchester, March 2011. 'Rehabilitation of Groin Injuries in Athletes.'

Dates November 2009

Event BASEM Northern Ireland Autumn Meeting, Belfast. 'Rehabilitation of Patellar Tendinopathy.'

Dates September 2009

Event ACPSM Conference, Leeds. 'Post-surgical Shoulder Rehabilitation: A Functional Approach.'

Dates September 2009

Event Royal College of Surgeons in Ireland, Faculty of Sport and Exercise Medicine Annual Scientific Meeting. Dublin, 'Rehabilitation of Adolescent Apophyseal Injuries.'

Dates	May 2009
Event	PhysioUK Asics Running Conference. Kettering, May 2009. 'Assessment of the Injured Athlete'
Dates	January 2009
Event	Dansk Sportsmedicin (Danish National Sports Medicine Conference), Odense, Denmark, Keynote Lecture: 'Screening for Injury Prevention and Performance Enhancement'.
Dates	November 2008
Event	ACPSM Conference, Belfast. 2 Lectures: 'Acute Muscle Injury Rehabilitation' and 'Rehabilitation of Groin Injuries in Athletes'
Dates	November 2008
Event	ACPSM Conference, Belfast. 2 Lectures: 'Acute Muscle Injury Rehabilitation' and 'Rehabilitation of Groin Injuries in Athletes'
Dates	July 2008
Event	Football Association & Royal College of Surgeons Sports Injury Conference, 'The Role of the Medical Team in Performance Enhancement'.
Dates	January 2008
Event	Irish Institute of Sport Conference, Dublin. 'Hamstring Rehabilitation: From Science to Clinical Practice'.
Dates	November 2007
Event	GTM, Italian Physiotherapy Congress, Lake Garda, Italy. 3 Invited Keynote Presentations: 'Cryokinetics in the management of muscle injuries', 'Muscle Rehabilitation after Decreased Use' and 'Eccentric Exercise and the Muscle-Tendon Unit'
Dates	September 2007
Event	SportEx Conference, Bedford. Lecture: 'Gym Based Strategies for Rehabilitation'
Dates	April 2007
Event	Austrian Sports Physiotherapy Congress: Vienna. Invited Keynote Presentation, 'Enhancing Performance: The Role of the Physiotherapist'.
Dates	September 2006
Event	International Ankle Symposium: University College Dublin. Invited Keynote Presentation, Ankle Rehabilitation: Acute Stage to Full Recovery
Dates	July 2006
Event	Association of Chartered Physiotherapists in Sports Medicine (ACPSM) / International Federation of Sports Physiotherapists Conference, Birmingham, Invited Keynote Presentation and Workshops, Enhancing Performance: The Role of the Physiotherapist
Dates	June 2011
Event	American College of Sports Medicine, Annual Meeting, Denver, Colorado. Clinical Colloquium: 'Management of Acute Soft Tissue Injuries: Is the PRICE Right?'.

### Other conference presentations

Dates	June 2009
Event	European College of Sports Science: Oslo, Norway. Effective Recovery Strategies for Athletes Running 7 Marathons on 7 Continents in 7 Days (7MM). Glasgow P, Gamble D, Jennings D, Madigan S, Webb M.
Dates	June 2009
Event	European College of Sports Science: Oslo, Norway. Comparison of Sleep Between Athletes Running 7 Marathons on 7 Continents in 7 Days (7MM). Gamble D, Glasgow P, Jennings D, Madigan S, Webb M.
Dates	April 2000
Event	American Society for Laser Medicine and Surgery: Annual Meeting, Reno, Nevada, (Recipient of International Travel Grant). Low intensity infrared therapy: a preliminary study of the effects of a novel treatment unit upon experimental muscle soreness.
Dates	June 1999
Event	Royal Academy of Medicine in Ireland: Magee College. Delayed onset muscle soreness; the effect of various durations of isokinetic eccentric exercise
Dates	June 1998
Event	Royal Academy of Medicine in Ireland: University College Cork. The effect of low level laser therapy (LLLT) on delayed onset muscle soreness in humans.
Dates	December 1997
Event	Physiological Society, Winter Meeting. Downing College, University of Cambridge, December 1997.

## Publications

Year	2011
Publication	Bleakley, C, Glasgow, P, MacAuley, D. (2011) PRICE needs updating, should we call the POLICE? Br J Sports Med doi:10.1136/bjsports-2011-090297
Year	2009
Publication	Bleakley, C, McDonough, Suzanne, Gardner, Evie, Hopkins, J. Ty, Glasgow, Philip and Davison, Gareth W (2010) Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. Cochrane Database of Systematic Reviews . DOI: 10.1002/14651858.CD008262. , Issue 1. (No: CD008262). Glasgow, P (2009) Screening for injury prevention and performance enhancement. Dansk Sportsmedicin. 2(13):6-10.
Year	2009
Publication	Glasgow PD, Albertoni D. (2009) Riabilitazione postchirurgica (Post-surgical Rehabilitation). In: Lorenzo Spairani, Riccardo Ansaldo, Davide Albertoni, Marco Testa. La Caviglia E Il Pie-de Nello Sportivo (The Foot and Ankle in Sport). Chapter 9: 165-196.
Year	2008
Publication	Bleakley CM, Glasgow P, Webb M, Minion D. An unusual case of bilateral myositis ossificans in a young athlete. BMJ Case Reports doi: 10.1136/bcr.07.2008.0381
Year	2008

Publication	SM McDonough, SD Liddle, R Hunter, DM Walsh, P Glasgow, G Gormley, D Hurley, A Delitto, J Park, I Bradbury, GD Baxter . Exercise and manual auricular acupuncture: a pilot assessor-blind randomised controlled trial. (The acupuncture and personalised exercise programme (APEP) Trial). BMC Musculoskeletal Disorders 2008, 9:31doi:10.1186/1471-2474-9-31
Year	2008
Publication	Orchard JW, Best TM, Mueller-Wohlfahrt HW, Hunter G, Hamilton BH, Webborn N, Jaques R, Kenneally D, Budgett R, Phillips N, Becker C, Glasgow P. The early management of muscle strains in the elite athlete: best practice in a world with a limited evidence basis. Br J Sports Med. 2008 Mar;42(3):158-9.
Year	2007
Publication	Glasgow, PD (2007) Sports Rehabilitation: Principles and Practice. SportEx Medicine 32 (Apr):10-16
Year	2007
Publication	Glasgow, PD (2007) Applying The Principles of Rehabilitation in The Clinical Environment. SportEx Medicine 32 (Apr):17-22
Year	2007
Publication	MacAuley, D. (ed.) 2007 Oxford Handbook of Sports and Exercise Medicine. Oxford University Press. Author of Rehabilitation of Ankle injury, Shoulder injury, Groin injury and Knee injury sections
Year	2002
Publication	P.D. Glasgow, P.M. Minder, M. Oullette, A.S. Lowe, G.D. Baxter (2002). Lack of therapeutic effect of low intensity monochromatic infrared therapy upon experimental muscle soreness. Journal of Clinical Laser Medicine and Surgery.
Year	2001
Publication	Glasgow PD, Hill ID, McKevitt AM, Lowe AS, Baxter GD. (2001) Low intensity infrared therapy: a preliminary study of the effects of a novel treatment unit upon experimental muscle soreness. Lasers in Surgery and Medicine, 28, 33-39.
Year	1999
Publication	P.D. Glasgow, I.D. Hill, A.S. Lowe, G. D. Baxter. (1999) Delayed onset muscle soreness; the effect of various durations of isokinetic eccentric exercise. Irish Journal of Medical Science, 168, 286.
Year	1998
Publication	P.D. Glasgow, I.D. Hill, G. D. Baxter and J. M. Allen (1998). The effects of low level laser therapy (LLL) on delayed onset muscle soreness in humans. Irish Journal of Medical Science, 168, 77.
Dates	March 2011
Event	Keynote: Society of Orthopaedic Medicine Conference, Manchester: 'Rehabilitation of Groin Injuries in Athletes
Dates	September 2009 - Present
Event	Development and delivery of AC-PSM Course: 'Clinical Reasoning in Exercise and Rehabilitation' (in conjunction with N. Phillips and L. Booth)

## Continuing Professional Development in the last 4 years

Dates	November 2010
Event	Delegate: UKSEM conference, London
Dates	November 2010
Event	Lecture / Work-shop: Team Denmark Sports Physiotherapy Seminar: 'Screen-ing Strategies in High Performance Sport'
Dates	February 2010
Event	Delegate: Andry Vleeming course on Low back pain, Limerick, Ireland
Dates	January 2010
Event	Delegate: EMMilTS Trauma Management Course
Dates	2010
Event	SINI In-service Training Programme: Lumbar and Pelvic Pain
Dates	2009
Event	SINI In-service Training Programme: Shoulder Girdle
Dates	2008
Event	SINI In-service Training Programme: Hip and Groin
Dates	November 2009
Event	Lecture: BASEM Northern Ireland Autumn Meeting, Belfast, 'Rehabilitation of Patellar Tendinopathy
Dates	September 2009
Event	Lecture: ACPSM Conference, Leeds, 'Post-surgical Shoulder Rehabilitation: A Functional Approach.'
Dates	September 2009
Event	Keynote: Royal College of Surgeons in Ireland, Faculty of Sport and Exercise Medicine Annual Scientific Meeting. Dublin,. 'Rehabilitation of Adolescent Apophyseal Injuries.'
Dates	May 2009
Event	Lecture: PhysioUK Asics Running Conference. Kettering, 'Assessment of the Injured Athlete'
Dates	January 2009
Event	Keynote Lecture: Dansk Sports-medicin (Danish National Sports Medicine Conference), Odense, Denmark,. Key-note Lecture: 'Screening for In-jury Prevention and Performance Enhancement'.
Dates	November 2008
Event	Delegate: Red-cord Neuromuscular Reactivation Level 1, Oslo
Dates	November 2008
Event	Lectures (2) AC-PSM Conference, Belfast: 'Acute Muscle Injury Rehabilitation' and 'Rehabilitation of Groin Injuries in Athletes'

Dates	July 2008
Event	Lecture: Football Association & Royal College of Surgeons Sports Injury Conference, , 'The Role of the Medical Team in Performance Enhancement'
Dates	12 January 2008
Event	Lecture: Irish Institute of Sport Conference 'Ham-string Rehabilitation: From Science to Clinical Practice'
Dates	13-14 December 2007
Event	Delegate: UK Sport – Muscle Injury Think Tank
Dates	28 November 2007
Event	Lecture: MACP Lumbar Spine Course 'Exercise programmes in the management of low back pain'
Dates	3 November 2007
Event	3 Invited Keynote Lectures: GTM, Italian Physiotherapy Congress, Lake Garda, Italy. 'Cryokinetics in the management of muscle injuries', 'Muscle Rehabilitation after De-creased Use'; 'Ec-centric Exercise and the Muscle-Tendon Unit'
Dates	8-9 October 2007
Event	Lecture: MSc Sports Physiotherapy, Cardiff University 'Exercise Physiology'
Dates	15-16 September 2007
Event	Lecture: SportEx Conference 'Gym Based Strategies for Rehabilitation'
Dates	9-10 June 2007
Event	Teaching Course: CPSM (Ireland) 'Strength & Conditioning Principles for Sports Rehabilitation'
Dates	31 May 2007
Event	Course: BASEM NI Spring Meeting: Management of Shoulder Injuries
Dates	31 May 2007
Event	Keynote Lecture: Austrian Physio-therapy Congress 'Enhancing Per-formance and Re-covery: The Role of the Physiother-apist'

**Personal skills and competences**

Mother tongue(s)

**English**

Other language(s)

Self-assessment

European level (\*)

**French Language**

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
A2	Basic User	A2	Basic User	A2	Basic User	A2	Basic User	A2	Basic User

(\*) [Common European Framework of Reference for Languages](#)

Social skills and competences

Team work: Regularly work as part of various sports teams and travel extensively around the world as part of competitive teams

Organisational skills and competences

Extensive experience in service delivery and development of sports medicine and physiotherapy unit. Ongoing management of sports medicine / physiotherapy unit. Appointment, supervision and management of sports medicine staff including sports physician, physiotherapists and soft tissue therapists.

Technical skills and competences

Regularly present at national and international conferences on various aspects of functional rehabilitation. Responsible for the development and delivery of the Association of Chartered Physiotherapists in Sports Medicine (ACPSM) core course, 'Clinical Reasoning in Exercise and Rehabilitation'. Have written number of papers and book chapters relating to functional rehabilitation. Functional rehabilitation consultant to a number of sports and teams (Football, Rugby, GAA).

Computer skills and competences

Familiar and competent with Microsoft Office and Mac iWork programmes

Other skills and competences

Examples of recent publications:  
 Bleakley, C, McDonough, Suzanne, Gardner, Evie, Hopkins, J. Ty, Glasgow, Philip and Davison, Gareth W (2010) Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. Cochrane Database of Systematic Reviews . DOI: 10.1002/14651858.CD008262. , Issue 1. (No: CD008262).  
 Glasgow, P (2009) Screening for injury prevention and performance enhancement. Dansk Sportsmedicin. 2(13):6-10.  
 Glasgow PD, Albertoni D. (2009) Riabilitazione postchirurgica (Post-surgical Rehabilitation). In: Lorenzo Spairani, Riccardo Ansaldo, Davide Albertoni, Marco Testa. La Caviglia E Il Piede Nello Sportivo (The Foot and Ankle in Sport). Chapter 9: 165-196.

Driving licence

Hold full UK Driving Licence

