



**Mrs Lesley McBride**

**Role at Coventry University: Senior Lecturer Physiotherapy**

Email: [l.mcbride@coventry.ac.uk](mailto:l.mcbride@coventry.ac.uk)

Twitter: @LMcBPhysio

Linked In: [linkedin.com/in/lesley-mcbride-227b0a2a](https://www.linkedin.com/in/lesley-mcbride-227b0a2a)

**Academic interests:**

- Musculoskeletal Physiotherapy (Module leader at level 2)
- Sports Physiotherapy (level 3)
- MSc Manual Therapy (PG Module leader)
- Clinical mentor and assessor of MSc Manual Therapy students
- MSc Strength and Conditioning
- Dissertation supervisor (undergraduate, MSc students and PhD)
- Cervical spine proprioception and injury prevention strategies for the cervical spine in rugby

**Faculty:** Health and Life Sciences

**Academic school:** School of Health

**Biography**

A skilled and highly qualified professional physiotherapist with specialisms in musculoskeletal and sports physiotherapy; I have 30 years of clinical experience and 18 years of lecturing experience at Higher Education establishments, predominantly Coventry University. As one of the leading sports physiotherapists in my field I have been employed by the Rugby Football Union since 2001 and am currently in my 14<sup>th</sup> season as the squad physiotherapist for the men's u20 squad. I have been invited to speak at a range of conferences and am respected in the areas of cervical spine proprioception, recovery and return to play criteria for professional elite level rugby players. Having successfully written the Sports Therapy degree for Coventry University I was invited to co-write the highly successful MSc in Sports Physiotherapy at Bath University in 2007 and continued as a consultant by supervising MSc students online. I have many successful MSc student supervisions from Coventry University and one PhD completion where I was on the supervisory team for my knowledge of the VICON motion analysis equipment – which I intend to utilise again for my own PhD studying the effects of rugby on the cervical spine.

## Qualifications

2006	Injection Therapy for Physiotherapists (M level)	Coventry
2005	PgCert Higher Education	Coventry
2004	MSc Manipulative Therapy (with Merit)	Coventry
1986	Member Chartered Society Physiotherapy	Nottingham

## Research

I am currently on the staff doctoral programme working towards a PhD investigating how best to prevent injuries in the cervical spine in the sport of rugby union.

## Outputs and Publications

Chesterton L., Foster N., and **Ross L** 2002 Skin Temperature Response to Cryotherapy Archives of Physical Medicine and Rehabilitation 83 (4) 543 – 549,

- 2016 Presentation: “Cervical spine function, rehab and prehab”; *2<sup>nd</sup> International Conference of the World Rugby Science Network, Bath University online*
- 2016 Presentation: “Cervical spine rehabilitation in elite rugby” *Welsh Rugby Union Annual Sports Medicine Conference, Principality Stadium, Cardiff*
- 2016 Presentation: “How to prepare for a World Championship event”; *17<sup>th</sup> International Trauma Care Conference: From Roadside to Rehab, Yarnfield Park Conference Centre, Staffordshire*
- 2015 Presentation: “Proprioception of the cervical spine” *3<sup>rd</sup> International Physical Therapy Congress, Thessaloniki, Greece*
- 2015 Presentation: “The role of cervical proprioception” *Fortius International Sports Injury Conference, QEII Conference Centre, London*
- 2014 Presentation: “Dynamic Tape – The Evidence” *BASRaT Symposium, Hull University, Hull*
- 2014 Presentation: “Cervical spine screening in elite rugby” *RFU Annual Sports Medicine Conference, Twickenham, London*
- 2009 Host: Academic debate on “Evidence Based Medicine vs Protocol driven Physiotherapy practice” *CSP Congress, Liverpool*
- 2008 Presentation: “Cervical spine proprioception; a key consideration for rehabilitation?” *Delivering Elite Sports Rehabilitation Conference, NEC Harlequins, Twickenham*
- 2007 – present Reviewer for Manual Therapy Journal; Physiotherapy Journal; Physical Therapy Reviews
- 2007 Platform presentation: “Cervical proprioception – head repositioning accuracy in normal subjects measured with the VICON motion analysis equipment” *15<sup>th</sup> International World Confederation for Physical Therapy congress, Vancouver, Canada*
- 2006 Presentation of dissertation findings: “Cervical Spine Proprioception” *England RFU Medical Day*

## Teaching:

BSc Physiotherapy  
BSc Sports Therapy  
MSc Manual therapy  
MSc Strength and Conditioning

**Areas of expertise:**

Musculoskeletal physiotherapy and sports physiotherapy

Cervical spine especially proprioception

Sports injuries – preparation for performance, rehabilitation and recovery