



Sheila Leddington Wright
Principal Lecturer in Sports Therapy at Coventry University
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Academic interests:

- Manual Therapy
- Pedagogy
- Older adults
- Functional assessment

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Faculty: Health and Life Sciences

Academic school: School of Life Sciences

Biography

I was educated as a physiotherapist at the Royal London Hospital where I subsequently worked and became interested in sports therapy. Subsequently I worked for 25 years in private practice with a multitude of international and local sports persons from a variety of sports which vary from individual events such as bowls, fencing, judo, swimming, athletics, racquet sports, archery and athletics to teams involving football, hockey, rugby and basketball. I became as a clinical tutor for the physiotherapy degree in 1993. In 2004 I initiated and developed a Therapy Clinic for Coventry University in their sports centre working with sports scholarship students, staff and general public. My clinical experiences range from working in practice to placements at the Olympic and Paralympic games, National schools' games, International children's games, World and British Transplant games to the London marathon besides local sporting teams. I started lecturing for the newly developed Sports Therapy course in 2009 becoming a principal lecturer in 2016 where my responsibilities are for effective day to day management and long term planning in relation to delivery of the sports therapy course, organisational responsibilities

including planning course content, development of delivery, assessment and student performance review. I am the first year tutor for sports science and sports therapy and academic misconduct officer. I have recently been awarded honorary membership of the society of Sports therapy. I have been associated with Transplant sport since 2006 working as a physiotherapist at the annual British Transplant games. I have also worked at the last 3 World Transplant games taking 6 students to Argentina in 2015 and planning to take a group to Spain in 2017

Qualifications

- Education as Physiotherapist The London Hospital 1972-75 MCSP, SRP
- BSc(Hons) in Social Science (Physiotherapy) Coventry University 1992-94
- MSc Physiotherapy 2007
- Post graduate certificate in Higher Education 2012
- Fellow of Higher Education Academy Feb 2012
- Senior Fellow of Higher Education Academy July 2015

Research

My early research developed through my clinical practice evaluating Programme for People with Ankylosing Spondylitis and has developed to me;

Currently leading:

- Project to develop animated characters in virtual reality to enhance teaching for students
- Research into the effect of massage on cervical spine in older adults

Supporting research:

- Exercise in older adults to validate a new exercise test
- Observe the effect of exercise on balance in older adults
- Transplant sport

Previous research:

- Ankylosing spondylitis
- Functional Movement screen in children and older adults
- The effect of caffeine ingestion on performance
- Problem based Learning
- Functional fitness in older adults
- Dynamic balance in children
- Y-balance in older adults/sporting populations both upper and lower body

- Investigation into absenteeism at work
- Research into new products: fidgety foot stool, bath study, wearable goniometer, blanket bath

Outputs and Publications

Publications – Peer reviewed journals

Barlow J, McFarland L, Tindall L, Ledington Wright S, Tooby J, Ravindran J & Perkins P. The Benefits of a One-Day Programme: COAching for eXercise in Ankylosing Spondylitis in AS (COAX-AS) for Participants. British Psychological Society Annual Conference, April 2010. Abstract published in Proceedings, p125.

Barlow J, McFarland L, Tindall L, Ledington Wright S, Tooby J, Ravindran J & Perkins P. A One-Day Programme for People with Ankylosing Spondylitis: COAching for eXercise in AS (COAX-AS). BSR Annual Conference, April 2010. Abstract published in Rheumatology, 49, S1, i132.

McFarland, L., Ledington Wright., S., Tindall, L., Barlow, J. (2010). Coaching for exercise for ankylosing spondylitis: a practical learning experience valued by physiotherapy students for their professional development in rheumatology care. The CARE V1 Conference, Non-pharmacological care for people with arthritis. Pont-a-Mousson, Nancy, France. April 2010. Abstract published in Proceedings, 63.

Barlow, J., McFarland, L., Tindall, L., Ledington Wright., S., Tooby, J., Ravindaran, J., Perkins, P. (2010). Participants' views of a one-day programme - Coaching for exercise for ankylosing spondylitis (COAX-AS). The CARE V1 Conference, Non-pharmacological care for people with arthritis. Pont-a-Mousson, Nancy, France. April 2010. Abstract published in Proceedings, 34.

McFarland, L., & Barlow, J., Ledington Wright, S., Tooby, J. (2009). A one day exercise programme: COAching for eXercise for Ankylosing Spondylitis: (COAX-AS). UK Society for Behavioural Medicine 4TH Annual Scientific Meeting. Glasgow. 28 April - 01 May 2009

Richens, Y., Smith, K. & Ledington Wright, S. (2010) Lower back pain during pregnancy: advice and exercises for women *British Journal of Midwifery* 18 (2) 562-566

Ledington Wright, S., Smith, M. & Duncan, M. (2011) Student perceptions and experiences of problem-based learning in first year undergraduate sports therapy 3rd International research symposium on PBL 2011 Abstract published in proceedings.

Ledington Wright, S. & King, A. (2012) Injuries in Sport among Children and Adolescents chapter X11 in Reviews in Pediatric Exercise Science Editor Michael Duncan Nova Science Publishers Inc.

Leddington Wright, S & Rowley, J (2012) Functional movement screening in the athletic population: Do athletes learn to “perform” the Functional Movement Screen through repetition? Poster & Abstract published in Strength, Conditioning and Sports Therapy Symposium 28th June 2012

Leddington Wright, S., Stanley, M., Campolier, M. & Duncan, MJ. (2012) Functional movement screening in children: Does obesity result in suboptimal movement patterns Oral Presentation at Strength, Conditioning and Sports Therapy Symposium 28th June 2012. Abstract published in Symposium.

Duncan MJ, Stanley M, Leddington Wright S. (2013) The association between functional movement and overweight and obesity in British primary school children. *BMC Sports Sci Med Rehabil.* 15;5 (1):11

Tallis, J., Duncan, M.J., Leddington Wright, S., Eyre, E.L.J., Bryant, E., Langdon, D. & James, R.S. (2013) Assessment of the Ergogenic Effect of caffeine Supplementation on Mood, Anticipation Timing and Muscular Strength in Older Adults *Physiological Reports* 1 (3) 1-13

<http://onlinelibrary.wiley.com/doi/10.1002/phy2.72/pdf>

Stanley, M. Duncan, M. Price, M Leddington Wright, S Coad, J. (2013) The compulsory use of helmets on school ski trips *British Journal Sports Medicine* 47 (17).

Stanley, M., Leddington Wright, S., Duncan, M.J., Price, M. & Coad, J. (2013) The Compulsory use of Helmets on School Ski Trips Poster presentation International sports science and sports medicine conference, August, Newcastle

Tallis, J., Leddington Wright, S., Eyre, E.L.J., Bryant, E., Langdon, Duncan, M.J.(2013) Minimal effect of acute caffeine ingestion on maximal isokinetic knee extension force in older adults Oral Poster Presentation British Association of Sport and Exercise Sciences Annual Conference; September, University of Central Lancashire, Preston.

Wilson, L., Leddington Wright, S. and Neza, D. (2013) The assessment of arm dominance in water polo players using the Upper Quarter Y Balance Test. British Association of Sport and Exercise Sciences Annual Conference; September, University of Central Lancashire, Preston & McKenzie Annual Conference November

Stanley, M., Price, M., Duncan, M.J., Wright, S.L., & Coad, J. (2013) Investigating Ski Readiness on Secondary School Trips in England. Oral presentation at 6th International Congress on Science and Skiing, St. Christoph am Arlberg - Austria (14th-19th December 2013)

Stanley, M., Price, M., Duncan, M.J., Wright, S.L., & Coad, J. (2013) Investigating Physical Preparation for School Ski Trips in England. Poster presentation at 6th International Congress on Science and Skiing, St. Christoph am Arlberg - Austria (14th-19th December 2013)

Stanley, M., Duncan, M.J., Price, M., Wright, S.L., & Coad, J. (2013) 'The compulsory use of helmets on school ski trips'. *British Journal of Sports Medicine* 47 (17), e4. Available from <http://dx.doi.org/10.1136/bjsports-2013-093073.36>

Duncan MJ, Tallis J, Wright SL, Eyre EL, Bryant E, Langdon D. (2013) The effect of acute caffeine ingestion on coincidence anticipation timing in younger and older adults. *Nutritional neuroscience* Nov4th

Stanley, M., Duncan, M.J., Price, M., Wright, S.L., & Coad, J. (2014) Investigating Ski Readiness on Secondary School Trips in England and Wales. Poster presentation at Coventry University Research Symposium (March 2014)

Duncan, M. J., Tallis, J., Leddington Wright, S., Eyre, E. L. J., Bryant, E., Langdon, D. (2014) The effect of acute caffeine ingestion on coincidence anticipation timing in younger and older adults. *Nutritional Neuroscience*. 17 (5): 234-238.

Delextrat, A, Hippocrate, A, Leddington-Wright, S & Clarke, N.D. (2014) Including Stretches To A Massage Routine Improves Recovery From Official Matches In Basketball Players *Journal of Strength and Conditioning Research* 28(3)/716–727

Leddington Wright, S., Eyre, E, Bryant, E., Stanley, M, Hankey, J., Duncan, M. J. (2014) Associations between body max index, waist circumference, habitual physical activity and dynamic balance in adolescents British Association of Sport and Exercise Sciences Annual Conference; Poster November St Georges Park Burton-on-Trent

Duncan, M. J., Clarke, N. D., Tallis, J., Guimaraes-Ferreira, L., Leddington Wright, S. (2014) The effect of acute caffeine ingestion on functional performance in older adults. British Association of Sport and Exercise Sciences Annual Conference; Poster November St Georges Park Burton-on-Trent

Stanley, M., Price, M., Duncan, M. J., Wright, S. L., & Coad, J. (2014). Investigating ski readiness on secondary school ski trips in England. *Science and Skiing VI*. in Müller, E., Kröll, J., Lindinger, S., Pfusterschmied, J., & Stöggl, T (Eds) *Alpine Skiing* 2 (309-315) Meyer & Meyer Sport

Duncan, M. J. Clarke, N. D., Tallis, J., Guimaraes-Ferreira, L., Leddington Wright S. (2014) The effect of caffeine ingestion on functional performance in older adults. *Journal of Nutrition, Health and Aging*. 18(10):883-7

Duncan, M. J., Stanley, M., Smith, M., Price, M., Leddington Wright, S (2015) Coincidence anticipation timing performance during an acute bout of brisk walking in older adults: Effect of stimulus speed. *Neural Plasticity*. March Article ID 210213

Duncan, M.J., Grierson, C., Price, M. & Leddington Wright (2015) Inverted BMI is a better predictor of habitual physical activity and functional fitness compared to BMI in adults aged 50-80 years old Poster presentation ISBNPA June 3-5

Leddington Wright, S., Eyre, E, Bryant, E., Stanley, M, Hankey, J., Duncan, M. J (2015) Moderate to Vigorous Physical Activity Level but not BMI Affects Balance scores in British children Poster presentation WCPT conference May

Leddington Wright S. , Eyre, E. , Bryant, E. , Stanley, M. , Hankey, J. and Duncan, M. (2015) Moderate to vigorous physical activity level but not BMI is associated with balance scores in British adolescents *Physiotherapy* Vol 101 (Supplement 1): e844-e845

Leddington Wright S., Duncan, M.J. & Savin-Baden, M. (2015) Student Perceptions and Experiences of Problem-Based Learning in First Year Undergraduate Sports Therapy *Journal of Hospitality, Leisure, Sport & Tourism Education* Vol 1: 39–49

Duncan, M., Smith, M., Clarke, N., Eyre, E. & Leddington Wright, S. (2016) Dual task performance in older adults: Examining visual discrimination performance whilst treadmill walking at preferred and non-preferred speeds *Behavioural Brain Research* 302: 100-103

Ms. Ref. No.: BBR-D-15-01256R1

Duncan, M.J., Leddington Wright S., Minatto, G. (2016) Dose–Response Between Pedometer Assessed Physical Activity, Functional Fitness, and Fatness in Healthy Adults Aged 50–80 Years *American journal of human biology* 00:00–00 1-5

Leddington Wright, S, Stanley, M & Morgan, R (2016) Massage works no matter what you do: increasing cervical range of movement in older adults (2016) British Association of Sport and Exercise Sciences Annual Conference; Poster November

Stanley, M., Price, M., Duncan, M. J., Wright, S. L., & Coad, J. (2016). Exploring the experiences of school ski trips: through the voice of organisers. British Association of Sport and Exercise Sciences Annual Conference; Poster November

Teaching

List all courses that you are currently teaching on (undergraduate & postgraduate):

- BSc Sports Therapy
- MSc Strength & Conditioning
- MRes

Please list areas of expertise:

- Massage and Soft Tissue Therapies
- Pedagogy
- Pelvic Obstetric and Gynaecological Therapy