

ADAM MEAKINS

Tel: +44 7921 657156

e:mail: adam@thesports.physio

Twitter: @adammeakins Instagram: @adammeakins Facebook: The Sports Physio

Personal Profile

- A highly experienced physiotherapist and Sports Scientist with 20+ years clinical experience
 - Extended skills in orthopedic assessment and treatment and high-level rehabilitation
 - International speaker and tutor of 'The Painful Shoulder' course for 10+ years
 - Clinical academic actively engaged in research into upper limb issues
 - Strong communicator with the ability to inspire, motivate, and develop others
 - Proven leader and mentor able to build and maintain strong relationships
 - Initiative and passionate to look for areas of growth and development
 - One of the most followed physiotherapists on social media
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Current Roles



Extended Scope Specialist Physiotherapist West Hertfordshire Hospitals Trust

- A fully autonomous first contact extended scope physio providing advanced assessment and triage to a varied and complex trauma and orthopaedic clinical case load
- Advanced clinical assessment independently requesting and interpreting a wide range of investigations such as x-ray, CT, USS, MRI, MRA, NCS, and blood tests
- Advanced assessment and treatment skills in the use of real time diagnostic ultrasound scanning and guided injections when assessed to be safe and efficacious
- Clinical lead for the West Herts Upper Limb with a key role in the development of practice, pathways, mentoring, training, and assessment of performance of physiotherapists.



Owner & CEO The Better Clinician Project

- Designer and developer of one of the fastest growing online educational resources for MSK healthcare clinicians worldwide
- Providing weekly educational content including critical research reviews, practical rehab demonstrations and clinically relevant discussions with some of the professions leaders
- Monthly accredited certified assessments and examinations
- Online tutoring of a wide range of clinicians from various backgrounds and experiences
- Leading the quality and standards of post graduate education for all MSK clinicians



Owner & CEO The Sports Physio

- Provides online bespoke private MSK consultations, management, and rehab services
 - Designed, developed and delivers a 2-day evidence based course on shoulder pain that address the common myths and misconceptions around them
 - Designed and developed thesports.physio website as a source of clear, concise, evidence based information on all subjects surrounding musculoskeletal sports injury's
 - This website currently attracts over 200,000 page views a month and has over 80,000 subscribers
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Past Professional Physio Roles

- **Sep 13 - Apr 18** **Lead Physiotherapist**
Spire Bushey Hospital, Herts
- **Sept 12 - Sept 13** **1st Team Physiotherapist**
West Ham United Football Club
- **Jun 09 - Aug 12** **1st Team Physiotherapist**
Watford Football Club
- **Aug 08 - Jun 09** **1st Team Physiotherapist**
Tabards RFC, Radlett, Herts
- **Aug 07 - Aug 08** **First Team Physiotherapist**
Old Albanians RFC, St Albans, Herts
- **Oct 06 - Jan 08** **Senior MSK Physiotherapist**
Spire Bushey Hospital, Herts
- **Jan 05 - Oct 06** **Senior MSK Physiotherapist**
West Hertfordshire Hospital Trust
- **Sept 03 - Jan 05** **Junior MSK Physiotherapist**
West Hertfordshire Hospital Trust

Qualifications

- 2012** PG Cert Sports Physiotherapy, *University of Bath*
 - 2011** ACPSM *Association of Chartered Physiotherapists in Sports Medicine*
 - 2010** PG Cert Diagnostic Ultrasound Scanning, *SMUG, London*
 - 2008** Diploma in Injection Therapy, *Milton Keynes General Hospital*
 - 2006** Diploma in Orthopaedic Medicine, *Milton Keynes General*
 - 2003** BSc (hons) Physiotherapy, *University of Hertfordshire*
 - 1998** BSc (hons) Sports Science, *University of Bedfordshire*
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Publications

Kerry R, Meakins A et al (2024) A modern way to teach and practice manual therapy. *Chiropractic and Manual Therapies*. 32:17

Washmuth N, Meakins A et al (2024) Can Swearing be professional and patient centered? *Journal of Humanities in Rehabilitation*. jhrehab.org

Millar N, Meakins A et al (2022) Frozen Shoulder. *Nature Reviews Disease Primers*, 8(1)

Littlewood, C, Meakins, et al (2019) Physiotherapists' recommendations for examination and treatment of rotator cuff related shoulder pain: A consensus exercise'. *Physiotherapy Practice and Research*, Vol. 40, no. 2, pp. 87-94

Meakins A, May S, Littlewood C (2018). The reliability of the Shoulder Symptom Modification Procedure and association of within-session and between-session changes with functional outcomes. *British Medical Journal Open, Sports and Exercise Medicine*, Apr 10 (4)1 e000342

Weisman A, Meakins A, Rotem N (2017). A Delphi Study, defining a unicorn. *Pain Medicine*, Dec 27, pg 327

Meakins A (2017) Buttock Pain, Brukner and Khan's Clinical Sports Medicine, 5th Edition Churchill Livingstone Publishers, Oxford

Gates A, Kerry R, Moffatt F, Ritchie I, Meakins A, Thornton J, Rosenbaum S, Taylor A (2016). Movement for movement: exercise as everybody's business? *British Journal of Sports Medicine*. Oct 20. pii: bjsports-2016-096857.

Meakins A (2016) Acupuncture: what's the point? *British Journal of Sports Medicine*. Jul 19. pii: bjsports-2016-096248.

Meakins A (2016) Dinosaurs among us causing chaos and confusion. *British Journal of Sports Medicine*. 2016 Apr;50(7):384-5.

Meakins A (2015) Soft tissue sore spots of an unknown origin. *British Journal of Sports Medicine*. Mar;49(6):348.

Meakins A, Watson T (2006) Longwave ultrasound and conductive heating increase functional ankle mobility in asymptomatic subjects. *Physical Therapy in Sport*, (7), 2, 74-80

Meakins A (2006) What physiotherapists should know, but don't. *Sports Injury Bulletin*, Vol 59, p.6

Professional Registrations

Chartered Society of Physiotherapy; 068850
Health & Care Professions Council; PH64947

Personal Statement

I am passionate about health and wellness and how physiotherapy has a fundamental and important role in this. I have a strong interest in pain and neuroscience as well as research into upper limb and shoulder conditions. I am a strong advocate for evidence-based practice and the need for physiotherapy to embrace a biopsychosocial patient centered model and move away from the biomedical reductionist explanations for pain and injury.

I have for over a decade presented workshops and courses based on or around health and wellbeing nationally and internationally and currently teach a very successful 2 day workshop called 'The Painful Shoulder: complex doesn't have to be complicated'. I am also active across all social media platforms promoting an evidenced based approach to all things physiotherapy

References available on request